

The Strider



Volume XL
Issue 3/4

March/April 2021

The Newsletter of the Alley Pond Striders

FRONT PAGE NEWS

Hi, My Fellow Alley Pond Striders!

I hope that this Newsletter finds you all safe and well. I, and our Board, wish to share with our members our deep sorrow in mourning the loss of one of our long-time members and Board member, Vice President Arthur Fettner. Arthur passed away on April 1st. He died peacefully at the age of 83, after being diagnosed a month earlier with Leukemia.

The Global Pandemic: The outlook is finally starting to change for the better! A year ago, the NY metropolitan region was already deep in Covid-19 infections. Now, many of us have either received/completed our Covid vaccinations, are halfway through or are arranging to get our vaccinations. The infection and death rates continue to decline. As of this writing, the CDC reports that in the U.S. about 144.9 million people have received at least one dose of a Covid-19 vaccine, including about 101.4 million people who have been fully vaccinated.

We're hearing more and more about how our businesses, schools, houses of worship, entertainment centers and other integral pieces of our society are reopening. It's a welcome change and one that we're all hoping will continue as we strive to be free of this scourge. To that end, we are happy to also announce a number of positive developments for our Alley Pond Strider members!

The APS Annual Alley Bowl XI, which was rescheduled to Sunday, March 14th was a great success! Our Runners' Representative, Rob Pasqual, will have more information on our running events in his column.

Vanderbilt Motor Parkway in Alley Pond Park: On Wednesday, April 28, 2021, a group of Alley Pond Striders took part in a ceremonial groundbreaking with dignitaries on the Vanderbilt Motor Parkway. In my remarks in front of the assembly which included Queens Borough President Donovan Richards, Council Member Barry Grodenchik, NYC Parks Borough Commissioner Michael Dockett, we thanked them all and Mayor Bill deBlasio with providing the funds necessary to upgrade and revitalize the Parkway. **(Picture is attached.)** We also gave a big thank you to Northeast Queens Park Administrator Matt Symons and the Alley Pond Park's crew for the terrific job that they have done to keep our park beautiful. Our Joe Gambino was interviewed and appeared on NY1 News!



As of Friday April 30th, we could already see progress being made as the road surface had already been stripped away. Work on the project will be in two phases. The first phase of the project involves resurfacing between Winchester and Springfield Boulevards. This is expected to be completed by the fall of 2021. Eventually, the entire length of the parkway, which runs through Alley Pond and Cunningham Park, will be refurbished.



(Continued on page 5)

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

Happy May Birthday to: Vince del Cid (1st), Pat Mitrofanis (1st), Harjit Sandhu (6th), Lydia Fiorentino (8th), Eugene Hartman (9th), Carlos Noriega (17th), George Waters (20th), Albert Galatan (24th), Elik Hirsch (30th) and Letisha Lawlor (31st)



Congratulations to Nella Carravetta on the birth of her 3rd grandchild – Juliette Kiley who was born on March 29th at 8lbs. 6oz. Older sister Fiona, mom Orianna, dad Shane and Nonna are all doing well.

Sad news - Condolences

Arthur Fettner passed on April 1st at the age of 83. Arthur joined the Striders in January 2004 and was an involved member. Arthur was Vice President from 2017-2020. He was the Walker of the Year in 2016. He will be missed.



Nominating Committee – Time is Running Out

As Larry mentioned, a Nominating Committee has been formed for the upcoming election. It will be an abbreviated term in office i.e. from June 11 to December 31, 2021. So this is a great time to give back to the club with a shorter commitment.

All positions are OPEN. Note: our President, one VP, Recording Secy., Corresponding Secy., and Social Secy. can not run again for the same position. (FYI, one VP, Treasurer, Walkers & Runners Rep are willing to serve again.)

You can contact Committee members at: Mike at mico1@verizon.net, Lynn at lynnahenry@yahoo.com, Nella at nellacarravetta@gmail.com, Dorothy at dorycell1@gmail.com, Ken at apstriders@aol.com or Ruth at mezny@aol.com

To paraphrase John F. Kennedy "Ask not what the Striders can do for you, ask what you can do for The Striders."

Photos: Strider Rebeca Galbinski has taken photos not only on some of the Striders walks but also in on other areas of NYC. Check out her YouTube channel to see some beautiful photos:

https://www.youtube.com/channel/UCQVNN0kYc8PaMnmYRa1n17g/videos?view=0&sort=dd&shelf_id=0

Looking Ahead

Saturday, May 15th—Refreshment Day. Upper Park picnic tables (same place we do our annual picnic) off Winchester Blvd.

Saturday, May 29th—Memorial Day Weekend. We return to our weekend runners' start time of 8:30am (NOTE: walkers will continue to meet at 9:30 am)

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

RUNNERS REPORT BY COACH ROB PASQUAL

Greetings Striders. Our path may be blocked, but we've still been very active. In March we had a very successful, though delayed, Alley Bowl XI. In this past month we also returned to Rockefeller Preserve, and by the time this hits the press, we will hopefully have run our first ever "NOT the Alley Pond 5 Mile Challenge." As the warm weather arrives, many of our favorite races are still on hiatus, but there are still races to be found, especially in Queens.

RESULTS:

Feb. 6th: Elitefeat Flushing Meadow 4 miler

George Waters 43:06 1st Place AG

Gerry Ruiz 47:23 1st Place AG

Feb. 13th: Elitefeat Stoplight Party 5k

George Waters 31:47 2nd Place AG

Gerry Ruiz 33:16 2nd Place AG

Feb. 27th: Elitefeat 50/50 5K

Gerry Ruiz 39:05 2nd Place AG

Mar. 14th: Alley Bowl XI

Tight Ends 18:01

Team Doyle 21:34

Flaming Noples 22:38

Fab Fri Trio (featuring Pat) 23:45

Stanners '77 (featuring Peter & Rob) 24:55

Forest Park Runners 27:12

Quaranteam 27:56

Cunninghammers 28:18

Morris Park I 35:28

Morris Park II 35:36



Mar. 14th: Great Easter Basket 5k

Gerry Ruiz 35:48 2nd Place AG

Looking ahead, I'm looking to set up a Forest Park Club run and a Bethpage path run. Stay tuned for details.



Cartoon Captions from the Park

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.

For last edition's cartoon we had one suggestion:

"There's a breakthrough, wear a mask."

Submitted by Ronit from former APS Eric B.



Artists Nicole Appel and her father, Steve Appel have brought an interesting and enchanting garden of fairies they put together that is now on the Blue Trail in our beautiful Alley Pond Park. You have to go on the trail to find it and once you do you'll enjoy all the creative ideas that went into this little Fairyland. Some admirers are depositing coins on the little bridge at the same time they are making wishes. Not only do our park offer us a place to exercise, socialize, be close to nature but also inspire us to be creative.

Thanks to Dorothy I, Chusid, Walkers' Rep. for sharing.



(Continued from page 1)

The APS Monthly Breakfast Run/Walk: Great News - We have been given the go-ahead to start holding our monthly Breakfast Run/Walk meeting! We will resume having the monthly event starting the third Saturday in May (May 15th) at 10:00 am in the UPPER PARK area, outside by where we have held our annual picnic. There will be more to follow as we get closer in our Constant Contact e-mailer! Thanks to Walker Representative Dorothy Chusid and to Ray Lascot for working with Matt Symons on this.



Our Walkers have continued striding, even in the bad weather. Thanks to our Walker Rep Dorothy Chusid and former Rep Ray Lascot for literally keeping our hearty walkers together and moving!

More Good News!! The Alley Pond Striders 40th “Plus” Anniversary Dinner-Dance has now been rescheduled for **Friday, October 29, 2021** (times to be announced) at K.Pacho Restaurant! It’s felt that, by then, our members should finally be able to feel safe and secure, so we can all have fun and celebrate our organization’s great history!

I also wish to gratefully thank you, our members, for following through on your dues payments! This shows your continued support and pride in our long-standing history of the Alley Pond Striders being true supporters of our Queens community.

While mask wearing requirements have been eased in outdoor activities, please continue to be mindful of our family, neighbors and friends. Remain aware and follow the latest CDC guidelines on mask wearing, hand washing and separation, especially indoors with others with whom you’re unsure of vaccination status. Combined with taking the vaccine, we can and will beat Covid-19. It is a matter of time – and less time if we all continue to do this, together.

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

APS Board ELECTIONS - VERY IMPORTANT – THIRDNOTICE!!

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 with a presentation to our members via 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 By-Laws

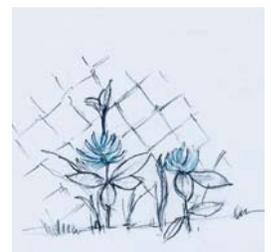
“At the December meeting of the members, the membership shall elect officers/directors. Each board member shall hold office until the expiration of the term for which he / she was elected and until his/her successor has been elected and shall have qualified or until his / her resignation or removal.”

We posted a request for nominations for all positions on the APS Board in Constant Contact on September 30th. However, we have yet to receive any nominations from the membership-at-large. In order to remedy this situation, an Ad Hoc meeting of the APS Board was held on Friday, January 8, 2021 and a new Nominating Committee was established to find candidates to agree to run for the Alley Pond Board. We expect to announce the nomination slate of candidates by May 16th with the voting process beginning on Tuesday, June 1st and ending on Tuesday, June 8, 2021. The Nominating Committee Chair will announce the new, elected Board on Friday, June 11, 2021. **The new Board will take office on June 11th with any former Board officers assisting in an orderly transition to take place until July 1st 2021.**

Thank you. – Larry Lutzak

DUES ARE DUE...It's now past time! If you can't remember if you paid or not, don't worry—we'll be sending out a reminder next week to those who haven't paid. Strider dues of \$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>



PICTURES FROM STRIDERS

If you have pictures to share that relate to the Alley Pond Striders please submit them to 'The Strider'. Since we have six newsletters per year, please submit your pictures during the season you take them.



Volunteers Needed



Greenway Clean-way Day (#18)

NEW LOCATION

(due to construction on Vanderbilt Motor Parkway)

Saturday, May 8th, 2021 at 9:00AM

(shine or rain)

***Meet on 73rd Ave. on corner where it turns into
230th St. – this is the north side of Alley Pond
Park east of Springfield Blvd.***

Help do your part to keep our neighborhood clean. Invite your neighbors, bring your children, and come have some fun with us. **Community service participation letters will be provided to any youth who request it.**

***We provide garbage bags/gloves, all we need is YOU.**

Sponsored by: The Father John J. Murray Knights of Columbus Council at American Martyrs Church, Bayside, Queens



and the NYC Partnership for Parks

*For more information contact us at kofc14666fm@gmail.com

www.kofcam.weebly.com

Show your park some love and become **a litter ambassador!**

New York City's parks are being used more than ever before as a result of the pandemic, which often means more litter. You can help!

NYC Parks is looking for Litter Ambassadors—caring New Yorkers who distribute orange garbage bags to neighbors at their local park or beach and guide them in properly disposing of their trash.

Ambassadors should be willing to volunteer at least four hours throughout the summer to help keep our parks and beaches clean for everyone to enjoy! NYC Parks will provide garbage bags and vests that identify volunteers as Litter Ambassadors.

Your invaluable help will make parks cleaner, safer, and greener for our families, pets, friends, and neighbors.

VOLUNTEER AT

Alley Pond Park “Alley Springfield”
(meet at comfort station, inside the park near Springfield Boulevard and 76 Avenue)

Alley Pond Park “Upper Alley”
(meet at comfort station near Adventure Course)

Contact matt.symons@parks.nyc.gov for more information.



Frequently Asked Questions

What's a Litter Ambassador?

Litter Ambassadors are caring New Yorkers who give out garbage bags and guide people in disposing of their trash properly.

Why did NYC Parks create this program?

Parks are being used more than ever as a result of the pandemic. Due to budget cuts, NYC Parks has less staff to keep our parks clean during our busiest season.

Who can volunteer?

Anyone 18 years or older.

What do Litter Ambassadors do?

Litter Ambassadors greet people in a friendly manner, offer parkgoers a trash bag if they need one, and point out the locations of the trash corrals and coal bins (in areas where barbecuing is permitted).

How long is a volunteer commitment?

Volunteers should plan to commit at least four hours during the summer on weekends.

How will NYC Parks support me?

Parks will provide garbage bags, vests, and a Litter Ambassador identifier to all volunteers. We'll also provide guidelines for interacting with the public, including COVID-19 safety protocols and talking points. A parks staff member will meet you onsite and be nearby if you need assistance.





THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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**Today me live in the moment.
 Unless it is unpleasant.
 In which case me eat cookie.
 Cookie Monster (Muppet and Philosopher)**



INSIDE THIS ISSUE:

FRONT PAGE NEWS	1
TALK ON THE PATH	2
RUNNERS REPORT	3
CARTOON CAPTION	4
STRIDER PICTURES	6
GREENWAY CLEAN UP	7
LITTER AMBASSADOR	8

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: Larry Lutzak
 Vice Presidents: Arthur Fettner (in memorium) 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