



**Activities Unlimited General Meeting  
Tuesday, October 11, 2022, 8:30 am  
Breakfast At The Brick House**

**The Brick House, 179 Godwin Ave, Wyckoff, NJ 07481.**  
**Doors open at 8:30 AM.**

Our Guest speakers will be Rudi Boonstra and Doug Madigan. Rudi serves a Mayor of Wyckoff Township. Doug is a member of the Township Committee of Wyckoff. Both gentlemen have decades long service to Wyckoff. Following that service, they joined the Wyckoff Township Committee and served in different capacities over the years.

**The topic for this meeting:**

Rudi and Tom have been asked to discuss the role of Township Governance in the State of New Jersey. They will also discuss the major issues facing Wyckoff and similar small towns in New Jersey.

**NOTE FROM THE PRESIDENT**

The fourth quarter is upon us and we have an active three months beginning with the **October 11<sup>th</sup> Annual Men’s Breakfast at The Brick House**. The following week we have the **Men’s Wellness Day sponsored by the Wyckoff YMCA and Hackensack Meridian Hospital on Wednesday, October 19<sup>th</sup>**. Closely following, Trips and Tours have organized the trip to Hunterdon Hills Playhouse on October 21<sup>st</sup> for a performance by the New Jersey Tenors. Finally, **the Annual Dinner Dance at Seasons will to kick off on the evening of December 5<sup>th</sup>**. See pages 7 and 8 for more specifics and the registration form.

Note that walk-ins are accepted at the Breakfast but we prefer that you get your checks in ahead of time. Wellness Day checks are needed no later than October 7<sup>th</sup> and Annual Dinner Dance registration form must be received no later than November 12, 2022.

Continued on page 4 “ President’s Note”

**S**ummer is coming to an end and it is time to think about attending the AU October Breakfast Meeting on Tuesday October 11, 2022. The Breakfast will be held at the Brick House, 179 Godwin Avenue, Wyckoff, NJ starting at 9:00 am. The cost is only \$17.00 per person. Please send in your check as soon as possible, payable to “Activities Unlimited “ to James Atieh, 27 Grove Street, Oakland, NJ 07436. Any questions call Jim Atieh @ 201-315-5346

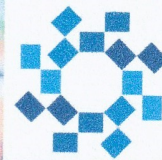
**A**t the September meeting, \$16.00 was collected for the Wyckoff Reformed Church Food Pantry. I am sure we can do better than this.

**M**embership dues for 2023 must be received no later than December 31, 2022. Send your check for \$50.00, payable to “Activities Unlimited”, with “2023 dues” in the memo line, to:

**Marty Valerio**, Assistant Treasury - Activities Unlimited, 344 Valley Road, River Edge, NJ 07661

Click the link below for instruction on:  
How to navigate the Activities Unlimited website:

[http://www.activitiesunlimited.org/Introducing\\_AU%E2%80%99s\\_Website.pdf](http://www.activitiesunlimited.org/Introducing_AU%E2%80%99s_Website.pdf)



Hackensack  
Meridian Health  
Hackensack University  
Medical Center

In Celebration of the Partnership between  
Activities Unlimited & the Wyckoff Family YMCA

# MEN'S WELLNESS DAY

## Wed., OCTOBER 19

### from 9:30am-1:30pm

### Location: Gym 1, Wyckoff Family YMCA

We are excited to announce that the YMCA will be hosting Men's Wellness Day! You're reading about it in all the magazines...join us at the Wyckoff YMCA and hear for yourself how to stay your physical, mental, and emotional best throughout the rest of your life. More information to follow! A healthy Lunch will be served!

#### TOPICS TO INCLUDE:

**"Below the Belt"** – A discussion on prostate health and the latest research led by Dr. Nitin Yerram, Co-Director of Urologic Oncology, Director of Urologic Research at John Theurer Cancer Center at Hackensack University Medical Center.

**"Give Back & Live Well"** – Research shows that volunteerism fights depression, and anxiety for adults over 60. Discussion of the benefits of purpose and giving back.

**"Alternative Approach to Wellness"** – Topics to include Reiki, acupuncture, aromatherapy, reflexology & more!

**"Is Sitting the New Smoking?"** – Learn why sitting is hazardous to your health (even after you went to the gym!) Discover why the MIND (hybrid of the DASH and Mediterranean) diet can boost your brain power. Food demonstration by our very own Chef Angie.

**AU Member: \$20 per person** Make Checks out to Activities Unlimited.

Send Checks by OCT. 7, 2022 to Mike Kelley at 19 Serpentine Rd. Ringwood, NJ 07456

Questions? Contact: [josephpullaro@hotmail.com](mailto:josephpullaro@hotmail.com)





# Trips & Tours



## Trips, Tours & Special Events Calendar

**Wednesday, OCTOBER 19, 2022, MEN'S WELLNESS DAY**  
**Activities Unlimited & the Wyckoff Family YMCA.**  
**SAVE THE DATE. See page above for details.**

**Friday, October 21, 2022 Straight from Broadway, "The Jersey Tenors"**

**Hunterdon Hills Playhouse**, 88 State Route 173, Hampton, NJ 08827

Enjoy the music of Frankie Valli and the Four Seasons, Sinatra, Bon Jovi, Springsteen, Queen, Journey, Elton John, Billy Joel and more..... A table-served luncheon with outstanding deserts starts at 11:30am sharp and will precede the show. Please arrive a half hour earlier in order to be checked in and seated. Space is limited all checks must be received no later than October 1, 2022. Wives/Significant Others are invited. This is a self drive event. Make checks payable to **ACTIVITIES UNLIMITED** in the amount of \$77.00pp and mail to:

**John Caikowsky** 26 Donna Drive, East Hanover, NJ 07936. Please include cell phone number with check.

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

**Monday, December 5, 2022, Activities Unlimited 35th Christmas Dinner Dance at Season's in Washington Township**

See Page 7 for details and page 8 for the registration form.

### Welcome New Members

Name(Spouse)	Address	Interests	Phones/Email/(Occupation)
Robert Valdez (Victoria)	12 South Van Dyke Ave Airmont, NY 10901	Band, Computer, Discussion, Investment, Luncheon, Newsletter, Photography, Trips & Tours	H: 845-368-1998 C: 845-300-0836 valdezr@optonline.net (Insurance Claims Analyst)
Francis L. Stouter (Ruthann)	378 Cornell St. Wyckoff, NJ 07481	Historian, History, Trips & Tours	H: 201-444-9088 C: 201-788-7597 fstouter@gmail.com
Kenneth E. Norman (Carole)	5000 Riverdale Rd Riverdale, NJ 07457	Gardening, Golf, Transportation, Trips & Tours	H: 973-907-7321 C: 201-895-2037 aflowergram@gmail.com (Business Owner)

**President’s Note continued from page 1:**

Speaking of AU events, the Wyckoff Day booth identified 36 men who received info on the club and signed up 15 of them for future contact. Two of these contacts came to the September meeting. Kudos to **George Lewis** and the Trips and Tours Committee for another successful Annual Social in September with 75 happy attendees.

**The Nominating committee’s recommendation for the 2023 Executive Board:**

Extract from AU By-laws:

*Officers shall serve one term in the office to which they have been elected. However, at the option of the then member in office and the Nominating Committee, the Treasurer, Assistant Treasurer and Secretary may be elected for a second consecutive term. Except as otherwise provided herein, a member may again be elected to the same office provided that at least one term has elapsed. This does not restrict members from being elected to a different office in the interim. Installation of newly elected officers shall be the final “Order of Business” at the Annual Meeting, which will take place at the November General Meeting. Note: It has often been the past practice that the 1st VP, the 2nd VP, and Asst. Treasurer, step up to the next position. Also, the past Presidents need to confirm their desire to continue to serve. However, it is up to the Nominating Committee to finally decide the slate to be put forward to the Membership at the October General Meeting. All Members are also free to put forward nominations should they desire at that Meeting. The nominations shall be closed at the November General meeting. The election of the new officers by voice vote shall proceed. However, if there is more than one nominee for a particular office, voting shall be done by ballot.*

Below are the results and represent a proposal by the Nominating Committee made to the Executive Board of AU. This is the slate of proposed candidates who are presented as part of our October 2022 General Meeting (October 11th held in connection with the breakfast event at the Brick House), and which shall be voted upon at the General Meeting in November (November 8th held at the Christian Reformed Church):

- President.....Harry Bennett**
- 1st Vice President..... Jim Atieh**
- 2<sup>nd</sup> Vice President ..... Tom Donch**
- Secretary..... Rich Bernarde**
- Treasurer..... Mike Kelley**
- Asst. Treasurer..... Tony Dilorgi**

## Notice of purposed changes to our By Laws

### 1. Changes in dues for members attending the age of 90.

Our practice in recent years has been to allow members who joined before 2016 to be “dues free” in the year in which they are 90 YOA. Members who joined after December 31, 2015, did not have that privilege, they continued to pay dues. The proposed change in Bylaws will allow members who joined after 2015 and subsequently attain the age of 90 or more, to no longer pay dues after five consecutive years of membership in good standing.

The current By-Law is:

*Article VIII: Dues*

*Section 5.*

*All members are required to pay dues with the following exception. Exception: Members in good standing as of December 31, 2015 do not pay dues beginning the year, they turn 90 years of age.*

#### **The proposed change is as follows:**

Article VIII: Dues

Section 5.

All members are required to pay dues with the following exceptions:

- Members in good standing for five consecutive years do not pay dues beginning the year they turn 90 years of age.
- Members who have reached the age of 90 do not pay dues following the completion of five years of consecutive membership in good standing.

### 2. Changes to amendments.

The Current Bi-Law is:

*ARTICLE XI: AMENDMENTS*

*These By-Laws may be amended by the membership at any regular meeting or duly called special meeting, provided that notice of the proposed amendment(s) shall have been given at a previous meeting and published in the previous two monthly newsletters in sufficient detail. A quorum (Article VII, Section 2) must be present. A two-thirds affirmative vote of members present is necessary “to amend”.*

#### **The proposed change is as follows:**

ARTICLE XI: AMENDMENTS

These By-Laws may be amended by the membership at any regular meeting or duly called special meeting, provided that notice of the proposed amendment(s) shall have been given at a previous meeting and published in the previous two monthly newsletters in sufficient detail. A two-thirds affirmative vote of members present is necessary “to amend”

## Upcoming Club Activities

### BOCCE

All A/U members are invited to join the group at the Ramsey Courts, Oak St  
**Monday, Wednesday, and Friday** at 1:00 pm.  
Questions call: **Walt Widmer** 201-562-8666. It's easy and fun.

### Computer Tech. Club

Our next meeting is on Tuesday, November 22, 2022, via Zoom and in Person ... The main topic to be determined. Please send me some ideas for the next three meetings.  
**Donald A. Kirkpatrick** (201-759-3795) or [dakirkpt@verizon.net](mailto:dakirkpt@verizon.net)

### History Club

The History Club meeting is on October 25 at 1 pm. The place: VFW- Midland Park.  
This is "in person" meeting. Our speaker is **Steve Joern**. The topic will be "Saudi Arabia: the past, the present, and the future. Steve will discuss how Saudi Arabia became today's House of Saud Kingdom. He will share with us his experience in Saudi Arabia contracted to work for the Saudi Electricity Company conducting leadership development and his interesting adventures and escapade while living in the country.

**Pablo A. Catangay**: 201-394-4832; [pcata123@optimum.net](mailto:pcata123@optimum.net)

### Public Discussion

The next Discussion Group meeting is Wednesday, October 12, 2022 at 9:30 am at  
The Franklin Lakes Ambulance Corp  
Questions call: **Walt Widmer** 201-562-8666

### Pickleball

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](mailto:kenfrisco@aol.com)

# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 2022 OFFICERS



**Doug Cooper**  
President  
908-907-1112



**Harry Bennett**  
1st Vice President  
201-891-9527



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



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



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



**Marty Valerio**  
Assistant Treasurer  
201-262-8966

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 Guys 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 Tortorelli Marty Valerio	201-447-3718 201-394-2938	4th Wed 9:30 am Larkin House	<a href="#">Membership</a>	<b>Dave Voehl</b> <b>Dick Hensch</b>	973-227-6981 201-891-1309	
<b>Database Committee</b>	<b>John Abrahamsen</b> <b>Jim Webb</b>	201-739-8589 201-337-7982		<a href="#">Newsletter</a>	<b>Lou Guarneri</b> <b>Dick Hensch</b>	201-847-1981 201-891-1309	
<b>Dup. Bridge Rub.</b>	<b>Tom Meloro</b>	201-560-0169	Every Wed 1 pm Larkin House  On Hold	<a href="#">Pickleball</a>	<b>Ken Frisco</b> <b>Tim Tracy</b>	201-848-5595 201-560-8911	Tue & Thur. 9:00 Wyckoff Public Tennis Courts
<a href="#">Care-Concern</a>	<b>Marty Valerio</b>	201-262-8966		<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</b> <b>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</b> <b>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</b> <b>Tom Butler</b>	201-562-8666 201-934-8161	2nd, Wednesday 9:30 at Ambulance Corp Franklin Lake
<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</b> <b>John Gannaway</b>	201-825-0523 201-485-7881	
<a href="#">Golf</a>	<b>Bill Bryne</b> <b>Jim Webb</b>	201-447-5064 201-337-7982	Tues & Thur. 10:50 Paramus Golf Club	<a href="#">Science</a>	<b>Harry Bennett</b> <b>Jack Yurasek</b>	201-891-9527 201-337-4433	3rd Tue 1:00 pm Midland Pk VFW
<b>Long Hiking Short</b>	<b>Don Kirkpatrick</b> <b>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>Fred Theile</b>	201-981-1801	Mon 9:30 am WRC -Parking Lot	<b>Sponsor Liaison</b>	<b>Jim Mallen</b>	201-485-8589	
<b>Historian</b>	<b>Victor Pizzolato</b>	201-612-0038		<a href="#">Stock</a>	<b>Frank Nusspickel</b> <b>John Abrahamsen</b>	201-891-9099 201-848-8037	1st & 3rd Tues. 9000 am Midland Pk VFW
<a href="#">History</a>	<b>Pablo Catangay</b> <b>Tony Mastandrea</b>	201-684-1217 201-327-8832	4th Tue 1:00 pm Midland Pk VFW	<a href="#">Tennis</a>	<b>Dave Burleigh</b> <b>Bob Meyers</b>	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
<a href="#">Investment Study</a>	<b>Dennis LaBarbera</b>	201-391-0471	3rd Wed 1:00 pm Midland Pk VFW	<a href="#">Transportation</a>	<b>Frank Nusspickel</b>	201-891-9099	
				<a href="#">Trips/Tours</a>	<b>John Caikowsky</b> <b>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	

**ACTIVITIES**



**UNLIMITED**

You and your guest are invited to the  
Activities Unlimited  
35th Annual Christmas Dinner Dance

**Where: Seasons, Washington Township**

**When: December 5, 2022**

**Time: 5:30 p.m. to 9:30 p.m.**

**Cost: \$89.50 / person**

**Invite A Non-member**

If you have a friend who is curious about AU, or interested in joining AU or you think may become interested in joining AU if he had the opportunity to experience one of our events first hand, the board has given the green light for you to invite a non-member to our 35th Annual Christmas Dinner Dance. No Obligation.

AU Officers 2022

- Douglas Cooper, President
- Harry Bennett, 1st Vice President
- Jim Atieh, 2nd Vice President
- Mike Kelley, Treasurer
- Marty Valerio, Assistant Treasurer
- Rich Bernarde, Secretary

Christmas Dinner Dance Chairmen

Bill Mastellon & John Muphy

Seasons has informed AU, per NJ regulations, there are no COVID-19 Restrictions for our 12/5/2022 So lets celebrate

Help us by spreading the word to your fellow AU members



**Return the attached reservation with payment to Bill Mastellon**





**ACTIVITIES**



**UNLIMITED**



**Thirty-Fifth Annual  
Annual Christmas Dinner Dance**

**Location:** Seasons — 644 Pascack Road Washington Township, NJ  
**Date** — Monday, December 5, 2022 Starting at 5:30 PM and Ending at 9:30 PM  
**Cocktail Hour** — Hors D’oeuvres & Open Bar — 5:30 PM—6:45 PM (same format as previous years)  
**Dinner** — Choice of Entrée with Open Bar — 6:45 PM—9:30 PM. Selection of Beef, Chicken or Fish  
**Dance** to music by Peter Lieberman  
**Price** — \$89.50 per Person —Make Checks Payable to: “Activities Unlimited”  
**Return Reservation Form With Check to:**  
**Bill Mastellon** —101 East Oak St — Unit G-6 —Oakland, NJ 07436  
**(201) 447-1417** or Email— [wjm8666@gmail.com](mailto:wjm8666@gmail.com)  
**Reservation** — Received Cutoff Date is Saturday 11/12/2022 With Your Payments  
**Cancellation** — Received Cutoff Date is Monday 11/21/2022 for Full Refund

**For group table reservations of 5 or more please include all names and checks for**



<p>Reservation Make Checks Payable to: Activities Unlimited</p> <p>Member Phone Number (____) _____ email: _____</p> <p>1 _____ Member (First) - <b>Please Print</b> - (Last Name)</p> <p>2 _____ Guest (First) - <b>Please Print</b> - (Last Name)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>If you have a preference to sit with friends at the same table <u>PLEASE CONFIRM</u> with them and list their names on the right. - Example: <u>one name per line</u> — 3 Bill Smith, 4 Mary Smith.  <b><u>For group table reservations of 5 or more please include all names and checks for the table.</u></b></p> </div> <p><input type="checkbox"/> Check Box for random table  <b>Reservation Received cutoff date is 11/12/2022</b>  <b>Full payment must be included with All Reservations</b>  <b>Cancellation cutoff date for a Full Refund is 11/21/2022</b></p>	<p><i>Confirmed Members and or Guests that you would like to seat with</i></p>	<table border="1"> <thead> <tr style="background-color: yellow;"> <th style="text-align: left;">First Name - <b>Please Print</b> - Last Name</th> </tr> </thead> <tbody> <tr><td>3</td></tr> <tr><td>4</td></tr> <tr><td>5</td></tr> <tr><td>6</td></tr> <tr><td>7</td></tr> <tr><td>8</td></tr> <tr><td>9</td></tr> <tr><td>10</td></tr> <tr><td>11</td></tr> <tr><td>12</td></tr> </tbody> </table> <div style="background-color: yellow; padding: 5px; margin-top: 10px; text-align: center;"> <p>Table seating preference and table location is assigned in the order that <u>payment</u> is received.</p> </div>	First Name - <b>Please Print</b> - Last Name	3	4	5	6	7	8	9	10	11	12
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**Alt. Reservation Contact—John Murphy (201) 723-4404 email—[Deltasp69@aol.com](mailto:Deltasp69@aol.com)**

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