



DUCK SOUP

Official Newsletter of the Ardsley Curling Club
www.ardsleycurling.com



We're Back!!!

After a successful reopening on October 1, Ardsley Curling Club is back in business! In the first month we've already held a Level 1 Instructor Clinic, a Balance and Stability refresher, 3 Open Houses, some Learn-to-curls, and our first bonspiel of the year.



Our annual in-house Boospiel was held on Saturday, October 23. The 2021 version was slimmed down to a single 3 draw event, but it didn't make it any less fun. We had pumpkins, costumes, bowls of Halloween candy, card games, and of course good curling from all 6 teams!



Congratulations to Team Tim Klein and Mike Knaggs, who won the event with two brand new curlers, Chase Hodgdon and Alison Merkel!

You can relive the action on our YouTube Channel:
www.youtube.com/ardsleycurling

In Memoriam John Salmon

September 11, 1960 - October 27, 2021

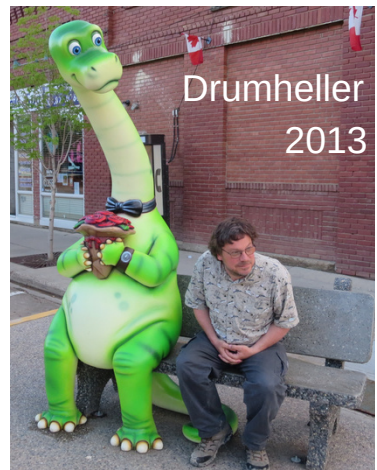


Iceland 2013



My love, you are gone. I wasn't ready to say goodbye.

<''))><



Drumheller
2013



Geocaching 2007



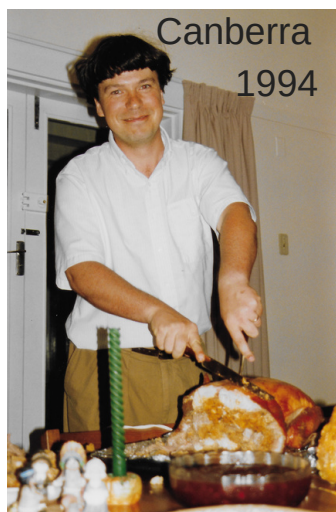
Zanzibar 2016



Colorado 2009



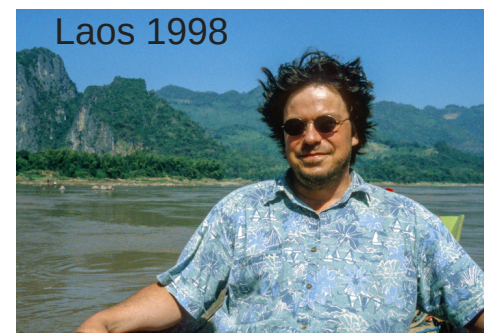
Chile 2010



Canberra
1994



Salmon River 2021



Laos 1998



Antarctica 2014



In Memoriam Yeh, Tsun-Cheng

August 2, 1940 - October 4, 2021

Originally from Taiwan, Tsun-Cheng "T.C." met his wife of 54 years while attending Tunghai University. He became an expert translator, built a distinguished career at the United Nations with postings in Geneva and New York City, and raised two daughters, Alice and Antoinette.

T.C. was an avid opera goer and regularly enjoyed performances at Lincoln Center and Carnegie Hall. He was extremely involved in his grand children's lives, often helping with their activities and happily teaching them Mandarin.

After he retired, T.C. learned to love curling at the Ardsley Curling Club and particularly enjoyed curling with the Romeos.

US Olympic Team Curling Trials



Andrew Stopera will be vicing for team Ruohonen at the Men's US Olympic trials.

There will be 6 teams competing November 12-21 at Baxter Arena in Omaha. In addition to team Ruohonen are Team Shuster, Team Dropkin, Team Brundidge, Team Persinger, and Team Dunnam.



Duck of the Month

Long-tailed Duck

(*Clangula hyemalis*)

The only living member of its genus, this sea duck is one of the most vocal of ducks, making them ideal curling skips. Rather than wearing fish shirts, they can be found diving for small fish and other sea creatures.

Photo at Croton Point, Jan 2018 by Kyle Bardwell

JOE PANELLA art + design + photography

Ardsey's own Joe Panella has recently self published a book. It's been ten years in the making and it's finally here! The book is over 200 pages and is an eclectic collection of art design and photography that chronicles Joe's creative journey from childhood to present day. The book recently launched on October 23, 2021 as part of Yonkers Arts Weekend.



Anyone interested in purchasing a copy can contact Joe at joe@joepanella.com, details about ordering the book will also be posted on his website, joepanella.com.

Coach's Corner

-- *Matt Scheiner*

It's great to be back at curling after taking last year off due to COVID. Many of you probably had the same experience, and might have found that you're not as flexible as you used to be. If you're finding it harder to shake the rust off, here are a few exercises that you can try at home to help get your muscles back to game shape:

1. Lay down on a floor, couch or bed. Using a yoga strap, or a bath towel, wrap the strap around one foot, holding your leg as straight as possible, pull your toes towards your chest. Bend your other leg, and using the strap, raise the strap leg so that you feel a nice stretch in your hamstring. Hold for 30 sec, 3x. Repeat with the opposite leg. Do this daily.

2. Lay down on a floor, couch or bed. Bend one knee, and place the other foot across that knee into a "figure four" shape. Rock the legs in that position back towards your chest with your arms, holding the bent knee with your hands. Hold for 30 sec, 3x. Repeat with the opposite leg. Do this daily.

3. Practice your warm up routine at home daily. This will help loosen the muscles and keep the blood flowing to the areas that your body needs.

If you are looking for on-ice help, consider joining us for the Line of Delivery Clinic on Sunday, November 14 at 10am. To register for this clinic, please email me at matthewscheiner@gmail.com - this is the second clinic in a series of various technique-driven drills that we will do throughout the season. Our first clinic was a Balance and Stability Refresher on October 3. Special thanks to Joe Sablow, Jim Borgia, and Matt Rogala for helping to instruct that clinic. If you are unable to attend future clinics, please feel free to reach out to me for a private lesson. These services are free to all members.



Cool Duck: volunteers, raffle items, and subs

Volunteers are needed for the Cool Duck, November 4-7. Contact jeffgreenberg@nyc.rr.com

Please place items for the Cool Duck raffle on the table next to the lockers downstairs.

Any 5 & Under Curlers that would like to be on the sub list should also contact Jeff Greenberg.



October Level 1 Instructor Clinic

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