



# Activities



# Unlimited



Volume XXXVII, Issue VII

August, 2023

## Activities Unlimited General Meeting:

There is NO Meeting in August

The September Meeting is on Tuesday the 12th, at 1:00pm

At the Midland Park Reformed Church

183 Godwin Ave, Midland Park, NJ 07432

### NOTE FROM THE PRESIDENT

We are well into the summer season, and I hope you all are enjoying vacationing, visiting friends and family, and relaxing in your favorite places. Please be sure to stay cool and well hydrated during these unusually hot and humid days. Also, stay in touch with friends and neighbors who may be sensitive to these temperature conditions.

Activities Unlimited is taking its summer break during August. There will be no General Meeting in August and many of our clubs are also taking a break. Please check the Web Site for the latest schedule of all club meetings.

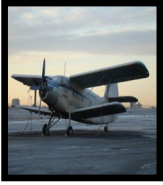
We will resume regular activities in September. Due to conflicts with the Wyckoff Reformed Church Nursery School, our September General and Board meetings will be held at the Midland Park Reformed Church. The September Newsletter will provide timing details.

I also want to congratulate the Trips and Tours team for their unexpectedly popular trip to the Culinary Institute of America in October. The event is sold out and has a waiting list. **AU is Back** and our membership is enjoying the benefits of the special events that are planned by Trips and Tours.

Finally, spread the word. Tell your friends and associates of the great opportunities Activities Unlimited provides to retired and semi-retired men.

Be Safe and Be Well,  
Harry Bennet, President.

The donations to the Food Pantry at the July General Meeting were \$194.25.



## Trips & Tours



### Upcoming 2023 events

**September 21**— Our “AU Annual Social” will be held on Thursday September 21 from 6:00pm to 9:00pm at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ. This location is approx. 15 minutes from the Wyckoff Reformed Church, and directions will be provided. 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. Please send your check for \$40.00 per person payable to Activities Unlimited to: George Lewis, 45 Walnut St West, Mahwah, NJ 07430.

**October 10**— Annual breakfast / General meeting at the Brick House, Wyckoff.

**October 11**— Trips & Tours is hosting a bus trip to the Culinary Institute of America in Hyde Park, NY. This is a couples event. The cost is approx \$85-\$90pp which will include bus transportation. We will ride through New York foliage; tour the campus; and have a full Italian Style luncheon (cash bar).

**December 4**— Dinner/Dance at Seasons, Washington Twp.

**January 2024**— Beefsteak at the Brownstone, Paterson, date TBD.

John Caikowsky (as T&T Club Chair) [johncaikowsky@optonline.net](mailto:johncaikowsky@optonline.net); 973-599-1056 has arranged to make all Midland Park Continuing Education events open to AU members. Several examples of such MPCE events available to us are:

- Lancaster Show Trip (August 7—9) 2 nights, 2 breakfasts, 2 dinners, Admissions to “Moses” Show.\$579 pp.
- Niagara Falls and Toronto. (9/18-9/22). Triple \$749; Double \$769; Single \$919
- Pigeon Forge & Smokey Mountains (10/9-14) (5 nights \$839pp)

The complete list of MPCE events and more details on all of these events can be found at:  
 “[www.mpsnj.org/continuing\\_education/ programs/springbrochure](http://www.mpsnj.org/continuing_education/programs/springbrochure)”

To register for any event connect directly with Midland Park; there is no need to contact AU Trips & Tours.

# ACTIVITIES UNLIMITED



## 2023 OFFICERS



**Harry Bennet**  
President  
201-891-9527



**Jim Atieh**  
1st Vice President  
201-315-5346



**Tom Donch**  
2nd Vice President  
201-315-5346



**Rich Bernarde**  
Secretary  
201-337-5238



**Mike Kelley**  
Treasurer  
973-839-6470



**Anthony DiIorgi**  
Assistant Treasurer  
973-428-0431

## Welcome New Member

Name(Spouse)	Address	Interests	Phones/Email/(Occupation)
Tim G. George (Ann)	22 Elizabeth Lane Mahwah, NJ 07430	Band, Science	H: 201-788-6253 C: 201-788-6253 tcg1@optonline.net (TV Technical Director)

## On The Lighter Side



### **2023 Food Pantry Donation process: AU member John Abrahamsen writes:**

The WRC Food Pantry 2022 campaign resulted in 42 AU members sending John Abrahamsen their picture to fill a void in the Roster. AU was then able to make a very good contribution to the Food Bank.

This year AU is organizing the effort to include all members, not just one's who did not have Roster pictures. This year every member who donates \$5 or more in cash at a General Meeting will have that matched by AU. For example, if a member deposits at least \$5 into the Food Bank basket at a General Meeting and sends John their picture, that donation will be matched. The donation matching campaign for the Food Bank has already raised \$50. This is great news. Let's keep this going.

In December, the number of pictures received will be tallied and a check will be sent to AU to be donated to the Food Bank.

### **Great article from Doug Cooper, AU Member and Past President**

To access the article, "Open Hyperlink:"

[www.consumerreports.org/health/anti-aging/anti-aging-benefits-of-berries-a1160192451/](http://www.consumerreports.org/health/anti-aging/anti-aging-benefits-of-berries-a1160192451/)

### **Presentation at July General Meeting**

At the July General meeting, our guest speaker Michael DeVincenze, gave an excellent presentation on protecting your on-line email and social media identities. The presentation can be found on the AU website. or [CLICK HERE TO OPEN](#)

## Current Month Club Activities

### Computer Tech. Club

Computer Tech. Club meets the 1st and 3rd Tuesday of the month at 10:30am at the Midland Park VFW Hall. There will be no Computer Tech Club meeting August..

**Chair: John Abrahamsen:** au.club@optimum.net; 201-739-8589  
**Fred Theile** Chairs the Technology portion of the Club: 201-825-7541; fredtheile@gmail.com

### Public Discussion Club

The Public Discussion Club will meet on Wednesday August 9 at 10:00am at the Franklin Lakes Ambulance Corps Building.

Topics:

1. Does "Social Media" like Facebook, Tik Tok, X contribute to society or undermine it?
2. "Under what conditions or in what circumstances can the government restrict or prohibit speech?"
3. Is it time for "term limits"?

### Trips & Tours

There is no Trips & Tours meeting in August. See page 2 of this Newsletter for a descriptions of the many great T&T events being planned.

**John Caikowsky** is Chair: 973-599-1056; johncaikowsky@optonline.net  
jkowkoskysky@optonline.net

### Investment Study Group

There is no Investment Study Group Club Meeting in August. See you in September.

Club Chair is **Dennis LaBarbera:** 201-391-0471 or email at denis.labarbera@yahoo.com.

## Current Month Club Activities (Cont.)

### Book Club

Chair: **Vince Tortorelli**: 201-316-29961; cavince@aol.com

The Book Club will not meet in August

### Shooting Safety Club

There will be no Shooting Safety Club Meeting in August.

Chair: **Dave Hubschmit**: (973-650-0052); ski3100@aol.com

### History Club

There is no meeting in August. The next meeting is on September 26 PM at the VFW- Midland Park. The presenter is Pablo A. Catangay. Topic: "The story of Bataan, Corregidor and the Bataan Death March: Pacific War- WW II.

Chair: **Pablo A. Catangay**; email address: pcata123@optimum.net; phone # 201-394-4832.

### Stock Picking Contest

**Y**ear-to-date leader is Donald Chucka. Jim Cinquina is the monthly winner with an amazing 17.1% month-to-month increase.

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

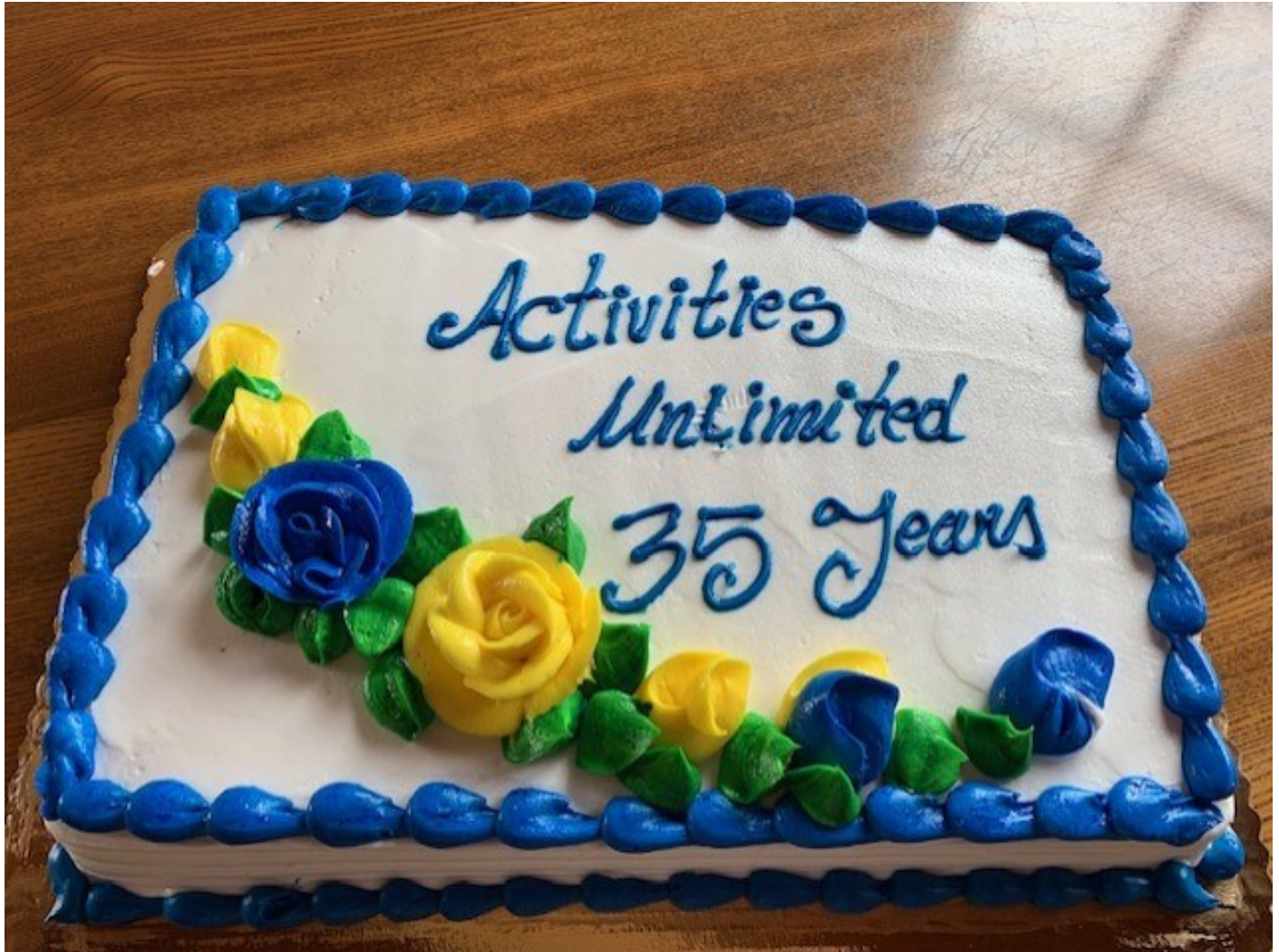
### Webmaster Club

**T**his new club is being formed to support, test and discuss enhancements to the new AU Website. This Club is still in the organizational Phase.

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



On Monday July 17, AU Members and their significant others met at the Portabello Restaurant in Oakland for a great Luncheon. A great meal and a good time were had by all. At the Luncheon the 48 attendees celebrated the 35th anniversary of AU.

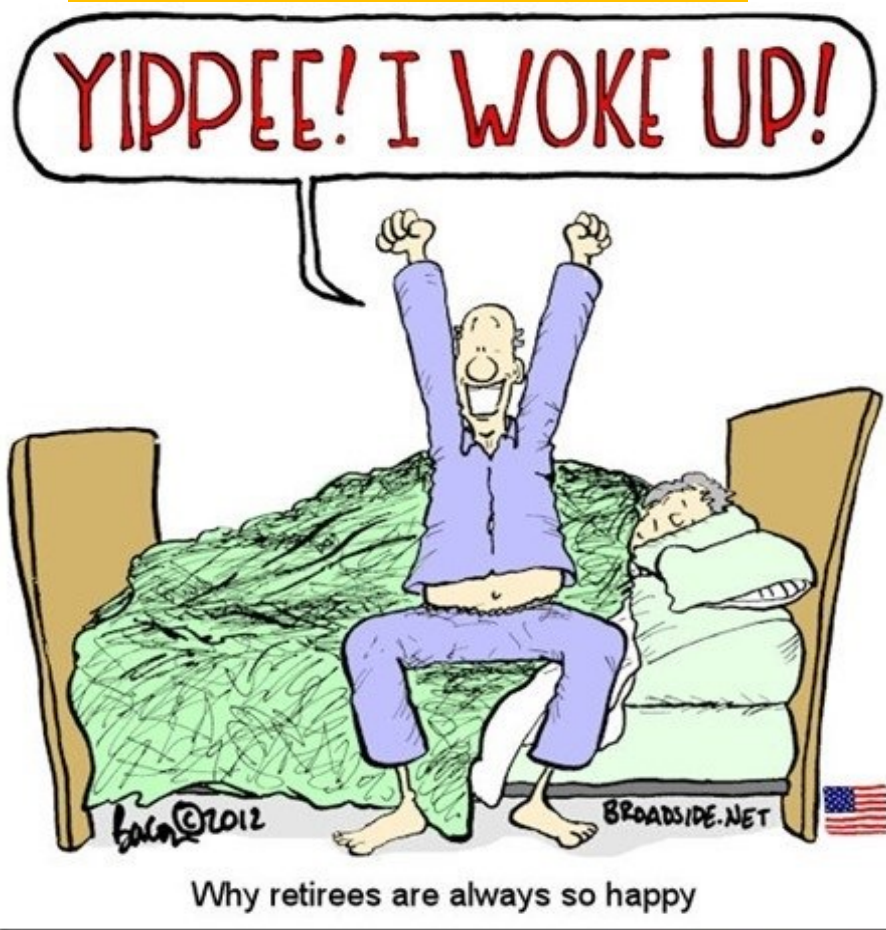








On The Lighter Side



[www.yesemails.com](http://www.yesemails.com)

**I hate it when I see an old person and then realize that we went to high school together.**