

TWO RIVERS

THE CAPITAL REGION GLBT OUTDOOR CLUB

February 2009

President's Message:

Happy 2009 everyone. We have had a slow start to the year so far, due to our December board meeting being canceled. Not to worry however, as we have lots of events planned for February.

One of my all time favorite events is happening February 13-15, the annual Saratoga Dance Flurry (see more details in this newsletter) held at the Saratoga Civic Center in downtown Saratoga. This is the Capital Region largest dance events and hosts about three to four thousand dancers. It's fun to go with a group of people and see where the evening takes you, from Argentine tango to New England contra dancing. The people attending the event are no less diverse originating from all over the country and all over the world. At the dance flurry, you never know who you will be dancing with next. It's a very interesting way to meet new people.

We also have outdoor events planned. I went skiing for the first time last year, thanks to the Two Rivers Outdoor, and I had a great time. I looking forward to improving my skills at Maple Ridge, just off Mariaville Ridge in Schenectady. This is a gentle course, great for beginners, kids, and people who don't want to travel two or three hours for a skiing event. The price can't be beat. (see more details in this newsletter)

And last but not least, we will be bowling again this February. We have been bowling for awhile now, and though I can't say personally that I am getting any better, I am having lots of fun. Come out and join us for any or all of the events this February. Bowling at the Playdium, February 18 (see more details in this newsletter)

Please contact me at 518- for more details. Please come and bring friends.

Thank you,

UPCOMING EVENTS

*All Phone Numbers area code 518
unless otherwise stated.*

Feb. 7, 14, 21 & 28 Albany Front Runners and Walkers

Our running and walking contingent still gets together most Saturdays at 9:00 AM for runs and walks of 2 to 5 miles. We meet at Buckingham Pond (at Berkshire and Colonial). In addition, sometimes, when the conditions are right, we head over to the Albany Muni from Buckingham pond for a bit of Cross Country Skiing (especially if running conditions on the streets and sidewalks are not the best). As always, the exercise will be followed by coffee and bagels at Uncommon Grounds. Call for directions or to let us know you are coming.

Some of us are also doing at least some of the Hudson Mohawk Road Runners Club Winter Series. The last race of the Winter Series will be on Sunday February 22, 2009 at 10 AM with the Winter Marathon and a Marathon Relay. It might be nice to get a Two Rivers team together to do the Marathon together as a relay. All of the Winter Series races start at the University at Albany Physical Education Bldg.

Feb. 3 - Movie night - Frost Nixon

Join at the Spectrum for the 6:30 PM showing of Frost Nixon, Ron Howard's take on a pivotal period in history with stellar performances by Frank Langella and Michael Sheen. Will be at the Ultraviolet Cafe 30 minutes before the show and can stop after for coffee and discussion. Call or just show up.

Feb. 8, Sunday, Snowshoe Event

While it's still winter, let's go to the Five Rivers Environmental Center for an afternoon of snowshoeing on the hiking trails there. We can meet at the circle where the buses park near the maintenance buildings at 1:00 PM and decide which trails to take. Bring water, snacks, binoculars (if you enjoy birding) and your own snowshoes since they do not rent them there. If the snow levels are low, we could relocate to Thatcher Park. Call for directions and any changes.

Upcoming Albany Bombers Hockey Schedule

Feb. 8: Albany bombers vs Adirondack Avalanche 10:00 AM Weibel Rink, 30 Weibel Ave., Saratoga Sprgs
Feb. 15: Albany Bombers vs Arctic Fox 8:15 PM at Clifton Park Ice Arena, 16 Clifton Common Blvd.,
March 1: Albany Bombers vs Saratoga Storm 2:30 PM at the Bethlehem Y, 900 Delaware Ave., Delmar. For further information and update go to www.albanybombers.org

Feb. 10 - Movie night -He's Just Not That Into You

Join at the Spectrum for the 6:30 PM showing of He's Just Not That Into You. A smart comedy with Ben Affleck, Jennifer Aniston, Drew Barrymore, Scarlett Johansson and more. Will be at the Ultraviolet Cafe 30 minutes before the show and can stop after for coffee and discussion. Call or just show up.

TWO RIVERS

THE CAPITAL REGION GLBT OUTDOOR CLUB

February 2009

Feb. 12 Two Rivers Board Meeting

The next board meeting will be at _____ house
_____ . 6 PM All members welcome.

Feb. 13-15 - Dance Flurry,

The Dance Flurry Festival is a celebration of music and dance from America and around the world: Swing, Contra & Square, Tango, Waltz, Ballroom, African, Balkan, Celtic, Scandinavian and Salsa to name a few.

Participants come to dance, watch, listen or participate in a variety of workshops and jam sessions. Join _____

_____ and other Two Rivers Board members for this all weekend dance event. The event usually hosts around three to four thousand dancers from across the country and is a great way to meet people. Beginner dancers welcome. We are planning to go Saturday Night for the 5 PM to 2 AM session, cost is \$30.00 for adults (a bargain if you like to dance). We can also plan an additional time if there is enough interest. Contact: _____

_____ if you are interested in attending For more information please see the website: www.danceflurry.org/festival

Feb. 17 - Movie night -Waltz With Bashir

Join _____ at the Spectrum for the 6:30 PM showing of Waltz With Bashir. Ari Bashir tries to recapture his involvement in an Israeli war mission, slowly uncovering his own past and the futility of war. Will be at the Ultraviolet Cafe 30 minutes before the show and can stop after for coffee and discussion. Call _____ or just show up.

Feb. 18 -Bowling Night

Please join _____ at the Playdium for our monthly Two Rivers Bowling Night at 7:30 PM. The Playdium is located at 363 Ontario St. Albany, NY 12208.

Please contact me at _____ for more details.

Please come and bring friends. If you do not have your own shoes, they can be rented there for a small fee.

Please Note: The deadline for Newsletter submissions is the 20th of each month!

Feb. 23 - Opera at the Spectrum

Join _____ for a 6:30 performance of Don Carlo, a High Definition showing of an opera done at La Scala. Tickets are \$20 and can be reserved by calling 449-8995 and then picked up and paid for (cash), be sure to ask for the Monday showing. Will be at the Ultraviolet Cafe 30 minutes before the show and can stop after for coffee and discussion. Call _____

Feb. 24 - Movie night -Run Lola Run

Join _____ at the Spectrum for the 6:30 PM showing of The International. Clive Owen and Naomi Watts star in Tom Tykwer's (Run Lola Run) gripping thriller. Will be at the Ultraviolet Cafe 30 minutes before the show and can stop after for coffee and discussion. Call _____ or just show up.

February 28 - Game Night in Fonda

Join _____ in Fonda for an afternoon of sledding and a night of Yahtze, Skip-Bo, Trivial Pursuit or a favorite board game of your choice. Come at 4:00 for sledding or snow shoeing, 6:00 for pizza, games start at 7:00 p.m. Call for directions _____

Feb. 28 - Remedial Skiing at Maple Ridge

Never learned how to ski, or wanted to learn but haven't had the time. Come join the board for a day of skiing at Maple Ridge, right off Mariaville Road in Schenectady at 1 PM. Prices are low, \$26.00 for four hour ticket, \$29.00 for seven hour ticket, and the terrain mild, making it a good event to learn. Contact: _____

_____ if you are interested in attending. For more information please see the website: www.mapleskiridge.com

