

# Activities Unlimited

Volume XXXVI Issue XII

January, 2023

## Activities Unlimited General Meeting Tuesday, February 14, 2023, 2:00pm Wyckoff Reformed Church, Heneveld Hall 580 Wyckoff Ave., NJ 07481

### NOTE FROM THE PRESIDENT

#### General Meeting Guest Speaker:

Our speaker is Fellow Activities Unlimited member and best selling author **Jack Warner**.

Since retiring after selling his NY Advertising Agency Jack has published 3 books. His latest thriller is "The Amateur Assassin".

Jack will take us behind the scenes to tell us what it took to create and publish these books and how technology has totally changed the game. He will also give us some tips on how to write and publish your own memoir.

At the January General Meeting \$43 was collected for the Wyckoff Reformed Church Food Pantry.

January has been an exciting month with live attendance at many clubs exceeding expectations. I had the privilege of attending the Stock, Science, Computer and History club meetings. Whether it was the topics being discussed or the general comfort of members coming out to meetings, the level of attendance was very satisfying.

We continue to make adjustments for our General Meeting at Heneveld Hall of the Wyckoff Reformed Church to conform to school safety requirements. The AU Guys Band cannot enter the hall to set up until 12:15. General Membership cannot enter the hall until 12:30 for our social time. To accommodate band setup and break down, the February General Meeting will begin at 2:00 PM.

The Computer Club will hold its next and last meeting in March. After years of service to the Computer Club, **Don Kirkpatrick** will step down as the club chair to take a little break and focus on the Hiking Club activities. We are desperately in need of a volunteer to step up to lead this popular club. If you are interested in assuming leadership of the Computer Club, please contact me or any Board member. Assistance will be provided to guide a new chairman to manage meetings.

Finally, I plan to initiate a Council of Club Chairs. Two or three times a year, all club chairmen and co-chairmen will be invited to gather to exchange ideas for managing meetings, expanding opportunities for membership to join multiple clubs, and address communication and attendance issues. Be alert for a first invitation in February.

Stay Healthy,  
**Harry Bennett**

Membership dues for 2022 were due December 31, 2022, and are now overdue. If not yet paid, send your check for \$50.00, payable to "Activities Unlimited", with "2023 dues" in the memo line, to: **Tony Dilorgi**, 113 Schindler Ct., Parsippany, NJ 07054.

The goal of the monthly Activities Unlimited Newsletter is to improve the lives of AU members through communication about and encouragement of participation in AU clubs and activities. The newsletter accomplishes this goal by increasing communications and comradery among members and



## Trips & Tours



Contact **John Caikowsky**: [johncaikowsky@optonline.net](mailto:johncaikowsky@optonline.net) or call 973-599-1056

### ***2023 events being planned:***

#### ***March* — MARK YOUR CALENDARS!!**

ALL ARE WELCOME: MEMBERS, WIVES OR PARTNERS OF FORMER MEMBERS & SINGLE MEMBERS

**Wednesday March 8, 2023, 11:00 AM-3:00 PM, at The Brownstone, 351 West Broadway, Paterson NJ,**

#### **“MOMENTS TO REMEMBER”**

Sing those memorable songs! Dance and swing to those favorite tunes!

Jersey Dreamers (Joe Zisa and Friends) is hosting another fun afternoon of dance, delicious luncheon and music event at The Brownstone. Come join the fun!

Enjoy a family-style meal of pasta, salad, boneless beef short ribs, roasted chicken, vegetable, potato and dessert. Beverages included are soda and coffee provided at the table. Tea and beer provided upon request at no charge. PLUS: 1 free alcoholic drink per person is included.

Please send your check in the amount of \$58.00pp (tip included in this price). Checks to be received **NO LATER THAN** Friday, March 3, 2023. Please include your cell phone number on your check. Send to **Bob LaSalvia**, 80 Glasgow Terrace, Mahwah, NJ 07430. 201-529-4784

#### ***May* — ALSO MARK YOUR CALENDARS FOR:**

**The Spring Luncheon** which will be held on **May 9th** at the Indian Trail Club in Franklin Lakes. More details will follow in the March and April Newsletters.

***June***— *A repeat of the highly successful summer picnic at the Wyckoff YMCA.*

***September*** — *AU Social.*

***October*** — *Annual breakfast / General meeting at the Brick House (Spouses welcome).*

***December*** — *AU Christmas Dinner / Dance.*

# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 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

COMMITTEES & CLUBS				COMMITTEES & CLUBS			
Click on <b>BLUE</b> Group name to go to it's web page				Click on <b>BLUE</b> Group name to go to it's web page			
GROUP	CONTACT	PHONE	MEETING	GROUP	CONTACT	PHONE	MEETING
<a href="#">AU Guvs Band</a>	John DeSantis	201-447-0256	1,3&4 Wed 9 am Midland Pk VFW	<b>Luncheon</b>	<b>John Abrahamsen</b>	john.abrahamsen.bnp@gmail.com 201-739-8589 Selected restaurants by invitation only	
<b>Bocce</b>	Walt Widmer	201-562-8666	M,W,F 1:00 pm Ramsey Courts, Oak St		<b>Mark Cohen</b>		
<a href="#">Book Club</a>	Vince Tortorell Marty Valerio	201-447-3718 201-394-2938	Walt W's House 38 Hamilton St.,Allendale	<a href="#">Membership</a>	<b>Dave Voehl Dick Hensch</b>	973-227-6981 201-891-1309	
<b>Database Committee</b>	<b>John Abrahamsen Jim Webb</b>	201-739-8589 201-337-7982		<a href="#">Newsletter</a>	<b>Tom Van Lenten</b>	201-248-7207	
<b>Dup. <a href="#">Bridge</a> Rub.</b>	<b>Tom Meloro</b>	201-560-0169	Every Wed 1 pm Larkin House  On Hold	<a href="#">Pickleball</a>	<b>Ken Frisco Tim Tracy</b>	201-848-5595 201-560-8911	Mon, Wed & Fri 8:30am Wyckoff Public Tennis Courts
<a href="#">Care-Concern</a>	<b>Anthony Dilorgi</b>	973-428-0431		<a href="#">Project Outreach</a>	<b>Joe Pullaro</b>	201-337-0018	
<b>Chaplain</b>	<b>Rev Andy Kadzban</b>	201-485-8589		<a href="#">Photography</a>	<b>Murry Perl Sam Ohan</b>	201-446-7357 201-825-0437	1st Tue 10:30 am Midland Pk VFW
<a href="#">Computer Technology</a>	<b>Don Kirkpatrick Fred Theile</b>	201-337-5666 201-825-7541	4th Tue 10:00 am Midland Pk VFW	<a href="#">Public Discussion</a>	<b>Walt Widmer Tom Butler</b>	201-562-8666 201-934-8161	OEM Bldg. Municipal Com- plex, FranklinAve. Franklin Lakes
<a href="#">Garden</a>	<b>Fred Theile</b>	201-981-1801	1st Tue 1:00 pm Midland Pk VFW	<b>Refreshments</b>	<b>Jim Forbes John Gannaway</b>	201-825-0523 201-485-7881	
<a href="#">Golf</a>	<b>Bill Bryne Jim Webb</b>	201-447-5064 201-337-7982	Tues & Thur. 10:50 Paramus Golf Club	<a href="#">Science</a>	<b>Marc Bernhardt Jack Yurasek</b>	201-788-7711 201-337-4433	3rd Tue 1:00 pm Midland Pk VFW
<b>Long <a href="#">Hiking</a> Short</b>	<b>Don Kirkpatrick Rick Sneyers</b>	201-337-5666 973-248-6625	Mon 9:00 am WRC-Parking Lot	<a href="#">Skiing</a>	<b>Bud Brooks</b>	201-327-6649	Snow
<b>Historian</b>	<b>TBD</b>			<b>Sponsor Liaison</b>	<b>Jim Mallen</b>	201 835-7737	
<a href="#">History</a>	<b>Pablo Catangay Tony Mastandrea</b>	201-684-1217 201-327-8832	4th Tue 1:00 pm Midland Pk VFW	<a href="#">Stock</a>	<b>Frank Nusspickel John Abrahamsen</b>	201-891-9099 201-848-8037	1st & 3rd Tues. 9:00 am Midland Pk VFW
<a href="#">Investment Study</a>	<b>Dennis LaBarbera</b>	201-391-0471	3rd Wed 1:00 pm Midland Pk VFW	<a href="#">Tennis</a>	<b>Dave Burleigh Bob Meyers</b>	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
				<a href="#">Trips/Tours</a>	<b>John Caikowsky Don Wasson</b>	973-599-1056 201-891-1873	2nd Tue 9:00 am Midland Pk VFW
				<a href="#">Web-Master</a>	<b>Don Kirkpatrick</b>	201-337-5666	

## Current Month Club Activities

### Computer Tech. Club

There will be no meeting in February. This Club is on hold until a new Chairman can be recruited.

### History Club

The next History Club meeting is on February 28, 2023. The speaker will be Tom Butler. The topic: "The End of the Ottoman Empire and the formation of the Modern Middle East." A "look at how WWI and the peace settlements shaped the modern Middle East."

**Pablo Catangay** is the Chair of the History Club. He can be reached at: 201-6841217; and [pcata123@optimum.net](mailto:pcata123@optimum.net)

### Public Discussion Club

The Discussion Club will meet on Wednesday, February 8, 2023, at 10:00 am. at the OEM Bldg., Municipal Complex, Franklin Ave., Franklin Lakes, NJ.

Topics:

1. The role of the FBI,
2. How Artificial Intelligence is controlling our lives.

Chairman: **Walt Widmer** 201-562-8666; or email: [walterwidmer@gmail.com](mailto:walterwidmer@gmail.com)

### Trips & Tours

The next meeting of Trips & Tours will be February 14, 2023 at the Midland Park VFW at 9:30.AM (Also, see page 2). All AU members are encouraged to join T&T and to provide ideas for future Trips & Tours.

If you would like to join T&T, please contact **John Caikowsky** at: [johncaikowsky@optonline.net](mailto:johncaikowsky@optonline.net) or 973-599-1056

## Regularly Recurring Club Activities

### BOCCE

All AU members are invited to join the Bocce group at the Ramsey Courts, Oak St., Games are on Monday, Wednesday & Friday at 1:00pm. It's easy & it's fun. Call **Walt Widmer** with any questions—201-562-8666; [walterhwidmer@gmail.com](mailto:walterhwidmer@gmail.com).

### AU Guys

The AU Guys are a band of talented musicians, playing jazz and old-time standards, doing the things they wanted to do when they were too busy making a living and raising a family. AU Guys play at numerous AU meetings, have appeared at the Bergen County Seniors' Picnic, and are regular performers at the NJ Vets Home in Paramus, as well as several other Seniors' Club functions in the area. New members are always welcome. **Chair: John DeSantis-201-447-0256**,

### Project Outreach

The mission of Project Outreach is to help non-profit charities by supplying manpower to assist in the endeavors of selected charities. The Northside Food Pantry in Paterson, NJ is the primary charity for such assistance. The conduit for AU's sweat equity contribution is the Wyckoff Reformed Church (WRC). All activity takes place at the WRC building in Heneveld Hall at 580 Wyckoff Avenue, Wyckoff, NJ. Each Thursday at 9:00 AM two AU Project Outreach members, place on shelves in WRC grocery bags that the women of WRC fill with donated goods. This event takes approximately 1½ hours to complete.

The second aspect of AU participation consists of three Project Outreach members unloading the food goods truck once a month. This requires some degree of stamina. This activity takes approximately 1 and ½ hours to complete, the activity takes place usually the second or third Thursday of the month at 11:00 AM. Three (3) AU individuals work with of the members of the WRC to complete the job of unloading and storing the food that the WRC ladies will put into bags for pick-up and distribution by the Northside Food Pantry.

AU Chairman for Project Outreach is **Joe Pullaro** (201) 337-0018; [joseph-pullaro@hotmail.com](mailto:joseph-pullaro@hotmail.com)

### Care & Concern

Activities Unlimited is proud of the fellowship that exists between its members. To enhance these relationships, the Care & Concern Committee is responsible for informing and updating the Membership about *significant health issues and/or the passing of a Member*.

Upon death of a Member, AU will make a donation to whatever charity the family designates. Also, a written notice of the Member's death will be recorded in the monthly newsletter. And, their name will appear on the "In Memoriam" page on the AU Web-Site. Chairman is: **Tony Dilorgi**; phone 913-428-0431, [pattonyd@optonline.net](mailto:pattonyd@optonline.net)

### Science Club

The February 21 meeting will start at 1:00 PM and be a live meeting only at the Midland Park VFW. If you have any questions, please contact: **Jack Yurasek**: 201-314-0258

Speaker: Open, Topic: TBD

## Regularly Recurring Club Activities (Cont.)

### Golf Club

The Golf Club had a very successful 2022 season. The club has about 32 members and plays every Thursday at the Paramus Golf Club.

The 2023 season will kick-off on April 13 and run until late October.

All AU members are invited to join.

Call or write to **Jim Webb**; jimwebb970@gmail.com  
201 788 9085.

### Book Club

The next meeting of the Book Club will be on February 22 at Walt Widmer's house.

The Book Club is for both casual and serious readers of books. The Club meets every 3rd Wednesday of the month at 9:30 AM.

The Club discusses 2 books that have been suggested by members at a meeting 2 months previously. This gives members sufficient time to read either one or both books, although it is important to know that reading any of the selections is not a requirement to attend a meeting. Both fiction and nonfiction books can be candidates.

Each meeting starts with a summary of the first book to be discussed. Members then open up to what is usually a wide ranging general discussion of the book that might include the author's style, how he/she treats the subject matter, or the subject itself, etc. That's followed by book #2.  
201-981-1801

Within a day or two of each meeting the Club Chairman writes a summary of the meeting to include salient points covered, as well as, the names and authors of the books recommended for the next two meetings. The Chairman distributes the summary via email to all members. Chair **Vince Tortorelli**: call 201-447-3718; or email: cavince@aol.com.

### Hikers Clubs

A hike is planned every Monday depending on the weather. Our meeting place is the Wyckoff Reformed Church parking lot at 9:00 AM. Hike sites are within the local area requiring an hours drive or less. Average distance is approximately 5 to 7 miles and elevation change of approximately 1750 feet. Appropriate dress for the season, hiking boots, a day pack, lunch, and fluids are necessary equipment. A walking stick or trekking poles can be a welcome addition. Hikes with exceptional views are routine making cameras and binoculars also welcome additions to the pack. All members are welcome.

Short Hike Chair: **Fred Theile**-call: 201-825-7541  
Long Hike Chair: **Don Kirkpatrick** call: 201-337-5666

### Pickelball

Play will start at 8:30AM every Monday, Wednesday and Friday at the Wyckoff tennis/pickleball courts. Anyone interested in playing should contact **Ken Frisco**: Cell : 973-919-6704, Home 201-848-5595, kenfrisco@aol.com .

## Regularly Recurring Club Activities (Cont.)

### Stock Market Club

**A**re you interested in investments in publicly traded stocks? The AU Stock Market Club provides a forum for both novice and seasoned investors to share investment ideas and to participate in the stock market for fun and profit. We presently have about 20 members, some with little or no investment experience. This group meets twice monthly, currently via a Zoom meeting. Market conditions are discussed as well as individual stocks for trading. All AU members are invited to join.

Club Chair: **Frank Nusspikel**: call 201-891-9099 or email: [ftnsusspikel@aol.com](mailto:ftnsusspikel@aol.com)

### Investment Study Club

**T**he purpose of the Club is to provide investment education to attendees. The next meeting is scheduled for March 15 at the VFW in Midland Park and is open to all members and their spouses. If you are interested in attending please contact the club Chair **Dennis LaBarbera** 201-391-0471 or email at [dennis.labarbera@yahoo.com](mailto:dennis.labarbera@yahoo.com).

### Garden Club

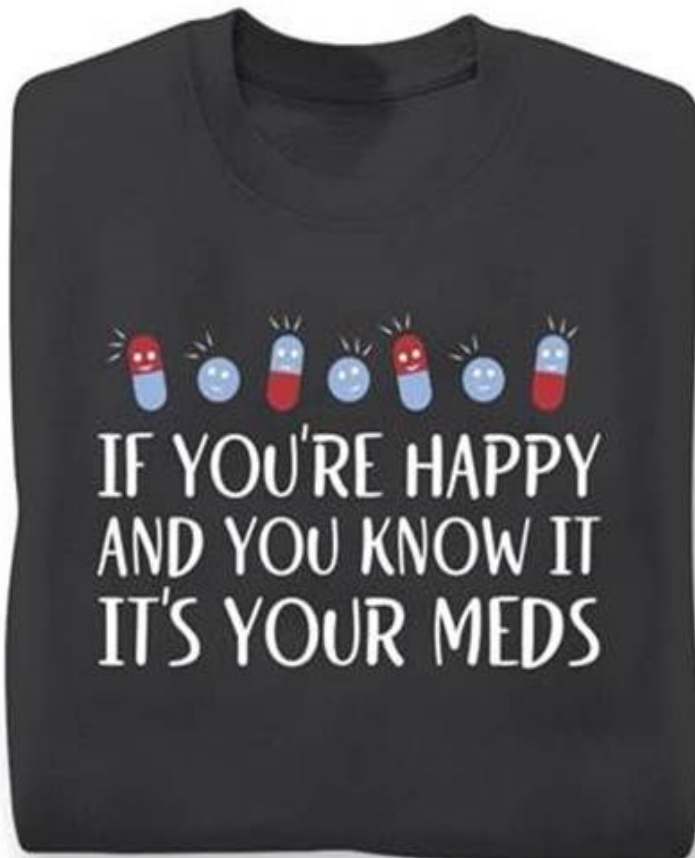
**T**he Garden Club meets monthly on the 1st Wednesday at the Wyckoff Reformed Church beginning at 10:00 AM. It's membership is open to those who love the out of doors and who are willing to learn about the beauty of growing things.

The mission of the Club is to foster good fellowship built around a common interest to explore all avenues to increase our knowledge of how to create more beautiful gardens.  
Club Chair: **Fred Theile**: call: 201-825-7541; or email: [fredtheile@gmail.com](mailto:fredtheile@gmail.com)

## Welcome New Members

Name(Spouse)	Address	Interests	Phones/Email/(Occupation)
Charles J Ras (Linda)	765 Frederick Ct. Wyckoff, NJ 07481	Bridge Duplicate, Golf	H: 201-249-7226 charlesjras@msn.com (Business Owner)
Saverio Costa (Tara)	383 Lakeview Drive Wyckoff, NJ 07481	Short Hikers, Hiking Long, Investment, Trips & Tours	H: 201-783-5054 C: 201-783-5054 savcosta1@gmail.com (Law Banking)

## On The Lighter Side







Do you know who this person is? It's a member of Trips & Tours and a long term AU member.

### On The Lighter Side

*"The older I get, the better I used to be." – Lee Trevino, Professional Golfer.*

*"The older I get, the more clearly I remember things that never happened." - Mark Twain.*

*"I was thinking about how people seem to read the bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam."- George Carlin..*



## The Short & Long Hiking Clubs



This photo was taken in November when Short Hikers met up with the Long Hikers around Ramapo County Reservation Mountain trails ! A happy reunion!

This picture was taken on the December Short Hikers “Alpine Hike”, along the top of Englewood Cliffs, 450 feet above the Hudson!



The hiker in red is Robert Spagnardi, a new AU member.



During the “Alpine Hike” hikers dined at the Alpine Lookout Café.

**AU Newsletter Appendix**  
***Did You Know***  
**(Forwarded by Fred Theile)**

Scammers often pretend to be someone they're not. They may trick you into providing information to gain access to your accounts. Get to know the following scams to help keep your accounts safe and secure.

**Online Shopping**

A scammer sets up a fake online store and asks you to pay in ways other than a credit or debit card, leaving you without recourse when the item doesn't arrive.

**Pay Yourself**

A person pretending to be a bank employee asks you to transfer money to yourself to resolve fraudulent activity.

**Grandparent**

Someone impersonates a loved one in crisis like claiming their car broke down or they lost their wallet and they need money right away.

**Tech Support**

A scammer requests access to your device to fix a technical issue, but really, they're collecting personal information.

**Utility Shutoff**

A person may pose as a utility employee saying your service will be stopped unless you pay them immediately.

**Romance**

A scammer creates a fake profile to gain your trust then asks for money for a health crisis or other bogus scheme.