

The Strider



February 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 2

FRONT PAGE NEWS

The Alley Pond Striders Annual Dinner Dance was held on Saturday, January 30th at Trattoria Lucia. This year's event featured the new venue, which is an excellent restaurant, with a DJ for our traditional lively dancing and the presentation of the 2015 awards. Despite the week's delay due to the January blizzard, only 38 Striders and their guests attended this annual event. This is a shame since the venue, food and music were amazing leading to everyone having a great time.

The coordination of this event, as well as similar events like the Annual BBQ and Monthly Refreshment Days require a significant effort on the part of volunteer members as well as a cost to the club. For this year's dinner dance both Randi Opsahl and Joe Gambino worked very hard to find this place and get all the little details into place (including securing the week's delay). Sadly, this year's attendance was the lowest I can remember since I joined the Alley Pond Striders in the summer of 1991. And, although those who attend always have a great time, we may have to cancel this event due to both the general member support and the loss of monies to the club. Although I will do whatever I can to preserve the dinner dance and those other club events that help get us together, we need more than 30-some people to attend.

I would appreciate feedback from the membership on involvement and either how we can improve that involvement for the events we do hold, or change to events/gatherings that the members want to attend. The strength of the Striders is solidly rooted in its members, please help me find that strength and make the club better for all of us!

Don't forget, the next refreshment day will be Saturday, February 20th.

See you on the path! Stan Z.

(Editor's note: due to some last minute phone calls, Joe Gambino was able to get some family and friends to attend the dinner dance...this effort filled open seats and did save the club significant money.)

TALK ON THE PATH - WHAT'S HAPPENING IN AND OUT OF THE PARKHappy February Birthday to:

John Reinle (2nd), John Novak (5th), Steve Appel (12th), Ben O'Reilly (14th), Ray Dowe (22nd), Evelyn Batista-Fernandez (23rd), Sylvia Levitt (26th) and Frank Schmidt (27th).

Condolences

To Judy Densky on the passing of her mother on January 2nd.

To Steve Turkeltaub and his wife Debbie on the passing of Debbie's mother in late January.

Thanks

To the team for all their hard work to make our annual dinner dance on January 30th at Trattoria Lucia's a success. A good time was had by all! Check out the pictures in this edition.

Congratulations

To the annual award winners who were announced at the Dinner Dance on Jan. 23rd.

Strider of the Year	Debbie Pantano
Female Runner of the Year	Sue Corrie
Male Runner of the Year	Elik Hirsch
Most Improved Male	Gerry Ruiz
Most Improved Female	Rosalie Hatch
Walker of the Year	Andy Ziegler

Congratulations to the Striders who joined in 1991 and are being inducted into the 25 year club this year:

Hank Klein
Stan Zibulsky

Congratulations to the Striders who joined in 2006 and are being inducted in the 10 year club:

Janett Ameerrally	Sofie Voyias
Esther Cohen	Laurie Wennerholm
Ira Gardner	Andy Ziegler
Betty Jacobson	Kathy Ziegler

Congratulations to Ken Kaiser on his recent promotion to Department Manager in Con Edison's environmental remediation department.

Mark Your Calendars

For upcoming events, Alley Bowl VI is on Sunday, February 7th. Join us for this three person x 1-mile relay with a super twist to it! If you don't have a team get there early and get drafted - maybe you are a #1 pick!!

Dues Are 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.

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

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

I guess the end of the holidays and a record storm, stopped many of you from racing. BUT it didn't stop the walkers! On January 3rd, fifteen Striders walked to Oakland Lake. The walk around the lake has been repaired and improved and is now great place for a walk or run!



I did get one race result from (fast) Eddie Grassel. Central Park 10k – Time 58:32 which is a 9:26 pace. At the end Eddie stated, “Not bad for an old guy.”

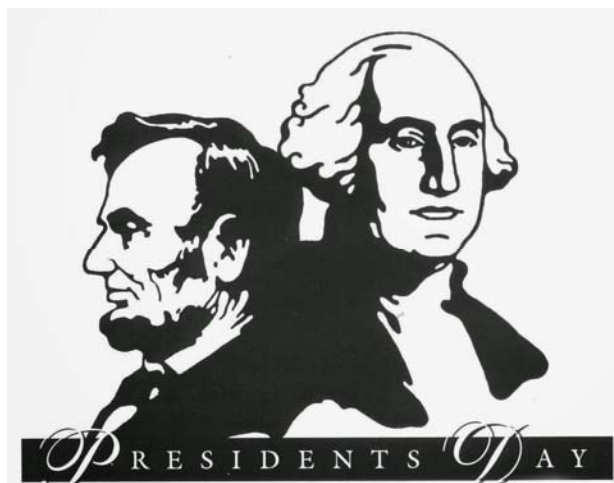
One final note, if you remember in the January newsletter I asked for any interesting runs? On Fran Kraus' run through the Norman J Levy Preserve, in Merrick she sure did have an interesting run- in. If you think standing on line for the bathroom at a marathon is annoying this really got Fran's “goat.”



Coming up in the next edition of “The Strider”, I will be going undercover and join a team running in the Alley Bowl VI. I will give a full report with results!



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REMIINDER and Update:

Alley Bowl VI - Coach's Notes...

The big Game is approaching. None of our home teams are even in it—so you have nothing better to do in the morning than ..start the day with the Alley Bowl!

Alley Bowl is now right around the corner - on Sunday February 7th! While we don't see any blizzards heading our way, we still hope the weather gods favor us. So come on out - run it, or volunteer for it...either way you will get some free hot dogs off the grill!

*Race is Sunday February 7th.
Volunteers should check in at 8:30 at
the upper park parking lot at Spring-
field and 76th.*

**REMINDER
OUR NEW WEB
PAGE IS NOW
AT:**

WWW.APSTRIDERS.COM

Alley Pond Strider
DUES are annual dues
from January through
December. New
members joining after
October 1st will have
valid membership
through December of
the following year.

Dues can be given to
Lynn Henry, any Board
member or mailed to:

**ALLEY POND
STRIDERS
P.O. BOX 298
BELLEROSE, NY
11426-0298**

Calendar of Events

Thursday, 2/4:

Monthly Membership
meeting at 8pm in the
Park House. Execu-
tive Board meeting is
held at 7pm immedi-
ately before - all
members are wel-
come.

Sunday, 2/7: Alley
Bowl VI - look for
details in this edition.

Saturday, 2/16:

Refreshment Day.
The club supplies the
bagels and coffee,
you bring a treat.

WHITHER THE DOW 2016

Pessimists Triumph! The Dow Jones Industrial Average closed 2015 at 17,425.03 for a loss of 2.23%.

Most Striders were optimistic after 2014's gain of 7.52%. In a year that no one really nailed it, **Vincent Del Cid** is our winner with a prediction of 17,000. **Lynn Henry** wins the Close But No Cigar honors with her guess of 17,900, followed by **Terri Case** at 17,935.

What will 2016 bring? Will the market continue to be spooked by a weak China, H Bomb tests in North Korea, ISIS attacks, rising interest rates, and plunging commodity prices? Does Clinton vs Trump become a reality? Maybe low oil and gas prices add hundreds of \$\$ into the consumers' pockets and helps keep inflation low so the Fed won't raise rates more. A good year often follows a bad, unemployment is coming down. and Presidential election years have been positive 76% of the time since WW II.

What do YOU think? Peer into your crystal ball and give us your best prediction for the close of the Dow in 2016. A prize will be awarded to the Strider who comes closest. Submit your prognostication to **John Sassone**. **Good luck!**

NAME: _____ PREDICTION _____



2016 ALLEY POND STRIDERS DINNER DANCE-AWARDS NIGHT





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2016 ALLEY POND STRIDERS DINNER DANCE-AWARDS NIGHT





QUEENS COUNTY FARM MUSEUM

73-50 Little Neck Parkway • Floral Park, New York 11004-1129 • (718) 347-FARM (3276)

fax: (718) 347-3243 • queensfarm.org • info@queensfarm.org

December 10, 2015

Mr. John G. Sassone, President
Mr. John Rettmer, Race Director
Alley Pond Striders
P.O. Box 298
Bellerose, NY 11426

Dear Mr. Sassone and Mr. Rettmer,

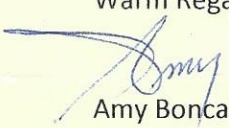
The board and staff of the Queens County Farm Museum are most grateful to you and the Alley Pond Striders for selecting us as your charity of choice. Your very generous donation of \$500.00 is greatly appreciated and will go a long way in purchasing educational supplies for use in our student workshops. It was so wonderful to meet you and take some great photos for our newsletters!

Over the years, several Striders have been attending farm events and been members of our Museum. We are fortunate to have such a wonderful community organization such as yours in our neighborhood.

I am happy to hear that you had a successful year and certainly appreciate your kind words and good wishes for the Farm Museum.

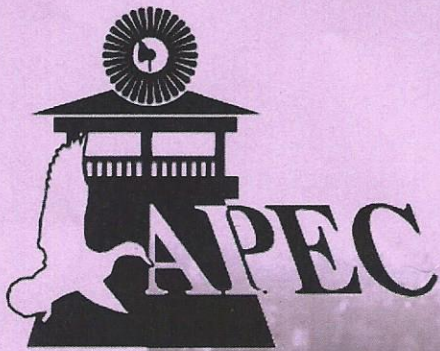
We wish you all a Bright and Happy New Year!

Warm Regards,



Amy Boncardo
Executive Director

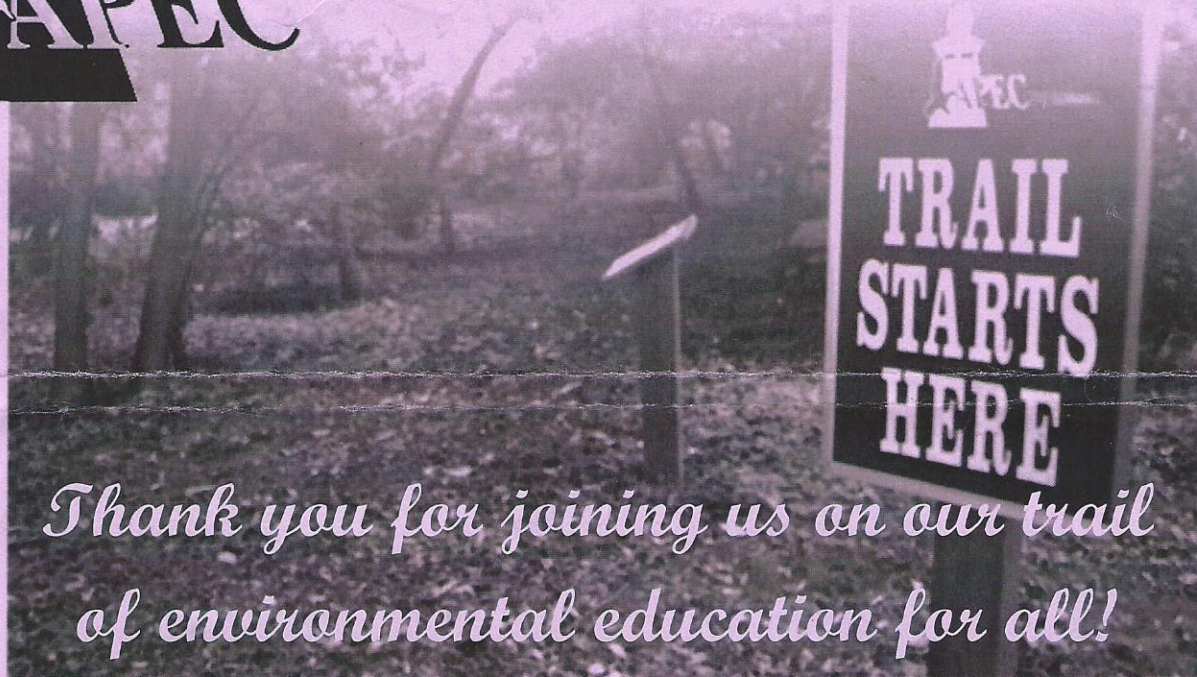
The Colonial Farmhouse Restoration Society of Bellerose, Inc. (d/b/a Queens County Farm Museum) is a registered charity of the State of New York, your contribution of five hundred dollars which was received on November 19, 2015, is tax deductible to the fullest extent allowed by law. We acknowledge that there were no goods or services provided in exchange for this donation.



(718) 229-4000
Fax: (718) 229-0376

ALLEY POND ENVIRONMENTAL CENTER

228-06 NORTHERN BOULEVARD • DOUGLASTON, NEW YORK 11362-1068



*Thank you for joining us on our trail
of environmental education for all!*

On behalf of the staff, volunteers and Board of Directors of Alley Pond Environmental Center, we extend sincere thanks to you for the generous contribution we have received.

This receipt will acknowledge that the following gift has been presented to us, with no goods or services offered in return.

Please keep this with your tax records.

Date: December 4, 2015

Donor's Name: Alley Pond Striders

Amount Donated: \$ 500.00

Year round, visitors of all ages and interests come to APEC and leave with a greater environmental awareness, understanding, appreciation and responsibility toward the earth. Your donation will help us continue achieving this goal. Again, our thanks!

Sincerely,

Irene V. Scheid
Executive Director

Linda Gochna
Membership Associate



January 22, 2016

Alley Pond Striders
P.O. Box 298
Bellerose, NY 11426

Dear Alley Pond Striders,

Thank you for your generous donation of \$500.00 on December 31, 2015. On behalf of The Hance Family Foundation, we would like to express our gratitude. With your donation, the Hance Family Foundation will be able to continue our mission to honor the lives of three beautiful sisters by ensuring healthy, happy, and safe children through innovative self-esteem educational programming and the support of children in need.

As you know, the goal of the Hance Family Foundation is to honor the memories of our daughters, Emma, Alyson and Katie by protecting, supporting, and cherishing children and families. We do this through our educational programs, *The EAK Projects*, and our charitable giving program, *Heart Hands Hope*. The Foundation's largest educational program, *Beautiful Me... The Emma, Alyson, and Katie Hance Project*, is a self esteem program for girls. Along with the Teacher Trainings and its supplemental parent program, Raising a Beautiful Girl, this astounding project is growing exponentially, to date over 19,000 girls have been through the program.

We feel deeply blessed by your generosity. Please continue to visit our web site or follow us on Facebook, Twitter, and Instagram to see how you have made and continue to make a difference, in the lives of children.

The wonderful tribute to our daughters that you and so many others continue to show by opening your hearts to the Foundation, means more to us than we can ever say. Healthy, safe and happy children are the highest priority for us and the Hance Family Foundation. Thank you for keeping us in your prayers and in your hearts.

With warmest appreciation,

Warren & Jackie Hance

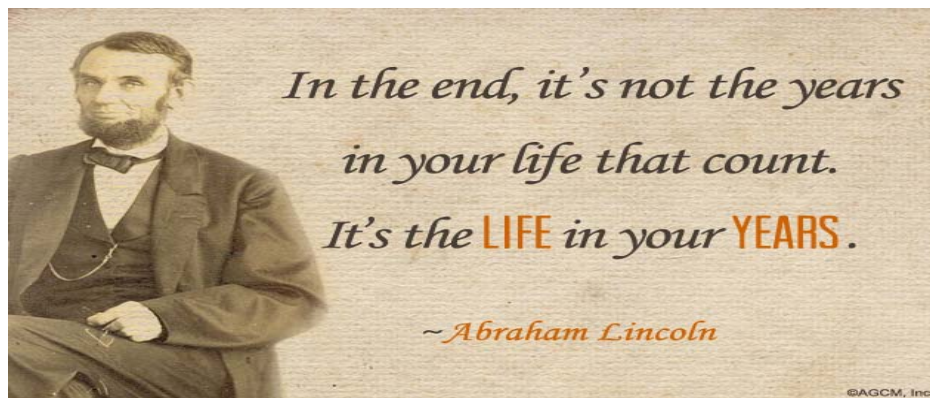
***The Hance Family Foundation is a registered 501(c)3 organization
Please let this letter serve as your official tax receipt.***



THE NEWSLETTER OF THE
ALLEY POND STRIDERS
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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: Stan Zibulsky
Vice President: Diane Haber

Treasurer: Joe Gambino

Recording Secretary:

Maria Ferraro

Corresponding Secretary:

Ronit Gurriel

Social Secretary: Nella Carravetta

Runners Rep: Larry Lutzak

Walkers Rep: Fred Feinstein

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

Sports Editor: Sara Jablonski

Web Master (Level 15): Debbie Pesa