

The Strider



December 2016

The Newsletter of the Alley Pond Striders

Volume XXXV Issue 12

FRONT PAGE NEWS

The November refreshment day was a great success. John Sassone had organized a food drive for the benefit of Our Lady Lourdes Food Pantry. The pantry collects and distributes food to needy families in our community. A lot of canned goods were brought in for the drive. Kudos to John!

On November 30th the first meeting of the 2017 Five Mile Challenge Race Committee met at the Park House. Although I was not able to attend since I went to the Billy Joel concert with my daughter, the committee made some good progress in planning next year's event. Despite missing this first meeting, I will definitely continue to be on the race committee.

On December 1st a Board Meeting was held followed by a Membership meeting. One of the most important items that we need to address is the 2017 Executive Board. I decided that I will not serve a second term. We do have someone who may be interested, but the monthly meetings would be moved to the first Wednesday of each month. In addition to my departure, Joe Gambino will be stepping down as Treasurer and Ronit Guriel will be stepping down as Corresponding Secretary. I want to thank them both for their service to the Striders; they have both had a significant impact.

As a reminder, December 18th will be our last refreshment day of 2016 and also our annual Holiday Party. In addition to celebrating the season, we will be holding elections for the 2017 Executive Board. It's not too late to get on the ballot for any of the board positions. If anyone is interested, please see me or any board member.

See you on the path! Stan

Alley Pond Strider DUES are annual dues from January through December. New members who have joined after October 1st will have valid membership through December of 2017. Dues for 2017 can be given to Lynn Henry, any Board member or mailed to:

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

TALK ON THE PATH - WHAT'S HAPPENING IN AND OUT OF THE PARK

Happy December Birthday to:

Iris Hertzberg (1st), Bill Jablonski (5th), Larry Lutzak (9th), Lenny Katz (10th), Kiran Mandrekar (10th), Mike Polansky (12th), Marilyn Silver (18th), Penny Smith (20th), Ada Rosales (22nd), Dave Miles (23rd), Michael Weisbord (29th), Scott Fairgrieve (30th) and Bill Kaiser (31st).

The November Membership meeting had two birthday folks attending - Lynn Henry and Joe Gambino. And, at the December meeting the birthday folks in attendance were Larry Lutzak and Mike Weisbord. (see photos)

Welcome

To new member Pat Mitrofanis of Jamaica Estates. We see Pat all the time running on the path and now she's an "official" Strider!

Condolences

To John Novak on the passing of his father in November.

Food Drive

Thanks to John Sassone for once again organizing a food drive for the Our Lady of Lourdes food pantry. The pantry helps over 85 families; many are single mothers, senior citizens or disabled in the Queens Village, Bellerose, Floral Park and lower Bayside areas. Our members donated over 12 bags of food and also cash donations were made.

Motor Parkway

On Saturday, Nov. 5th Striders joined Howard Kroplick and group to view the entrance & blueprints for the tunnel built for the Motor Parkway on Creedmoor property. Striders George Zink and Joby Jacob are pictured with Howard Kroplick. (Debbie Pesa, Randi, Astrid and I kept a low profile!) Debbie later gave a tour of the motor parkway to interested attendees.

Donation

Joe Gambino delivered the Five Mile Challenge donation to the Queens County Farm Museum. Our donations always are appreciated and have a positive impact.



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

Happy Holidays !!

STRIDER SPORTS SPOTLIGHT

BY SARA JABLONSKI

Let me start off this month's column with a congratulations and "hats off" to all those who participated in last month's NYC Marathon. Running a marathon is great accomplishment and each of you should be proud.

On November 19th a group of Striders ran in the Autism 4-Miler in Great Neck. Vivien Lim won first place in the Masters division! Sue Corrie-DelCid and Susan Yang both won first in their respective age groups. Helen Pasqual reported that "everyone had a great time" and sent the picture collage below.

On Thanksgiving Day, a group of Striders ran in



the Garden City 5-Mile Turkey Trot. Lynn Henry reported the following chip times: Joe Gambino 44:39 (2nd in Age); Lynn Leon 47:55; Lynn Henry 54:36 (2nd in Age). Maria Ferraro also ran, but apparently so fast, no one got her time!

Don't forget to send me your sports news at sara_jablonski@yahoo.com so you can be featured on the sports page!



Nella says....

It's party time!

Come One Come All Alley Pond Striders Annual Dinner

Saturday

January 21, 2017

7:00 to 11:00 pm

RSVP by 01/14/2017

\$50.00 per person

Trattoria Lucia

***247-63 Jericho Turnpike,
Bellerose, NY***

***DJ/Buffer dinner with beer,
wine & soda***

**Name: First _____
Last _____**

of attendees: _____

Send check to: Alley Pond Striders

P.O. Box 298

Bellerose, NY 11426-0298

***Cash Payments and checks can be given to
Nella Carravetta, Joe Gambino or Lynn Henry***

City Stride 2016





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

Calendar of Events

Sunday, 12/18:

**Strider Annual
Holiday Party and
2017 Board Elections.
Come join us after
your run/walk for our
annual party and cast
a vote for the 2017
Executive Board.
Bring a treat to share.**





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BELLEROSE, N.Y. 11426-0298

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A New Year's Resolution is something
that goes in one year and out the other!

Happy New Year!

www.apstriders.org

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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 Guriel
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
Web Master (Level 15): Debbie Pesa