

Healthy Living Tax Incentive

The Healthy Living Tax Incentive will be extended to include Nova Scotians of all ages, encouraging adults and children to participate in a healthier lifestyle through fitness.

The tax credit, or healthy living incentive, provides a tax credit of up to \$500 per person to help with the cost of registering for sport or recreation activities that offer health benefits.

This is a tax credit not a tax rebate. A tax credit is a reduction against income tax. A person who claims the maximum of \$500.00 can expect a tax reduction of \$43.95. This amount will be deducted from your provincial income tax, much the same way your charitable donations are deducted.

Adults and children enrolling with an eligible sport and recreation organization in 2009 must keep registration tax receipts to claim the credit on their 2009 tax return. Only receipts from those sport and recreation groups who have registered with the Department of Health Promotion and Protection are eligible.

Receipts submitted with your 2009 taxes must be dated on or after January 1, 2009 for an adult to benefit from the newly expanded program and receive the credit. Parents can still submit receipts for their children for the 2008 tax year.

Note: Lakeshore Curling Club has registered with the Department of Health Promotion and Protection. Save your receipts for your income tax returns. If you need another copy, you can print out one from the member's area of the website, or drop into the office.

Online Login and Account Management

Did you know you can manage many of the options in your online account yourself? Once you log in to the members area on the website, there are several options from which you can choose:

-My Account allows you to view your personal information. Please check your email address to make sure it is correct. You can also change your password here!

-Spares List lets you view the spares who like to spare in your league.

-Leagues lets you view the league of your choice and check the standings and schedule for the season.

-Directory is a listing of all the curlers who are actively registered in the club along with current contact information.

If you have forgotten your login details, you can click the '**Forgot your Login Details**' link on the main page and have your username and password emailed to your registered email account.

Halloween Social

Lakeshore's Halloween Funspiel will be held Saturday, October 31, 2009 at **9:00 pm**. There will be prizes for best costume, happy hour prices and a fun night of curling with grueling rules. Sign up at the bar to participate.



Intro for Skips

An introduction on basic strategy skills for new and potential skips or anyone interested in learning game strategy will be available on October 18th, 2009 from 2:00 pm to 4:00 pm. This clinic is FREE to any Lakeshore Club member who is interested. For more information please contact Keith Bennett, Club Manager at 869-CURL (2875) or info@lakeshorecurlingclub.com

Opening on the Board

The Board of Directors has a vacancy in the position of Secretary. If you are interested, or would like to inquire what would be involved in the position, please contact Stewart Slauenwhite, President, or leave your name at the office with Keith. Your involvement is what makes our club a success.

Calendar of Events

Oct 17 th :	Junior Curling Begins
Oct 18 th :	Skip's Clinic
Oct 31 st :	Halloween Social

Manager's Corner

Thank you to all the volunteers who helped during our TRY CURLING WEEK and to the volunteers who helped with the calls to the members for the first week of curling, especially Judy Goodie, Ann Marie Clark, Jack Landry, Doug Peck, Bob Pellerine and Denis Grant.

I would also like to thank Carl Duggan for all the assistance he provided prior to the club opening.

We have over 70 new members this year and I would like to enlist the help of all returning members to help me make them feel welcome and assist them in any way we can.

To the new members we thank you for choosing Lakeshore as a place to invest your recreational dollars. We will endeavour to ensure your curling experience is fun and exciting please remember to contact me if you have any concerns or questions. Please remember to, where possible, use the services of our advertisers. We have tentatively scheduled a New Curler clinic for December 13th and an Intermediate Clinic for January 13th.

–Keith Bennett

Sponsorship and Advertising

If you are looking for an opportunity to advertise your business, or know someone who may be looking for advertising opportunities, please drop onto the office and talk to Keith Bennett. We are actively seeking sponsors and advertisers for the club, and Keith may be able to work out an arrangement to promote the business in the club.

Curl and Network in our New Commercial League

Are there people associated with your company who would be interested curling on a weekly basis?

Lakeshore Curling Club's new Commercial League gives them a great opportunity to do just that, and to represent your company in the process.

Our Commercial League is aimed at a wide range of companies and organizations that serve Sackville and the surrounding communities, as well as the rest of HRM. This unique league is scheduled to run from October to March, with all games played on Wednesday evenings @ 8:30 PM. The league is planned to start in January 2010.

One of the most attractive features of Lakeshore's Commercial League is that there is no limit on the number of players that can be used over the course of the season. As an added bonus the entry fee for the league is only \$500.00/Team + HST, so there's no reason to delay, enter your team today!

Spares on Sunday Night

The Sunday Night Firefighter's League is looking for spares for the 2009-2010 season. If you are interested in sparing in Sunday night, please drop into the office and leave your name and contact information.

League Reps

MMO & WMO: Doug Gray
 TMO & ThMO: Dennis Grant
 MNW: Susan Nelligan
 MNM: Carl Hartlen
 TNO: John Clahane
 WNO: Keith McMaster
 ThSM: vacant
 ThFM: vacant
 FNC: vacant

If you are interested in filling a vacant position, please leave your name at the office, or contact President Stewart Slauenwhite.

Curling Definitions?

Button: The thing on which you put your tired butt, after you've swept 6 light rocks in a row.

Four-foot: The space between the object rock and the Second's shooter as he/she misses a takeout.

Eight-foot: The space between the object rock and the Mate's shooter as he/she misses a takeout.

Twelve-foot: The space between the object rock and the Skip's shooter as he/she misses a takeout.

Practice Sessions for Members and Guests

All Adult Curling Members receive free access to our Daily Practice Sessions. With very few exceptions the days and times of these Practice Sessions are as follows:

Weekdays: 12:00 pm - 1:00 pm & 4:15 pm - 5:45 pm

Weekends: Saturday: 5:00 pm - 6:30 pm & Sunday: 11:00 am - 12:30 pm

Non-Members can also take advantage of Evening and Weekend Practice Sessions by purchasing:

- ✓ 1-Practice Pass (\$7.00)
- ✓ 5 Practice-Pass (\$32.00)
- ✓ 10-Practice Pass (\$60.00)
- ✓ Unlimited-Practice Pass (\$75.00).

These Passes are available to those 16 years and older, and are inclusive of HST.

The Tim Horton's Brier

The Tim Horton's Brier is coming to town March 6th-14th!!! Many volunteers will be needed and Lakeshore curlers have always stepped up to the plate when these events come to Halifax. This is a great opportunity to get involved with your favorite sport and help your club as well. For every volunteer that comes from Lakeshore a portion of the event profit is turned over to the club.

For more information, check out the news section on the club website or contact Brian Lambe, your Lakeshore rep on the Brier committee @ 427-1450 (W) or 434-6240 (H) or by email: bglambe@hfx.eastlink.ca



Club Executive

Stewart Slauenwhite, President
 Mike Strang, Vice President
 Susan Nelligan, Treasurer
To be Filled, Secretary
 Les Macey, Past President
 Janet Glennie, Volunteer Director
 Martin Duhme, Events Director
 Mark McCracken, Junior Director
 Rhonda Duhme, Program Director

Staff

Brian Rafuse, Ice Technician
 Keith Bennett, Club Manager
 Roy Hepditch, Bar Coordinator

Marilyn van Eden, Club Historian

**No Scents is Good Scents
 Please Respect Members and Visitors who are Sensitive to Scents**