



Activities Unlimited There will be no General Meeting in August

NOTE FROM THE PRESIDENT

Just a reminder, there is no August General meeting. Traditionally, August is a vacation month. A time to takeoff from our work or busy schedule to celebrate. Possibly with travel to a foreign country or, or swimming at the Jersey Shore or for some of us retired folks, just a time for relaxing at home. So it is with Activities Unlimited as we will not have a Membership or Board meeting this month. We therefore extend all our best wishes for a happy and healthy month so that with our vacation, we will be well rested with energies to tackle the normal challenges all of us will be facing in the months ahead.

So, now is the time to focus on the balance of 2024.

First and foremost, you are invited to a pizza party at our next General Meeting on September 10. So come one and all, and enjoy the camaraderie of your AU friends with free pizza during the social hour.

Prepare for the Annual Social on September 12 which will be held at the Upper Ridgewood Tennis Club. This is followed by our October 8 Annual Breakfast / General Meeting at the Brickhouse. On October 16 the Wyckoff YMCA is having a Men's Wellness event. Next up is the October 24 Oktoberfest at the Brownstone. Ending this year with our Annual Christmas party at Seasons on December 2.

As an Organization we depend on you volunteering to keep the ship moving. We need your help as a volunteer to participate in all of our activities. All this keeps AU the best men's club in New Jersey.

Have a great Vacation,

Jim Atieh, President

The Food Pantry donations at the July General Meeting totaled \$25.00

At the May Executive Committee meeting the Board approved the below amendments to the By Laws.

In accordance with By Laws Article XI “Amendments” the Changes in the By Laws must be published in two prior Newsletters (in this case June and July) and announced at one General Meeting (September) before members vote at the September General Meeting.

Below is a listing of the proposed amendments to the current By Laws presently posted on the AU Website:

Page 5. By Law, Article III Duties of Officers, Section 6 Assistant Treasurer. Deleted Care and Concern responsibilities noted in Section 6.4 due to an overlap of responsibilities with the Cares and Concerns Committee; see Article IV: Appointees, Section 3.2. Section 6 renumbered.

Page 7. Requirements for Cares and Concerns are mentioned twice, once in the By Laws and once in the Policies, Practices, and Procedures. To consolidate the requirements, the language in Policies, Practices, and Procedures Item 14, with modifications, was incorporated into By Laws, Article IV Appointees, Section 3.2 Cares and Concerns.

Page 7. By Laws, Article IV, Appointees, Section 3.2, the chairman of the Cares and Concerns Committee shall be appointed each January by the President.

Page 7. Added By Laws, Article IV Appointees, Section 3.2.4; there is no term limit for the Chairman position.

Page 8. By Laws, Article IV Appointees, Section 3.3 Communications Committee; Section 3.3.3.3 establishes a procedure to notify membership of an active member’s passing.

Page 9. The Newsletter Editor position was moved from Policies, Practices, and Procedures to By Laws, Article IV, Section 4.0.

To Members: The Executive Committee requests your support in the approval of these amendments. Mark your calendar to attend the September General Meeting. Members can attend as many times as they want to show their support.

An amended copy of the By Laws, dated September 10, 2024 will be posted in the Archive section of Web page for review before voting at September’s General Meeting.



ACTIVITIES UNLIMITED



2024 OFFICERS



Jim Atieh
President
201-315-5346

Tom Donch
1st Vice President
201-376-8824

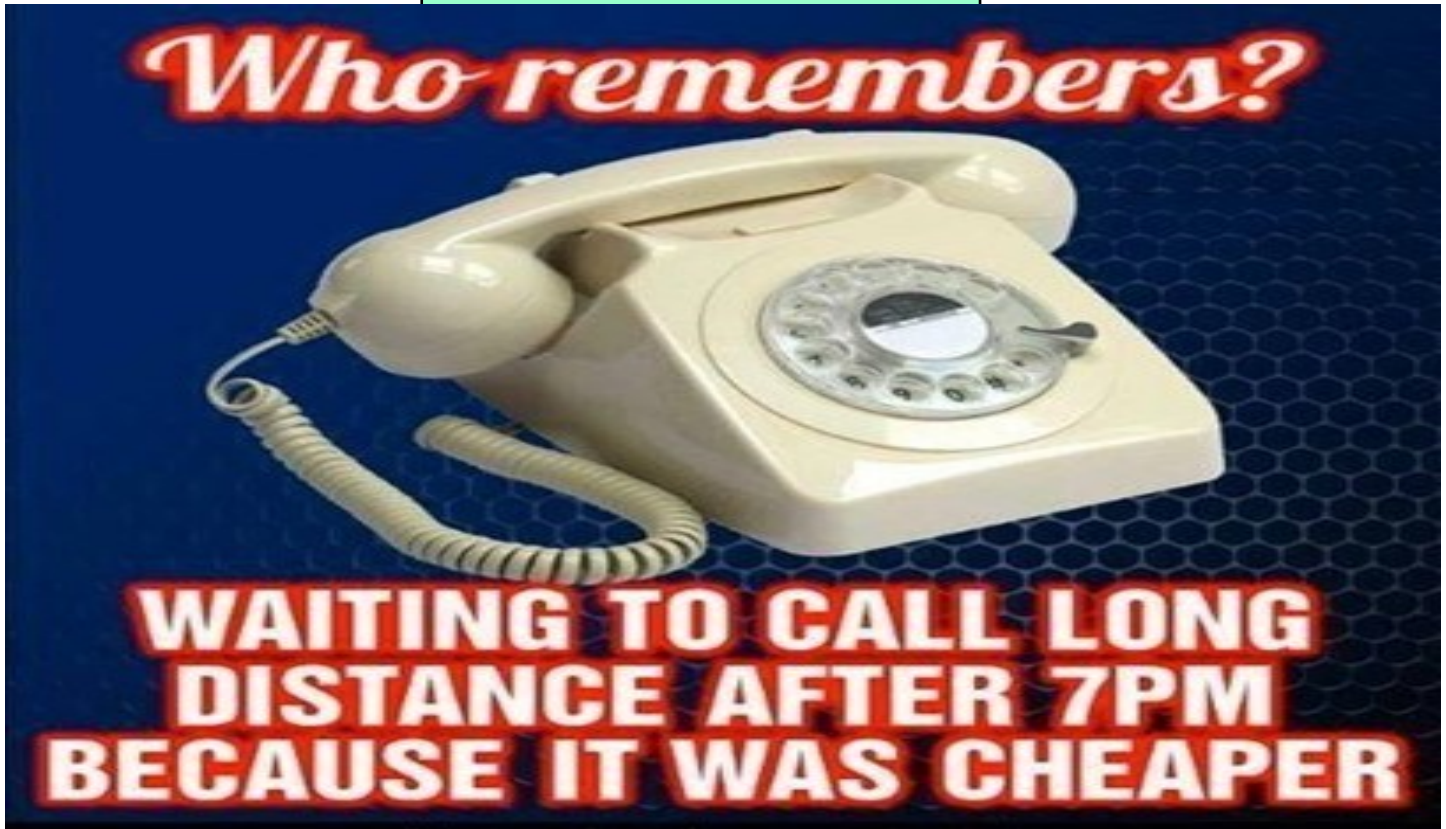
Gaspar Lesznik
2nd Vice President
201-774-8608

Rich Bernarde
Secretary
201-337-5238

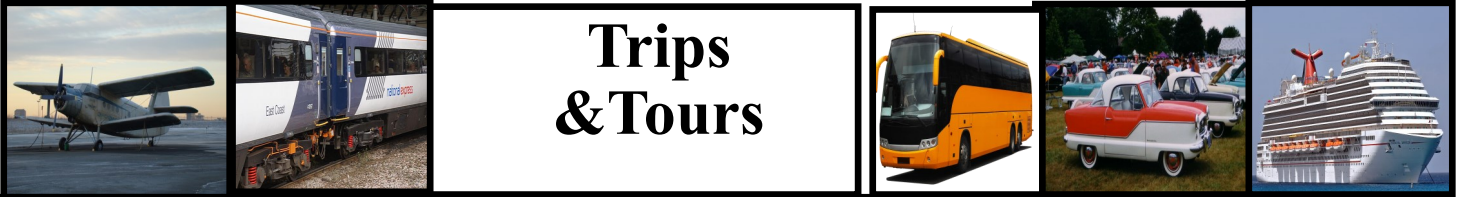
Mike Kelley
Treasurer
973-879-4590

Scott Japko
Assistant Treasurer
201-788-5516

On The Lighter Side



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 growing the membership.



Trips & Tours

**The next T & T meeting is on September 9:00am at Matthews Diner, 4 Franklin Turnpike, Waldwick, NJ 07463
Chair::johncaikosky@optonline.net; 973-599-1056;**

Upcoming events

Thursday, September 12, 2024 AU Annual Social (Fast approaching). WHEN: Thursday, September 12, 2024 from 6:00 to 9:00 PM. WHERE: Upper Ridgewood Tennis Club (URTC). This location is approximately 15 minutes from the Wyckoff Reformed Church.

INCLUDED: Shrimp Platters, Swedish Meatballs, Stuffed Mushrooms, Top Sirloin Platters, Sushi, Sweet & Sour Meatballs, and much more. Plus, a great dessert table. No one will leave hungry; there will be plenty of food, wine, soda and water.

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. There may also be surprise entertainment as icing on the cake. The venue can only handle 80 people and sells out every year so send in your check ASAP. COST: \$40.00 per person. Make checks payable to Activities Unlimited. Send checks to: George Lewis, 45 Walnut Street West, Mahwah, NJ 07430.

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

Thursday, October 24—Octoberfest at The Brownstone, 351 West Broadway, Paterson, NJ. Join us for a fun afternoon of music and comedy by “The GB’s” band. They’ll entertain you with German drinking songs, make you laugh with hilarious jokes and get you up dancing with lively tunes, including polkas. Lunch includes 1 free alcoholic drink, soup, salad, knockwurst and sauerkraut, chicken entrée, vegetables, potatoes, dessert, coffee, tea. Beer and soda at the table. Wives and significant others are invited. Please make checks in the amount of \$59 per person (which includes tip) payable to Activities Unlimited. Send to Bob LaSalvia, 80 Glasgow Terrace, Mahwah, NJ 07430. PLEASE INCLUDE CELL PHONE NUMBER ON YOUR CHECK.

Thursday, December 2 — Christmas Dinner Dance at Seasons. See page 9.

AU Website Bulletin Board Update

Over the last few months, Harry Bennett, AU Past President, has led a team of AU Webmasters in developing a Bulletin Board to be the gateway when the AU Website is first Accessed (activitiesunlimited.org).

Our mission is to create a Bulletin Board that is helpful and easy to use.

- Provide quick access
- Expand availability of general interest information to AU members
- Provide links to Community Activities

While the Bulletin Board is still under construction, it is available to view on the AU website. When you visit the Bulletin Board you will see:

1. Emergency notices (active but currently blank)
2. Alert notices (active)
3. Links to:
 - a. Classified ads (currently blank)
 - b. Club updates (active)
 - c. Trade service providers
 - d. Community activities (an assortment of links to local libraries, health and other community services.)

You are invited to explore this addition to our website. Let Harry (Harry Bennet @ harrben7@gmail.com) know what you think. The Webmaster Team is open to all comments and suggestions!

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.

Chair: John DeSantis: blueiii.earthlink.net; 201-447-0256.
Co-Chair: Frank Altomare: 201-410-4712; frank@altomare.us

Book Club

There will be no Book Club meeting in August.
Chair: Vince Tortorelli: carvince@aol.com; 201-316-2996.
Co-Chair: Marty Valerio: marty@hyregulatory.com

History Club

There will be no History Club meeting in August, the next meeting will be on September 24.
Chair: Joe Pullaro: josephpullaro@hotmail.com; 201-357-0018. **Co-Chair: Gaspar Lesznik.**

Stock Picking Contest

The July monthly winner was John DeSantis. The month-to-month increase for this portfolio was \$99K or 13.1%. The year-to-date winner was Steven Howard with year-to date gain of \$164K.

Chair: John Abrahamsen: au.club@optimum.net

Current Month Club Activities (cont'd)

Computer-Tech Club

There will be no Computer Tech Club or Technology Club meetings in August.

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

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

Tennis Club

We play Monday, Wednesday, Friday at 10AM, weather permitting.

Come and have fun with the AU Tennis Guys at the Wyckoff Outdoor Courts.

Chairman: David Burleigh:kaetdave@yahoo.com

Photography Club

There will be no Photography Club meeting in August.

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

There is no Investment Study Group Meeting in August.

Chair: Dennis Labarbera: dennis.labarbera@yahoo.com

Stock Market Club

The AU Stock Market Club meets on the first and third Tuesday of each month. The Club meets at 9:00 am at the VFW Hall in Midland Park. The next Stock Market Meeting will be on August 6.

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

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

Current Month Club Activities (cont.)

Science Club

Gaspar Lesznil is giving a talk on Clean Air / 'Oxinigation' on September 17.

Future Plans:

A trip to a Science Museum is being considered for the Fall.

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 August 14 at 10:00am. The meeting will take place in the Franklin Lakes Ambulance Corp building. Topics are: 1. How does the Harris nomination change the presidential campaign? 2. Oklahoma has mandated that all public schools K-12 must teach the Bible. Is this a sensible requirement? 3 Does the Supreme Court need some reforms?

Chair: **Walter Widmer**: WalterHWidmer@gmail.com; 551-286-4045;

Co –Chair: **Tom Butler**

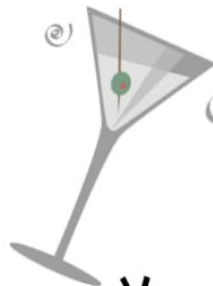
Safe Shooting Club

There will be no in-person meetings this month. Shooting dates will be determined.

All AU members are invited.

Chair: **Dave Hubschmit**: ski3100@aol.com;973-650-0052; Co-Chair: **Rich Beger**:gerrgb464@gmail.com

Hi Activities Unlimited
“I am bringing Mrs. Santa this year to the 37th AU Christmas Dinner Dance on December 2, 2024”



Watch for the AU News Letter & your emails from AU in the coming weeks for information and details on our AU Christmas Dinner Dance at Seasons



The AU Board

Let's end the Old Year 2024 and start the New Year 2025 off with a fun filled night of good food, drink and good friends with the AU Christmas Dinner Dance, Oh don't forget some good cheers!



SAVE THE DATE:

**MEN'S
WELLNESS DAY
Wed., OCTOBER 16**

from 9am-1pm

- **BREAKFAST & HEALTHY LUNCH**
- **INTERACTIVE MINI-SESSIONS**
- **GUEST SPEAKERS**
- **RAFFLES & GIVEAWAYS and so much MORE!**

Pre-Registration Required. Cost: \$20

Register at WYCKOFFYMCA.ORG/EVENTS

Questions? Contact: PattyK@wyckoffymca.org



See next page

Wyckoff Family YMCA – Men’s Wellness Day Wednesday-Oct. 16 , 2024

Registration Open to all men – Cost is \$20 to all men.

Sign-up at YMCA Link below: <https://wyckoffymca.org/index.php?src=gendocs&ref=2024-10-16-HUMC-MensWellness-Day&category=Registration>

Click on Blue REGISTER button to start:

- 1) Enter email address
- 2) Sign-up as a non-member
- 3) Password (Minimum 7 characters, upper/lower letters, also at least 1 number
- 4) Name
- 5) Address
- 6) Birthdate
- 7) Phone
- 8) Emergency contact (use your own name and info)
- 9) Pay via Credit card info

OR

Go to Wyckoff YMCA

691 Wyckoff Ave

Wyckoff, NJ 07481

201-891-2081

and in 10 minutes fill-in questionnaire and pay \$20 - By Check or cash. To the Wyckoff YMCA

On The Lighter Side

What's the difference between California
and The Titanic?

The Titanic had its lights on when it sank.



On The Lighter Side

GOLF POEM

In my hand I hold a ball White and dimpled, rather small.

Oh, how bland it does appear, This harmless looking little sphere. By his size I could not guess The awesome strength it does possess; My life has not been quite the same Since I chose to play this stupid game. It rules my mind for hours on end. A fortune it has made me spend. It has made me curse and cry I hate myself and want to die. I am promised a thing called 'par' If I can hit it straight and far. To master such a tiny ball should not be very hard at all. But my desires the ball refuses. And does exactly as it chooses. It hooks and slices, dribbles, dies and disappears before my eyes. Often it will have a whim to hit a tree or take a swim. With miles of grass on which to land it finds a tiny patch of sand. Then has me offering up my soul. If it will just drop in the hole. Its made me whimper like a pup, and swear that I will give it up. And take to drink to ease my sorrow. But The Ball knows...I'll be back tomorrow.

Welcome New Members

Welcome New Members			
Joe McGuire (MaryBeth)	33 Dale Ave Wyckoff, NJ 07481	Care & Concern, Discus- sion, Golf, Luncheon, Pickle Ball, Stock Club, Tennis, Bocce	H: 732-740-3929 C: 732-740-3929 brooklynjoe121@gmail.com (Computer)
Gabriel Torres (Disiree)	35 Summer Hill Rd Wayne, NJ 07470	Luncheon, Stock Club, Tennis	H: 201-925-6081 C: 201-925-6081 gabgtorres@gmail.com (Finance)
Jerry Starr (Stacey)	24 Pleasant View Lane Franklin Lakes, NJ 07417	Photography, Tennis	H: 845-304-1506 C: 845-304-1506 geraldstarr@gmail.com (Communications)
Frank Gassert (Anne)	9 Sara Kathryn Way Waldwick, NJ 07463	Short Hikers, Golf, Pickle Ball	H: 845-774-5680 C: 845-774-5680 franklg@hotmail.com (Engineer)

On The Lighter Side

15 Slang Words Only

People from New Jersey Know

Alright, Garden State aficionados and shore-goers, it's time to dive into the unique and lively slang that makes New Jersey so unforgettable! Grab your pork roll and a cup of diner coffee, because we're about to explore 11 terms that only true Jerseyans will understand. Let's hit the Turnpike and get started!

The Shore

Refers to the New Jersey coastline. "We're spending the weekend down the Shore."

Pork Roll

A beloved breakfast meat, also known as Taylor Ham in North Jersey. "I'll have a pork roll, egg, and cheese on a roll."

Jughandle

A type of left turn at an intersection that takes you off to the right first. "Take the jughandle at the next light."

Benny

A term for tourists from North Jersey or New York visiting the Shore. "The Bennies are back for the summer."

Shoobie

A term for tourists from Philadelphia visiting the Shore. "The Shoobies are crowding the boardwalk."

Exit Number

How people identify where they live, based on their exit on the Garden State Parkway or Turnpike. "I'm from Exit 98."

Disco Fries

French fries topped with gravy and mozzarella cheese. "I'm craving some disco