

The Strider



November/December 2020

The Newsletter of the Alley Pond Striders

Volume XXXIX
Issue 11/12

FRONT PAGE NEWS

APS BOARD ELECTIONS - VERY IMPORTANT!!

Because of the disruption caused by the global pandemic, the Alley Pond Striders did not have the opportunity to post a notice of elections and the slate of candidates nominated by the Nominating Committee. This would have normally occurred via presentation to our members followed by a membership election of the slate during our annual December Holiday Party at the Alley Pond Park Recreation Center. The Recreation Center has been off-limits to any indoor social gatherings. By our Constitution and By-Laws and under ARTICLE IV – DIRECTORS, B. ELECTION AND TERM OF DIRECTORS: *“At the December meeting of the members, the membership shall elect officers/directors. Each officer/director shall hold office until the expiration of the term for which he /she was elected and until his/her successor has been elected and shall have qualified or until his/ her resignation or removal.”*

We did post a request to the membership for nominations for all positions on the APS Board in Constant Contact on September 30th as well as in previous editions of this newsletter. However we did not receive any other nominations from the membership-at-large. Therefore to remedy this situation, an Ad Hoc meeting of the APS Board was held on Friday, January 8. As a result, this is what our Board has decided:

- The Nominating Committee was reconvened this evening in order to restart the election process for officers for the Alley Pond Striders NY, Inc. - the term to begin Friday, June 11th, 2021 and ending December 31, 2021. This is being done to fulfill finding a candidate to agree to run for the office of President.
- Per Article V - OFFICERS, A. - Nominating Committee - the Committee shall prepare a ballot of candidates for election as club officers, and to oversee the election of those candidates.
- Also and per Article V, The Nominating Committee now consists of the following three (3) Board Members - VP Michael Weisbord as Chair; Walker Representative Dorothy Chusid; Social Secretary Nella Carravetta *and* three (3) Members at-large: Ken Kaiser, Lynn Henry and Ruth Mezistrano.
- Notice of Nominations to Membership will be issued no later than Sunday, May 16 via Constant Contact, the Alley Pond Website and our FB page.
- Notice of the Nomination slate of candidates will be announced and the voting process will begin on Tuesday, June 1st and end on Tuesday, June 8. Voting will be conducted electronically.
- The vote will be tallied by Membership Chair Lynn Henry and verified by Corresponding Secretary Fran Kraus-Schmidt.
- The Nominating Committee Chair will announce the newly elected Board on Friday, June 11.

(Continued on page 5)

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

Happy December Birthday to: Iris Hertzberg (1st), Jeff Klein (7th), Larry Lutzak (9th), Mike Polansky (12th), Penny Smith (20th), Michael Weisbord (29th), Lori Calise (30th), Scott Fairgrieve (30th) and Bill Kaiser (31st).

Happy January Birthday to: Sue Corrie Del-Cid (10th), Sue Lan Hom (11th), Danny Juhn (11th), Tanampreet Sandhu (11th), Toby Kass (16th), Pat Kay (20th), Rosalind Salz (22nd), Tina Cothalis (25th), Howie Cohen (26th), Rosie Schellenberg (27th), JoAnn Barnes (30th) and Vivien Lim (30th).

Warm Welcome: to Heather Allison of Floral Park.

Congrats to new grandparents:

Lynn Leon who became a grandmother for the second time on Nov. 13th. Ella Grace weighed in at 6 lbs. 7 oz.



Nella Carravetta whose son Aeneas and Sonia Muller were married on Nov. 22nd and welcomed Baby Julian who was born on Dec. 10th weighing in at 9 lbs. 1 oz.

Terri & Tom Case are now grandparents to grand baby #8!! Arianna Sophia was born on Christmas Day – 7lbs, 8 oz



Hope to see you back at the park soon!

Hank Klein who is recovering from by-pass surgery.
Lynn Leon who is healing from a fractured shin.
Gus Gries who has been recovering from a fall.

Our thoughts and condolences are with : Judi Densky on the passing of her sister.....to Tom and Terri Arena Case on the passing of Tom's father in January.

Walkers taking a masked picture during their recent Kissena Park walk!

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



RUNNERS REPORT BY COACH ROB PASQUAL

Well, what a year that was. If you'd have told me last December, I could sleep late all summer and run as much as I wanted to, I'd have said, "Okay, did I win the lottery or something?" Not quite, this is a year that's been hard on everybody.

The running has thankfully continued, but racing has been tricky. I ran in three races pre-pandemic. Since then, I've done three in-person races, two virtual races and a BLM group run. All have been unique experiences.

Thankfully, Race Directors have figured out a way to hold small races again. So with that, here's how the Striders have fared:

11/15 Upstate Classic Half Marathon

Rob Pasqual 1:52:37 for 3rd place AG

11/26 Oyster Bay Thanksgiving 4K

Rob Pasqual 17:52 for 2nd place AG

11/26 Hot to Turkey Trot 5K (Held at beautiful Alley Pond Park!)

Kevin Morrissey 31:02

Ira Gardner 33:21

Gerry Ruiz 34:51

11/28 Flushing Meadow 5k

Gerry Ruiz 33:58

Larry Lutzak 37:51

11/29 Rob's Run 4 Miler

Denise Lee 26:58

Vince Del Ci d 31:20

Gerry Ruiz 36:51

12/20 T'was the Night Before 4 mile run

George Waters 41:02

Gerry Ruiz 43:45

12/26 Catch the Sleigh 3K

Gerry Ruiz 18:55

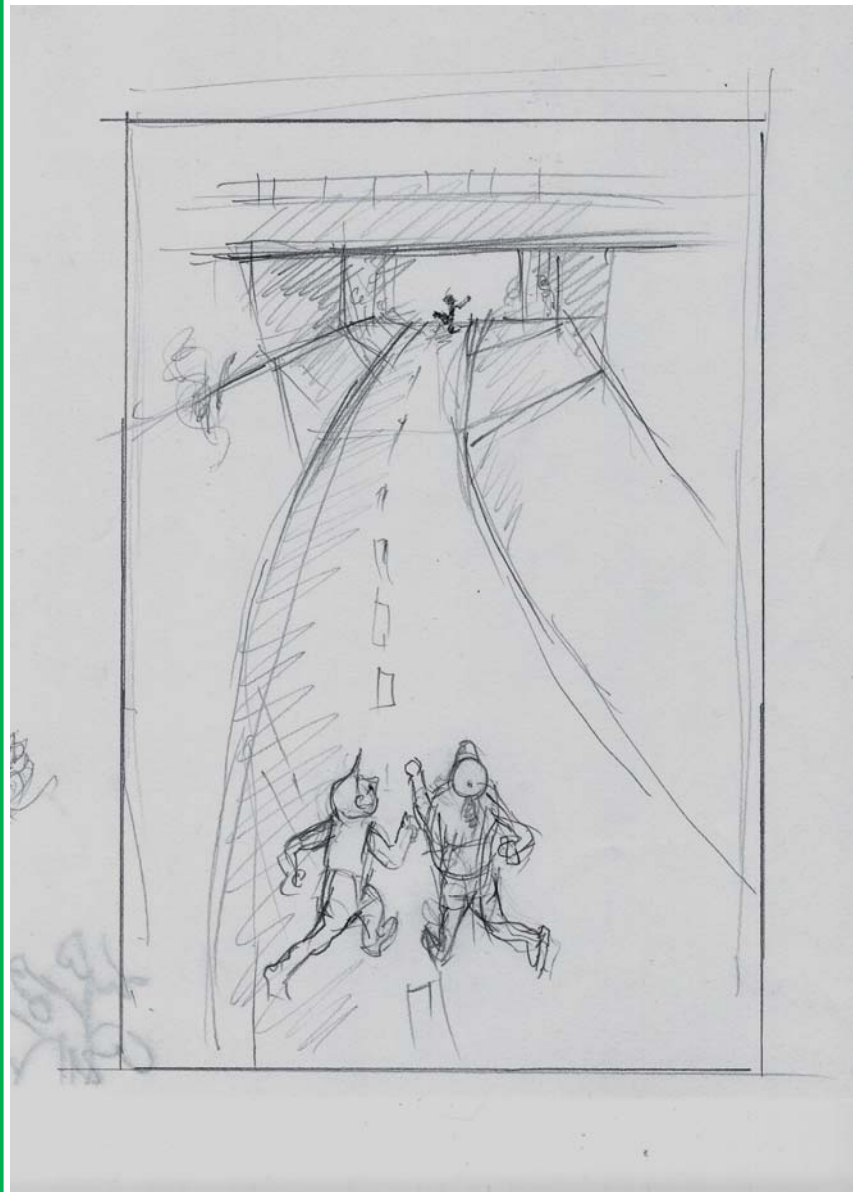
We have submitted a NYC Parks permit application to hold Alley Bowl XI on Sunday, February 7th. As other races have gone off here, I don't expect a problem. As usual, we will need wicker baskets and volunteers for race day. It a usually a short, fun day for all involved.



Cartoon Captions from the Park

From last month's newsletter we had a suggestion from Audrey Hatch with "Acquiring satellites." Thanks Audrey!

What do you think the caption should be?
Email me at apstriders@aol.com and let me know what you think. We'll print those captions in the next newsletter.



DUES ARE DUE...It's almost time! As a reminder, Strider dues are \$20 for an individual and \$30 for family membership. Checks can be sent to Alley Pond Striders, P.O. Box 298, Bellerose, NY 11426, given to a board member at the park or you can pay using PayPal on the website

<http://www.alleypondstriders.com>

(Continued from page 1)

- The new Board will take office on June 11th but former officers will assist in an orderly transition to take place until July 1, 2021.
- The Nominating Committee discussed plans to meet on-line via Zoom at a near-future date.

If you are interested in any of the Board positions, please contact a Nominating Committee member.

Hi Alley Pond Striders!

As we begin yet another New Year in 2021 and despite the ongoing pandemic, we also sense hope. With vaccines now finding their way into NY, NJ and across the US - as well as around the world – we can dare to think of a return to safe and comfortable gatherings in-person. You aren't human if you don't long for human, physical contact with your family and loved ones. The simple act of greeting a good friend with a hug seems like a lifetime ago.

However, we must not let our guard down. Please continue to practice the **Three Ws**: wear a cloth mask over your nose and mouth, wait six feet apart from others, and wash your hands often or use hand sanitizer. Combined with taking the vaccine, we can and will beat Covid-19. It is a matter of time – and less time if we all do this, together.

Throughout 2020, small, in-person races were held by various race organizers, closely watched by the local government agencies to ensure compliance with safety protocols. I did participate in five such races (all 5Ks) as did other Striders. The races were safe, and everyone was compliant with safety protocols that I could see. We have even seen some races up to a half marathon distance and at least one marathon. Most events continue to be held as virtual races. Overall, the running community continues to gradually move back to more and longer racing events in 2021, the pandemic permitting.

At this writing, our Annual Alley Bowl XI (Alley Bowl Eleven) is still on schedule to be held on Super Bowl Sunday, February 7, 2021. It is subject to NYC Parks issuing us our permit to hold the event. Alley Bowl XI will also be different in

a number of safe, socially distant ways that are required, should our permit be issued. Hope also exists that we'll be able to hold our signature Five Mile (or at least, 5K) Challenge Race in April of 2021. There is more from our Runner Representative, Rob Pasqual in his column.

The actual work on Vanderbilt Motor Parkway has yet to commence but expect it to get into full swing by the spring of 2021. APS running members are still meeting at the Alley Pond Parkhouse on Tues. & Thurs. at 8:30 AM. Our Walkers are also continuing their great strides as well, thanks to our Walker Rep Dorothy Chusid and former Rep Ray Lascot. Once again, we thank NYC Parks' Matt Symons for his support and response when our members find/alert Matt to any issues inside the Park. We are fortunate to have such a fine working relationship!

Also in this issue are the results of our annual food drive in November 2020, headed by our John Sassone. It was a great success! We achieved and surpassed our goal in raising both goods and monetary donations for Sister Kathy at Our Lady of Lourdes' Food Pantry. Our own Debbie Pantano is a weekly volunteer at the OLOL Food Pantry as well. Thank you to our members in providing such generosity towards our fellow Queens resident-in-need.

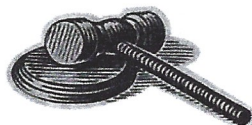
The Alley Pond Striders 40th Anniversary Dinner-Dance is *tentatively* scheduled for some time in spring of 2021 at K' Pacho Restaurant. However, it appears that the holding of this important event may have to be postponed yet again. We will continue to keep you posted on the status of this event.

Finally. This last year as been socially different and difficult but please, help APS and your fellow members by continuing to pay your dues. We have been here for over 40 years, and we intend to do so for another 40...but we can't without your help and prideful support!

Whatever comes our way, we Striders will "take it in stride." Please remain safe, well and healthy and see you in Alley Pond Park!

Happy New Year 2021!! Larry

OUR LADY OF LOURDES FOOD PANTRY
92-96 220 St.
Queens Village, N.Y. 11428
Tel. (718) 479-0924



Matt: 25:40

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

December, 2020

*Ally Pond Striders
PO BOX 298
Bellerose, N.Y. 11426-0298
Dear Members:*

Once again, we are deeply grateful for your support of our parish outreach efforts to feed needy families in Queens, most especially during this coronavirus pandemic. Your donations of food help us keep our shelves stocked. Your monetary donations will enable us to purchase food items that are generally in short supply at the pantry.

Specifically, your generosity can also assist us in purchasing supermarket gift cards for the families we serve. Our ability to provide these cards offers them a choice that will undoubtedly enhance their ability to purchase food that is either a part of their religious beliefs or a dietary necessity.

Please know that you are in my thoughts and prayers as we celebrate this holiday season. May this Christmas fill you with joy and the abiding love of Jesus.

Thank you for all that you do in His Name!

Sincerely,

Sister Kathy Hickey
Sister Kathy Hickey, CSJ,

Director



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

"You'll never get bored when you try something new. There's really no limit to what you can do."
 Dr. Seuss.

So let's all say wave goodbye to 2020 and give '21 that good ol' try! Maybe run or walk for a Board position!

www.alleypondstriders.com

INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
CARTOON CAPTION	4
THANK YOU	6

The Alley Pond Striders is a running and walking club with over 225 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 BEGIN at 9:00 am at Alley Pond Park House on weekends and 9:00 am during the week.

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

Board of Directors

President: Larry Lutzak
 Vice Presidents: Arthur Fettner and Mike Weisbord
 Treasurer: Laughlin Whalen
 Recording Secretary: Diane Haber
 Corresponding Secretary: Fran Kraus-Schmidt
 Social Secretary (acting): Nella Carravetta
 Runners Reps: Helen & 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