



Activities Unlimited
General Meeting
Tuesday April 9, 2024 2:00 pm
Henneveld Hall, 580 Wyckoff Ave.

NOTE FROM THE PRESIDENT

As I am about to write this note, I can hear the wind howling. The best part of this is that winter is leaving and spring is coming and we changed our clocks to daylight savings time. This is a great sign that summer is coming.

Come April we can take out our golf clubs and the golf season will begin to emerge. To quote the words of a famous writer, Rick Pascal “It doesn’t take much to pull a muscle, strain a hamstring or other tendon when they’re not ready.

Remember that at our age, it could take longer for a damaged muscle to heal than it did when we were in our 20’s. And please remember to keep yourself hydrated.”

Remember, we still need to encourage new members in order to sustain our membership. AU has the best activities of any organization so please read our Newsletter and be active in our activities. It would be a great opportunity to expand your circle with friends, stimulate your mind and expand your areas of interest. You’ll find that everyone is most welcome. Lastly, don’t forget to come to the Spring Luncheon in May. Wives and significant others are encouraged to attend.

Jim Atieh, President

The donations to the Food Pantry at the March General Meeting totaled \$122.



ACTIVITIES UNLIMITED



2024 OFFICERS



Jim Atieh
President
201-315-5346

Tom Donch
1st Vice President
201-376-8824

Gaspar Lesznik
2nd Vice President
201-774-8608

Rich Bernarde
Secretary
201-337-5238

Mike Kelley
Treasurer
973-879-4590

Scott Japko
Assistant Treasurer
201-788-5516

April 9, 2024 General Meeting

Our speaker for the April General Meeting is Alexandra Fox who will be speaking on “this is not your Father’s heart disease.”

We are looking forward to seeing you at the meeting.

Tom Donch, First Vice President

Welcome New Members

Greg R Zimer (Agnes)	4 Hunter Rd North Haledon, NJ 07508	Care & Concern, Pickle Ball, Tennis, Trips & Tours	C: 973-632-8545 g.zimmer@steelrule.cm (Executive)
Avon T Morgan Jr. (Barbara)	257 Walthery Avenue Ridgewood, NJ 07450	Band, Computer, Photography	H: 201-612-8269 C: 201-294-5977 avontmorganjr@gmail.com (Disability Analyst)
Robert S. Rosen (Dina)	111 Greenway Road Glen Rock, NJ 07452	Short Hikers, Long- Hiking, Luncheon, Photography, Pickle Ball	H: 646-761-2416 C: 646-761-2416 rrosen18@yahoo.com (Reinsurance)
Edwin Lundell (Margie)	48 North Monroe St. Ridgewood, NJ 07450	Duplicate Bridge	H: 612-865-5381 C: 612-865-5381 edlundell4@gmail.com (Pharma)



Trips & Tours

The next meeting of Trips & Tours is at 10:00 am on April 09, 2024 at the Midland Park VFW Hall.

Upcoming events

Thursday, April 11, 2024 — Branch Brook Park Cherry Blossoms, Cathedral Basilica of the Sacred Heart, and lunch at the Don Pepe Restaurant. Wives/significant others are invited. This event is sold out. To be placed on the waiting list, please send your check for \$88 pp, payable to “Activities Unlimited”, to Lou Guarneri, 84 Fisher Road, Mahwah, NJ 07430. Any questions call: Lou Guarneri 201-847-1981 or email lguarneri03@gmail.com.

Our bus will leave from Pulus Field (which is behind the Wyckoff YMCA) at 8:30 am promptly. Be there by 7:45 am.

May 14, 2024 – Spring Luncheon at Portobello’s in Oakland, NJ, from 12 noon to 4:30pm Please join us for an afternoon of great food and camaraderie. \$40 pp. Please make checks payable to “Activities Unlimited” and mail to: Gaspar Lesznik, 747 Wyckoff Ave, Wyckoff, NJ 07481. Contact: gaspar.lesznik@gmail.com; 201-774-8608

June 7, 2024 — BBQ at the Red Barn, Crestwood Park, Allendale, NJ. See page 9 for more information and the registration form.

Thursday, July 18 Wine Tasting – 4:30 pm . This event will be held at Total Wine, 1001 Main Street, River Edge, NJ, (right off Route 4). It will be a fun AU social gathering with pizza being served (soda & water will also be also available). Wives/significant others are invited. We only have room for 40 people, so send in your checks for \$15 pp ASAP payable to “Activities Unlimited”. Mail to George Lewis, 45 Walnut Street West, Mahwah, NJ 07430.



Trips & Tours

Upcoming events

Thursday, September 12, 2024 — AU Annual Social will be held at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ. The Social will be from 6:00pm to 9:00pm. Price and other details to follow.

We're looking forward to our newer members joining us as it is a great way for them and their wives/significant others to meet everyone in a casual social environment. No one will leave hungry as there will be plenty of food, wine, soda and water.

October 8 — Annual Breakfast / General Meeting at the Brick House.

October — Octoberfest Celebration. Details to be provided in a future Newsletter.

December — AU Christmas Dinner / Dance at Seasons. Details to Follow.

Trips & Tours Chair: **John Caikowsky**: 973-599-1056; johncaikowsky@optonline.net;
Co-chair: **Dave Voehl** dcvoehl@yahoo.com; 973-865-8705

Current Month Club Activities

AU Guys

The AU Guys Band meets Wednesdays at 10:00am at the Midland Park VFW Hall. The AU Guys Band is very active. Future gigs include the AU Luncheon on May 14 & the AU Picnic on June 7.

Chair: **John DeSantis**: blueiii.earthlink.net; 201-447-0256

Co-Chair: **Frank Altomare**: 201-410-4712; frank@altomare.us

Book Club

Books to be discussed at the April 24 Book Club meeting are: *Lost at Sea* by John Wukovits about Eddie Rickenbacker's 24 days adrift in the Pacific Ocean during World War II. Also, *Bartleby, the Scrivener* by Herman Melville, a short story about an elderly lawyer who works on Wall Street with legal documents. He hires Bartleby to copy legal documents by hand and this leads to a strange tangle of events.

All AU members are welcome to attend.

Chair: **Vince Tortorelli**: carvince@aol.com; 201-316-2996.

Co-Chair: **Marty Valerio**: marty@hyregulatory.com; 201-394-

History Club

Our next History Club meeting is at 1pm on Tuesday, April 23 at the VFW building, 28 Faner Road, Midland Park.

Our speaker is our own AU member, Ed Houlihan. Ed will speak about comparing Chairman Mao Tse Tung and Chiang Kai Shek. How did Mao march into Beijing as the leader of China and Chiang arrive in Taipei City, Taiwan as a loser in 1949? What personal traits and characteristics brought them to positions of leadership? This was a competition that resulted in China becoming an ally of Russia today and not the United States.

This promises to be a great and timely subject, especially appropriate for what is going on in the world today.

Hope all can make it.

Chair: **Joe Pullaro**: josephpullaro@hotmail.com; 201-357-0018.

Co-Chair: **Gaspar Lesznik**; gaspar.lesznik@gmail.com; 201-774-8608.

Current Month Club Activities (cont.)

Science Club

At this time no specific plans for the April meeting have been made. If anyone has a topic they would like to present, contact us this week. We will be available to help with the preparation.

Chair: **Jack Yurasek**: jyurasek@aol.com; 201-337-4433

Co-chair: **Marc Bernhardt**: marc.bernhart@yahoo.com;

Public Discussion Club

The next meeting of the Public Discussion Club will be on April 10 at 10:00am. The meeting will take place in the Franklin Lakes Ambulance Corp. building.

Agenda topics: 1. Why is Haiti such a mess and who can correct it; 2. Putin has claimed his invasion of Ukraine is no different than the US invasion of Iraq. Does he have a case? 3. Should Tic Tok be banned?

Chair: **Walter Widmer**: WalterHWidmer@gmail.com; 551-286-4045; Co –Chair: **Tom Butler**

Safe Shooting Club

There is no meeting in April. The next meeting will be in May 22nd. There will be several shoots in May; dates to be announced.

Chair: **Dave Hubschmit**: ski3100@aol.com; 973-650-0052; Co-Chair: **Rich Berger**: rgb464@gmail.com

Gardening Club

There will be a Spring meeting in April, date coming soon!

Chair: **Fred Theile**: fredtheile@gmail.com; 201-825-7541

Stock Picking Contest

The March monthly winner was Guy Cappello. The month-to-month increase for this portfolio was 9.5%. The year-to-date winner is Steven Howard with year-to date gain of \$143.5K

Chair: **John Abrahamsen**: au.club@optimum.net; 201-739-8589.

Current Month Club Activities (cont'd)

Computer-Tech. Club

The April meetings of the Computer Tech Club will be on the 2nd and 16th of April at the Midland Park VFW starting at 10:30am. Fred will kick off both meetings with presentations on new technologies. The computer segment of the April 2nd meeting will focus on using the Edge browser on the Windows platform. Searching for information and websites using AI will be attempted.

The April 16th computer segment discussion will focus on using the Apple Sonoma platform using the Safari browser. Searching for information and websites using AI will be attempted.

Chair: John Abrahamsen: au.club@optimum.net; 201-739-8589

Fred Theile Chairs the Technology portion of the Club: 201-825-7541

Photography Club

The photography Club will meet on April 23 at 10:30am at the VFW in Midland Park. Topic TBD.

Chair Murray Perl: 201-446-7357; mdperl@gmail.com; 201-261-7276
Co-chair: Sam Ohan: samo993@verizom.net; 201-825-0437.

Investment Study Group

The next meeting of the Investment Study Group will be on April 2, 1PM at the VFW in Midland Park.

Dennis will review first quarter investment results and lead a discussion: **Investing in AI: is it too late?**

Chair: Dennis LaBarbera: dennis.labarbara@yahoo.com; 561-222-1027.

Co-Chair: Fred Theile: fredtheile@gmail.com; 201-825-7541

Stock Market Club

The AU Stock Market Club meets on the first and third Tuesday of each month. They meet at 9:00 am at the VFW Hall in Midland Park. That will be April 2nd and 16th. Guests are always welcome.

Chair: Frank Nusspickel: fnusspickel@aol.com; 201-739-5773.

Co-Chair: Steve Klein: sikein7@aol.com; 201-264-1654.



AU Annual Spring Luncheon

at

Portobello Banquets

155 Ramapo Valley Road
Oakland, NJ

Tuesday May 14, 2024, 12:00 – 4:30
Lunch Buffet, Salad, Dessert, Coffee, Tea

Music by the AU Guys Band

Dancing

Cash Bar

\$40 per person

Make checks payable to Activities Unlimited. Send to:

Gaspar Lesznik
747 Wyckoff Ave.
Wyckoff, NJ 07481

Music

Dancing

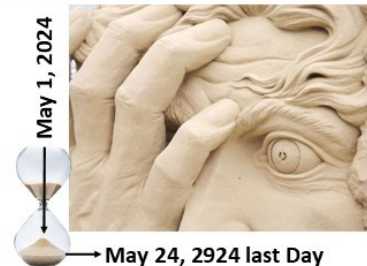
ACTIVITIES



UNLIMITED

Activities Unlimited 2024 BBQ

- Where:** Red Barn, Crestwood Park Allendale
- Address:** Klomburg Dr, Allendale, NJ
- When:** June 7, 2024—Friday
- Rain Date:** No Rain Date, the Red Barn is covered
- BBQ:** 4:00 PM to 8:30 PM
- Cost:** \$39.00 per person
- Menu:** Burgers, Fried Chicken, Ribs. Hot Dogs, Salads, Water, Soda, Deserts, Ice & Fixings
- BYOB:** Bring your own favorite Alcoholic Beverages and Snacks.
Please no Glass Containers
- Music, Plus:** AU Guys Big Band, plus non-contact sports & tackle football (no pads) optional
- Payment:** Make checks payable to – **Activities Unlimited** & send with registration to:



Joseph Pullaro 886 Iron Latch Rd, Franklin Lakes, NJ 07417

Contact: Joseph Pullaro—
josephpullaro@hotmail.com
201-378-8378 or John Mur-
phy—Deltasp69@aol.com
201-723-4404

24 Days left



May 24, Registration



BBQ 2024 Registration Form

First Name AU Member

Last Name AU Member

First Name Guest

Last Name Guest

AU Member Email

AU Member Address - Street

AU Member Phone #

AU Member City - State

**Cutoff Day For receiving Your Reserva-
tion and Payment is May 24, 2024**

Last Day for full Refund is May 31, 2024

A group of 17 friends from the “AU Long and Short Hikers” threw a Big 87th Birthday Party for **Don Kirkpatrick**, at Portobellos Restaurant in Oakland, on March 6th. Don’s friend’s have celebrated together for three years now!

We are already planning his next annual birthday party for 2025!

We also had birthday singing by the entire restaurant! A great time was had by all!



A (Not So) Funny Thing Happened On Our Recent AU Long Hike

Written by Tony Dilorgi

It was a typical Monday morning for the AU Long Hiking Club. We met in the Wyckoff Reformed Church parking lot at the usual time. There were eight of us, and we divided into two groups. We were headed an hour's drive north to the Black Rock Forest hiking trails in Mountainville, NY. It was an uneventful drive and I decided to prep my cell phone for the hike. I turned up the volume for the Sound, Media and Notifications settings, in order to hear our progress during the hike, in miles, time etc. We arrived at the parking lot for the trail and began our trek up the road to the steep embankment to start our hike. I realized I had not turned the "Map My Hike" app on, so I could record the hike as I normally do. I also brought up the map of the trails we would take, and I'm feeling WOW, I remembered to do all this without having to be reminded. I was proud of myself. Then, about two miles into the hike, Don Kirkpatrick, our hike leader, asked me something and I went to pull the phone out of my jacket pocket. To my horror, NO PHONE. OMG! Where can it be? I checked all my pockets, pulled everything out of the knapsack—NO PHONE. A terror came over me. Will I have to get another phone? All my contacts will have to be re-listed, all the apps I had on the phone would have to be re-installed, oh crap --- all the damn passwords would have to be looked up. Worst of all how would I explain my negligence to my wife, who I am sure would take it in stride and try to calm my short-fused nerves. Okay what do we do?

Don said we will split up. He and three hikers would go on to Black Rock vista while three fellow hikers and myself, would retrace our steps back to the trail that we were just on. We would then meet up for lunch at the Black Rock vista, via a different trail. After lunch, on the way back to the parking area, the eight of us would not take the trail we intended to take, but instead, we would all follow the trail we took originally and scour the ground, hopefully finding the phone on the trail. While walking, my cohorts occasionally called the cell phone while I prayed that we would hear it ringing. Nothing.

On the way back, we met fellow hikers and stopped to ask them if they happened to come across a cell phone. No one saw it. But they came up with ideas, like call the Trail Conference to see if anyone turned it in. We have hope! Needless to say, each step closer to the parking lot brought more anxiety. Now we are less than a quarter mile from the parking lot, and John T. tries ONE LAST TIME to call the phone. By this time, I have run out of hope, feeling all is lost and resolved to having to buy a replacement and all the work involved.

The worse part, is having to tell my wife how careless I was and that I will probably need to have clips like children have, to hold their mittens to their jackets. All of a sudden, I hear John talking in the distance. He sounds excited.

What's going on? He quickly turns around looking for me. I quick step to where he is standing. He is talking to a woman, she has your phone, he says. He continues talking to her, now on speaker. "Where are you," he asks.

"I'm at the Science Center on Reservoir Road" in Cornwall. He continues, "I'm the Trail Supervisor," she tells him. "One of my volunteers just handed me this phone", she tells John.

Apparently he heard it ringing and located it. What are the odds? Please take it, it hasn't stopped ringing since I picked it up." The volunteer tells her (there were 28 calls in total listed).

We will be right there," we tell her. The anxiety, depression and hopelessness drain out of my body instantly, and I am filled with a feeling of thankfulness, joy and relief. The ride seemed to take forever. After retrieving the phone, we tried to show our appreciation but they would have none of it. Also, the volunteer, one of my many heroes, wanted to remain anonymous and free of my phone.

I just want to thank all my hiking buddies and my other heroes, for the effort they put forth for me in my moment of despair, and those who go out of their way to help people they don't know. I appreciate them, God bless them. It's proof, miracles happen, **and prayers REALLY do work.**



Activities Unlimited Newsletter

Obituary

RAYMOND CANTWELL

Raymond Joseph Cantwell, age 86, of Midland Park, NJ passed away peacefully surrounded by his family on March 6, 2024.

Born on May 24, 1937, and raised in Woodside, Queens, NY, Ray was the son of the late Joseph and Margaret (Leddy) Cantwell. He was the beloved husband of Barbara (Auguste) Cantwell for 59 years and a devoted father to his three children, Raymond Cantwell and his wife Kristin of Whitehouse Station, NJ, Susan Sheridan and her husband John of Maplewood, NJ, and Janet Blumetti and her husband Dean of Sparta, NJ. Ray was also a cherished grandfather to his four grandchildren, Hannah, Margaret, Jack, and Aidan, a beloved brother of the late Joan (Cantwell) Smith of Long Island, NY, and a dear uncle and friend to many.

Ray graduated from Power Memorial High School and later attended Fordham University, where he earned his degree in Chemistry. He settled in Midland Park, NJ in 1968 and raised his family there. He enjoyed a long career as a chemist primarily with Bayer focused on paints and pigments, and later with General Rubber.

Ray spent as much time as possible outdoors in nature. He loved fishing, hunting, camping, gardening, hiking, and walking. He had an inquisitive, scientific mind, and from an early age loved learning new things and understanding how things worked. He thoroughly enjoyed sharing his sense of curiosity and knowledge with others. Later in life, Ray was an active member of Activities Unlimited, where he enjoyed hiking with friends and learning about new topics, especially History, Chemistry, Technology and Investments. His kind, patient, gentle nature was a true inspiration to all who were blessed to have known him.

Short Hikes in 2024 with Ray Laurelwood Arboretum Garden, Wayne



Campgaw Ski Area



Activities Unlimited Newsletter

Obituaries

RONALD MANGANARO

Ronald (Ron) Manganaro, age 91, of Upper Saddle River, passed away on March 11, 2024.

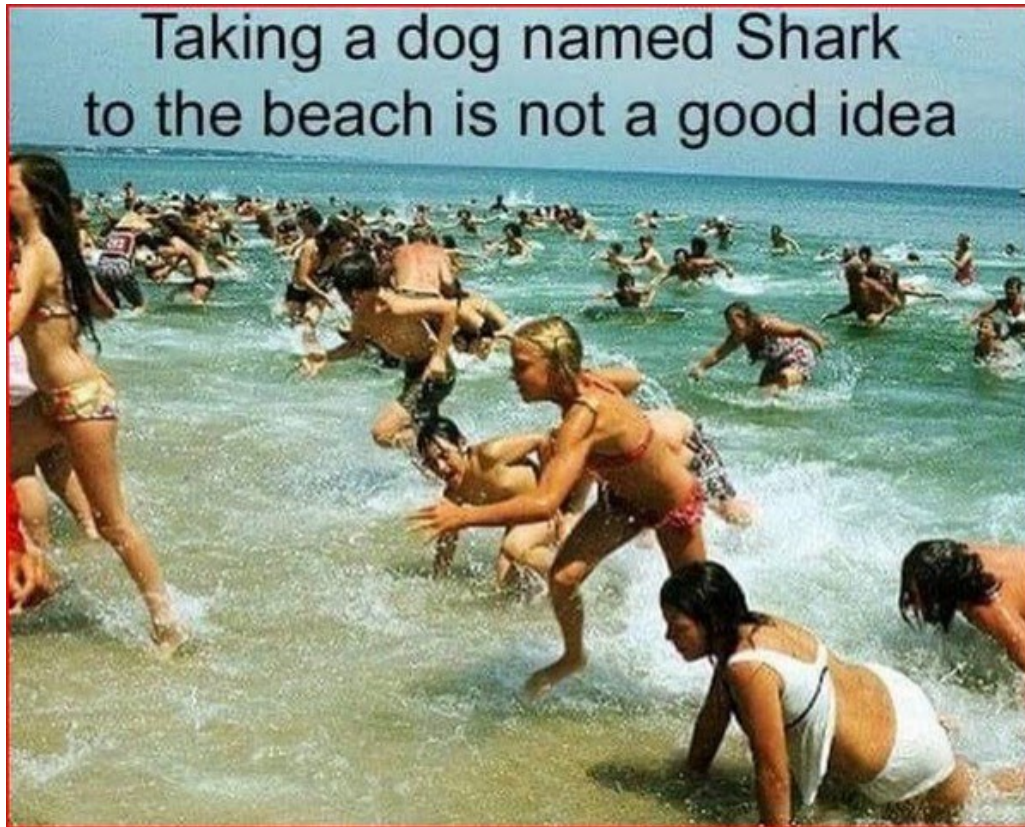
Ron shared a life-long passion for life, his family and his friends. He was a loving husband to Rosemarie, caring father to Lynn, Leigh and Peter Manganaro and son-in-laws Tom Gallagher and David Hartmann, and devoted grandfather to Trevor Shields and his fiancée Ashley Merritt, and Derin Hartmann. He also shared treasured friendships with Don Fairbairn, Jack Yurasek and Ray Cantwell, who he hiked and lunched with weekly. Ron will be dearly missed by all who loved him.

Born on September 4, 1932, in Brooklyn, NY, Ron was the son of Angelo Manganaro and Virginia Taranto. He was the youngest of four children who grew up with a great love of food and family. He later moved to Fair Lawn, NJ, where he attended high school and prepared himself for his collegiate studies at the Newark College of Engineering, subsequently earning a degree in Civil Engineering. As a professional engineer, Ron was especially proud of his role as Vice President of Environmental Construction for Yonkers Contracting, where he lent his talents to many projects in the New York metropolitan area.

SALVATORE C. BALDINO

Salvatore C. Baldino, 90, died February 19, 2024 at Valley Hospital, Ridgewood, NJ, surrounded by family. He was a devoted husband and father, a veteran, and a practicing physician in Wyckoff, NJ for 52 years.

On The Lighter Side



Apparently there's a third option between burial and cremation.



On The Lighter Side

TWELVE COMMANDMENTS FOR SENIORS

1 - Talk to yourself.

There are times you need expert advice.

2 - "In Style"

are the clothes that still fit.

3 - You don't need anger management.

You need people to stop pissing you off.

4 - Your people skills are just fine.

It's your tolerance for idiots that needs work.

5 - The biggest lie you tell yourself is,
"I don't need to write that down. I'll remember it."

6 - "On time"

is when you get there.

7 - Even duct tape can't fix stupid,
but it sure does muffle the sound.

8 - It would be wonderful if we could put ourselves
in the dryer for ten minutes, then come out
wrinkle-free and three sizes smaller?

9 - Lately, you've noticed people your
age are so much older than you.

#10 - Growing old should have taken longer.

11 - Aging has slowed you down,
but it hasn't shut you up.

12 - You still haven't learned to act your age
and hope you never will.

. . . And one more:

"One for the road" means peeing before,
you leave the house!!



- Author Unknown