

The Strider



January/February 2022

The Newsletter of the Alley Pond Striders

Volume XLI
Issue 1/2

FRONT PAGE NEWS

As we finish our second winter of Covid, we see signs of spring and hope. Covid is finally waning with positivity rates and hospitalizations dropping quickly after the Omicron wave and small sprouts breaking through the ground with promises of flowers to come. These are signs of hope. Hope that we can get our lives back to normal - see our friends and actually hug them hello (replacing those awkward moments during Covid when we didn't know how to say "hello").

As we move toward normal, I would like to encourage all Striders to come back to the park. February's Refreshment Day was very well-attended and was a great success. And, with the improved Covid numbers, we will continue to enjoy our in-person Refreshment Days. Our next Refreshment Day will be SUNDAY, MARCH 20th. As you may recall, every third refreshment day is on a Sunday (March, June, September and December). I also encourage every Strider to invite a friend to come explore Alley Pond Park and the club. With that said, I remind all members to pay their 2022 dues.

Also in February, we had a very successful Alley Bowl XII. Once again, Runners Representative Rob Pasqual did a great job coordinating this race and turning it into the must-do Super Bowl Day race. Please see Rob's article about the race in this newsletter.

With the coming of spring, we all know that means the annual running of the Alley Pond Striders Challenge Race. Although we missed the last two years of this race, we are preparing for this year's event. Regrettably, due to the construction work on the Vanderbilt Motor Parkway Path we are planning the race distance as a 5k instead of our traditional 5-Miler. Despite this distance change, the race will still be a challenge and will be fun for all. But to make that happen, we will need your help! We need sponsors (both cash and raffle prizes) and, as we always do, we need volunteers. Please let the Race Director Laughlin Whalen how you'd like to help.

Finally, I'd like to mention that we held a Virtual Membership Meeting using Zoom. This virtual meeting was well attended and, I believe, was a success. I would like to get back to our regular schedule of Membership Meetings using the Zoom Virtual platform. I think going forward we can have both virtual meetings (during bad weather months) and in-person meetings (during the nice weather months). I request and welcome every member's thoughts on this idea and how we get to our new normal.

Thanks to Rosalie Hatch for the wonderful sketches in our newsletter.

Stay well and find balance, Ken Kaiser



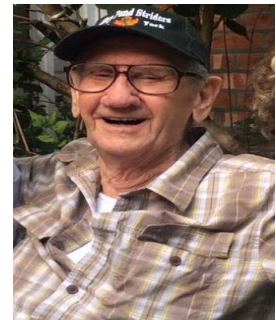
Talk on the Path - What's Happening In and Out Of the Park

Happy March Birthday to:

Tony Florido (4th), Erin Ehrlich (8th), Andrea Salis (11th), Mel Kay (15th), John Wilhelm (15th), Astrid Georges (16th), John Rettmer (16th), Judi Rettmer (16th), Rafael Katz (19th), Nella Carravetta (21st), Kathy Ziegler (21st), Hank Klein (22nd), Phil Marcus (24th), Manuel Sanudo (24th), Carmen Benitez (26th), Conrad Schellenberg (28th) and Ellen Katcher (31st).

Milestone Birthday

Strider Phil Marcus, our former Membership Chair, will be **101** on **Wednesday, March 24th**.



Sad News: Condolences to Nora Kozuch on the passing of her mother Ruth Rebeca Kushner on Feb. 13th. Who lived in Florida and was 99 years old. Condolences can be sent to Nora's home: 173-17 Jewel Ave., Fresh Meadows, NY 11365. Donations in memory of Nora's mother can be made to: Anshe Shalom Temple, 82-52 Abington Rd. Kew Gardens, NY 11415 or Hillcrest Jewish Center, 183 Street Union Turnpike, Fresh Meadows, NY 11366.

More sad news, we heard that 99 year old former Strider President Herb Ascher is in hospice care in the Boston area. Cards can be sent to his attention at: Rogerson House, 434 Jamaica Way, Jamaica Plains, MA 02130

Updated Info: Stan Zibulsky now lives in Arden Courts of Wayne, NJ, an enhanced assisted living facility. He does not have a phone in his room, so if you want to reach him, call the main number: 973-942-5600. He does not talk much these days, though, so if you want to visit or send him anything, the address is: 800 Hamburg Turnpike (he's in Room 8) Wayne, NJ 07470

Free Senior Tax Assistance Info: Message from "Fast Eddie" - The AARP will be doing free tax preparation for seniors at local libraries throughout Queens. If interested contact Eddie Grassel at egrassel@aol.com or go to your local library until April 15th.



A group of Walkers at Oakland Lake Park on Sunday, Feb. 27, 2022

Please send any items for "Talk on the Path" to the editor at: apstriders@aol.com

Runners Report by Coach Rob Pasqual

The Striders ended the year in fine form and in 2022 we look forward to seeing many of our friends again at the Alley Pond Strider Challenge Race (5k).

And now our results:

12/18 Ho Ho Ho Run

Sue Corrie	27:47	3 rd place AG
Vince Del-Cid	30:41	
Gerry Ruiz	36:15	

12/18 Catch the Sleigh 3K

Rob Pasqual	13:56	1 st place AG
Joey Pasqual	16:51	3 rd place AG

12/19 Santa 5k

Pat Mitrofanis	23:51	2 nd place overall
Andrea Salis	24:19	1 st place AG

12/31 Queens New Year's Eve Run

Gerry Ruiz	38:03	
George Waters	34:29	
Cheryl Rush	47:31	

2/6/22 NYRR Manhattan 10k

Gerry Ruiz	1:25:34	
------------	---------	--

2/13/22 NYRR Gridiron 4M (that OTHER Superbowl Sunday race)

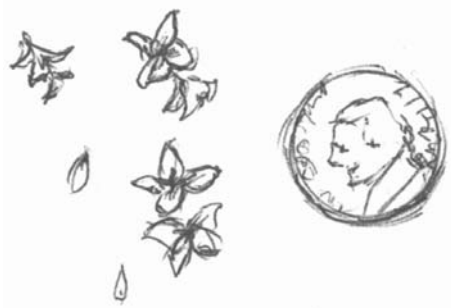
Gerry Ruiz	49:47	
------------	-------	--



With warmer weather we're looking to set up some training runs in LI or Rock Preserve. We also wish good luck to those Striders trekking down to DC for the Cherry Blossom race.

See you on the roads!

Dues Due
 Just a reminder that it's that time of year again! The annual individual membership is \$20 and a family membership is \$30. You can give your dues to Lynn Henry at the park house or send them to: Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426.



ALLEY BOWL XII BY COACH ROB

T'was a perfect day...for football. The race was close... for about a minute. Everyone had fun... tons of it.

On Sunday, February 13th, the Striders once again held "Alley Bowl," our annual 3 X 1 mile Super Bowl Sunday relay. We had seven teams this year, six of them repeat customers. Following pregame instructions from head referee Ken Kaiser, the lead runners shuffled off on the snowy grass into the hills.

Gilbert Gaona's Front Runners' team, the Tight Ends, quickly took the lead. By the time the 3rd runners started, the race for first was all but over with Pat Mitrofanis' Packers clinging to a slight lead for second. Captain Pat brought home the silver, while Rob Pasqual's Molloy alumni team, the Silver Stanners took third.



This year Alley Bowl was back with all the frills. All the runners were treated to barbequed hotdogs expertly prepared by Larry and Maria. The raffle was also back and four runners came way with a prize. We also used our tent for the first time in this event, which came in REAL handy. The only downside to the day was our Alley Bowl trophy falling off the table and breaking. Helen, though is already planning how to fix it.

Special thanks to all the Striders volunteers involved who braved the elements. The funny thing was no one really asked if we were going to cancel/postpone. Hardy runners indeed!

Results:

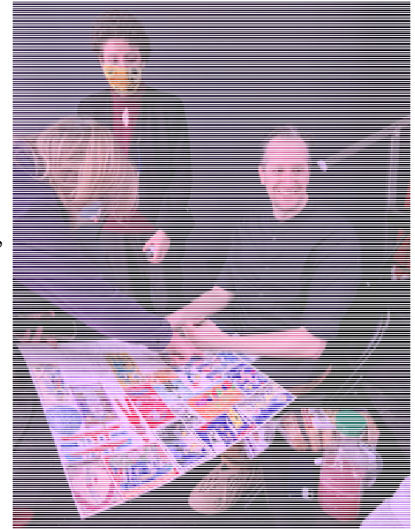
Tight Ends	21:40
Pakers	25:39
Silver Stanners	27:54
Morris Park "A"	27:58
Quaranteam	30:31
Flushing Fury	39:25
Morris Park "B"	39:29



HOW NICOLE LEARNED TO JUGGLE BY STEVE APPEL

This is the story of how Nicole learned to juggle and about her latest drawing, “Le Jongleur” (“The Juggler”).

Nicole grew up in Queens, just 1/2 a block from Cunningham Park. As a little girl, every May, she’d look forward with youthful anticipation, to “The Big Apple Circus” setting up its tent. Her passion for the circus never waned. Many years later, at the Big Apple Circus, during intermission, Nicole spotted a clown on stilts, named, “Too Tall Paulette.” She reached up to her, hands outstretched. Ever so tenderly, they stared into each other’s eyes, in silence, like two lovers meeting for the first time. Time passed, but Nicole never forgot her gentle Paulette. That winter, she decided that she would learn how to juggle...so that the following year they could juggle together when the circus returned. Every night she practiced. And little by little, she got better. But who could have imagined that a pandemic would change the world. Another year came and went. The circus never reopened and sadly, “Too Tall Paulette” had vanished from her life.



But Nicole continued practicing and in December (2021) began working on a drawing, entitled, “Le Jongleur” (“The Juggler”). A self-portrait of sorts, it includes imagery from a Medieval French legend, “Le Jongleur de Notre Dame.”

As fate would have it, a few days ago, Nicole learned about a new show, coming to town, called “Reflex, Unraveling 4000 Years of Juggling.” It features a tall, handsome man named Jay Gilligan. While no one could replace “Too Tall Paulette,” in her heart, many people do regard Jay as the world’s greatest juggler! And, who knows, before long, if he is kindly and has a few moments, she will get to juggle with him. As Nicole knows, “the world is filled with wonderful surprises!”

Who could have guessed that, yesterday, Nicole would have had the privilege and honor to juggle with one of the most famous jugglers in the world, that he would have signed her beautiful new drawing, “Le Jongleur,” and that he would have invited her come to visit him in Sweden to present him with a giclee of “Le Jongleur,” upon its completion. She’s



looking forward to traveling to Sweden, to her next hiking adventure there, and to seeing Jay Gilligan again. As Nicole knows, the world is filled with wonderful surprises!

Nicole was given a private audience with Jay Gilligan, after his virtuoso performance of “Reflex, Unravelling 4000 Years of Juggling,” at the MITU580 theater, in Brooklyn, on Saturday, February 19, 2022. She was there with her dear boyfriend Alex. They were celebrating the 6th anniversary of their first meeting at an AHRC sponsored speed dating event.

Many thanks to Jay Gilligan, not only for sharing profound insights with his audience, for his astounding, visionary artistry and his brilliant performance, but also for the generosity, graciousness, and great kindness that he extended to Nicole! He is truly a remarkable, one-of-a kind person!

A great honor and delight for Nicole! Thank you Jay!



THE NEWSLETTER OF THE
 ALLEY POND STRIDERS
 P.O. BOX 298
 BELLEROSE, N.Y. 11426-0298

NON PROFIT ORG.
 US POSTAGE
PAID
 PERMIT NO. 464
 FLUSHING, NY

Return Service Requested

“Spring is when you feel like whistling, even with a shoe full of slush.” — Doug Larson

www.alleypondstriders.com

INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
ALLEY BOWL XII	4
HOW NICOLE LEARNED TO JUGGLE	5

The Alley Pond Striders is a running and walking club with over 160 members and serves the communities of Eastern Queens and western Nassau County, NY.

For over 30 years, The Striders continue to actively promote the enjoyment of walking and running in Alley Pond Park. The Alley Pond 5 Mile Challenge is one of the largest local races in the New York City area.

The only membership requirement is a desire to take in the sights of Queens' largest forested area on your own two feet.

A group of Alley Pond Striders can be found any day of the week at the Park House located on Winchester Blvd. near the intersection of Union Turnpike. Members enjoy walks and runs of various distances and paces through the Park and surrounding area.

WALKS AND RUNS EVERY DAY— Check with Lynn Henry for times and gathering place.

For Membership Information Please contact Lynn Henry at 516 437-8715 or lynnahenry@yahoo.com

Board of Directors

President: Ken Kaiser
 Vice President: Sara Jablonski
 Treasurer: Laughlin Whalen
 Recording Secretary: Pat Mitrofanis
 Corresponding Secretary: Mindy Bellow
 Social Secretary: Maria Ferraro & Rosalie Hatch
 Runners Rep: Rob Pasqual
 Walkers Rep: Dorothy Chusid

Membership Chair: Lynn Henry
 Phone: (516) 437-8715

E-mail: lynnahenry@yahoo.com

Dues: \$20 Single Membership
 \$30 Family Membership/Couples

Members joining on or after October 1st of each year are automatically members for the following year.

The Strider is the newsletter of The Alley Pond Striders and is prepared monthly by:
 Managing Director: Ken Kaiser (Please send information and articles to apstriders@aol.com)
 Senior Editor: Lynn Henry
 Web Master : Danielle Weisbord