

Activities



Unlimited

Volume XXXIX Issue II

February 2024

Activities Unlimited
February 2024 General Meeting
Tuesday February 13, 2:00 pm
Henneveld Hall, 580 Wyckoff Ave.,
Wyckoff, NJ 07481

NOTE FROM THE PRESIDENT

Right now we have reached the midpoint for Winter and Spring will be here in 35 days. This means we can look forward to playing golf, outdoor tennis, pickleball, bocce and hikes in good weather. The Discussion, Science, Computer, History and Stock Clubs are well attended, as are the Book, Bridge and other clubs. They all welcome new members.

I wish to thank Jim Webb for organizing a well attended beef steak dinner. It was a great time for all that attended. I also would like to thank all the club chairmen for their time and efforts to ensure members get full enjoyment out of their clubs. It is not an easy task, but very much appreciated.

In the month of February our AU guys band will be entertaining us during the social hour before the General Meeting. They will be playing from 12:30pm to 1:30pm. Our General Meeting will start at 2:00pm. Come join us for the coffee and cookies while you socialize with your fellow members.

During the meeting, I will be asking our club chairmen to inform us of what to expect at their next club meetings.

We always talk about the numbers of AU members that we have. I always feel that is not the members that make us great, but the quality of our clubs, and the extra efforts that our club chairmen put into making our clubs great.

Stay warm and healthy,
James Atieh
President

The donations to the Food Pantry at the January General Meeting totaled \$77.00.

February 2024 General Meeting

Our speaker for the February General Meeting is Alexandra Fox from Valley Medical Systems. The title of her talk is “This is not your Father’s Heart disease.”

We are looking forward to seeing you at the meeting.

Tom Donch, First Vice President

Link to article on How Exercise Increase Brain Volume

[How exercise increases brain volume — and may slow memory decline](#)

(hold down ctrl key)

Activities Unlimited Annual Dues

The Executive Board has approved an increase of annual dues to \$60.00 effective January 1, 2024. As of January 31, 2024 52 members have not paid their dues. Checks were due by December 31, 2023. When you read this Newsletter if you have not already paid your dues, your dues are a month late. Please make your check payable to “Activities Unlimited” and mail it to Scott Japko, 15 Sturbridge Drive, Upper Saddle River, NJ 07458.

The goal of the monthly Activities Unlimited Newsletter

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.

Tom Van Lenten, AU Newsletter Editor



Trips & Tours

Upcoming events

February 16, 2024 — T&T has arranged for a great evening of entertainment. We will be going to the Mayo Performing Arts Center in Morristown, NJ to hear the beautiful singing of six time Grammy Award music legend Dionne Warwick. This event is sold out.

March 13, 2024 — In celebration of St. Patrick's Day we will be attending an Irish Cabaret starring Andy Cooney, Irish America's favorite son. Price is \$81 pp. Price includes the show, full table served entree featuring corned beef and cabbage, unlimited desserts (Venetian table), coffee, tea, and gratuity. The venue is the Hunterton Hills Playhouse, at 88 Route 173 W, Hampton, NJ 08827. Must arrive by 11:00am for seating. Tickets are limited. Send your checks payable to "Activities Unlimited" to: John Caikowsky, 26 Donna Drive, East Hanover, NJ 07936. Email at: johncaikowsky@optonline.net; 973-599-1056.

Thursday April 11, 2024 — Branch Brook Park Cherry Blossoms, Cathedral Basilica of the Sacred Heart, and lunch at 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



Trips & Tours



May 14 2024— “Save that date” for the Spring Luncheon at Portabello, in Oakland, NJ 07481. Starts at 11:30 am. Price and details to follow. Please join us for an afternoon of great food & camaraderie!

June 7, 2024 — BBQ at the Red Barn, Crestwood Park, Allendale, NJ. Further details to follow in Newsletters and AU email blasts.

Wine Tasting / Pizza Party — *July date TBD* Total Wines, River Edge, NJ.

September 2024 —AU Annual Social will be held at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ 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 — Annual breakfast / General meeting at the Brick House.

October — Octoberfest Celebration. Details to be provided in the Newsletter.

December — AU Christmas Dinner / Dance at Seasons.

Questions, Contact **John Caikowsky**: johncaikowsky@optonline.net or call 973-599-1056.



ACTIVITIES UNLIMITED



2024 OFFICERS



Jim Atieh
President
201-315-5346



Tom Donch
1st Vice President
201-376-8824



Gaspar Lesznick
2nd Vice President
201-774-8608



Rich Bernarde
Secretary
201-337-5238



Mike Kelley
Treasurer
973-879-4590

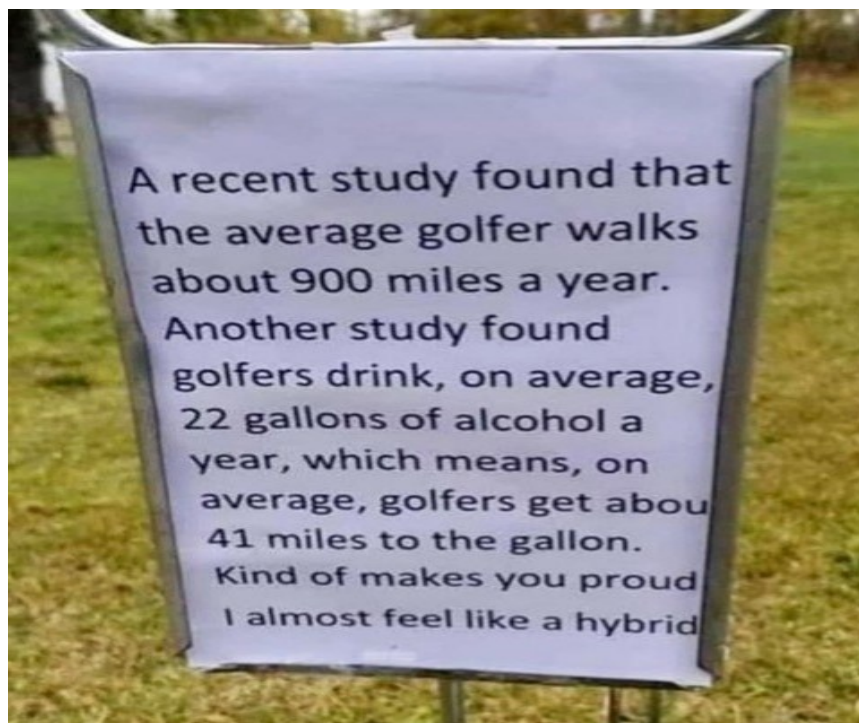


Scott Japkco
Assistant Treasurer
201-788-5516

Welcome New Member

Henry Cruz (Beth)	64 Fisher Road Mahwah, NJ 07436	Book, History, Luncheon	H: 201-444-3593 C: 201-820-7664 castoff13@aol.com (Finance)

On The Lighter Side



Current Month Club Activities

AU Guys

The AU Guys Band meets Wednesdays at 10:00 am at the Midland Park VFW Hall. This month AU Guys Band will be entertaining us during the social hour before the General Meeting. The AU Guys Band will also be performing once a month for the pleasure of Members and their spouses. Dates & times TBA.

Co-Chair: **Barry Glick**; bglick@gmail.com; 201-891-5628

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

Book Club

Books to be discussed at the February Book Club meeting on Wednesday, February 28 at 10 AM at Walt Widmer's house are *The Soul of America* by John Meacham where the author examines seven periods of American history that raised questions about how American society and the political system would be shaped. *To Build a Fire* by Jack London is a short story about a man who ventures into the extreme cold of the Yukon Territory and is followed by a dog as he travels to visit friends.

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

Co-Chair: **Marty Valerio**; marty@hyregulatoryoy.com; 201-394-2938.

History Club

The next History Club meeting will be on February 23, 2024, 1pm at the Midland Park VFW Hall.

Our speaker will be AU member, Tom Butler; he will speak on "The Mongol Empire- from Genghis Kahn to Kublai Kahn."

Tom will talk about the rise of the Mongol Empire, the largest land empire of all time. Tom's focus will be on: how Genghis Kahn reshaped Mongol society and culture to build an empire. Also, the Western image of the Mongols versus the reality, and the importance of perspective in understanding history.

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

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

Stock Picking Contest

The January monthly winner was Richard Freund. The month-to-month increase for this portfolio was 12.8%..

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

Current Month Club Activities (cont.)

Science Club

The next meeting of the Science Club will be on Tuesday February 20 at 1:00 pm at the Midland Park VFW Hall. Murray Pearl will be presenting:

"If it ain't Boeing, it ain't Going". How Boeing trashed its reputation; what went wrong with the Boeing 737 MAX?

Chair: **Jack Yursask**: email jjurasek@aol.com ; 201-337-4433

Co-chair: **Marc Bernhardt**: marc.bernhardt@yahoo.com; 201-236-

Public Discussion Club

The next meeting of the Public Discussion Club will be on February 14 at 10:00am. Our meeting will take place in the Franklin Lakes Ambulance Corp. building.

Agenda topics: TBD

Chair: **Walter Widmer**: WalterHWidmer@gmail.com; 201-562-8666

Co –Chair: **Tom Butler**

Safe Shooting Club

The AU Safe Shooting Club will not meet in person in February and March. Instead shoots will be planned at Guns

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

Co-Chair: **Rich Berger**

Gardening Club

Fred is planning a special Quarterly Gardening Club meeting for the first quarter. Details will be included in a Special AU email blast.

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

Current Month Club Activities (cont'd)

Computer Tech. Club

The next meeting will be on February 6 at the Midland Park VFW starting at 10:30 am. This meeting will focus on Windows products. John will review new Power Automate and Sticky Post-it note applications on the MS Windows platform.

On February 20 Fred will show several new interesting Technologies! .

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

Co-Chair: **Fred Theile** (Fred Chairs the Technology portion of the Club); fredtheile@gmail.com; 201-825-7541

Trips & Tours

The next meeting of Trips & Tours is at 10:00 AM on February 13, 2024 at the Midland Park VFW Hall. See pages 3 & 4 for more details on T&T events.

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

Co-chair: **Don Wasson:** donwas@verizon.net. 201-891-1873

Photography Club

There will be a Photography Club meeting on February 27 at 10:30 AM at the Midland Park VFW.

February 27th Murray is going to give us a complete understanding of "iphone photography", and all the hidden features to create great photos!

Chair: **Murray Perl:** 201-446-7357; mperl@gmail.com

Co-chair: **Sam Ohan:** samo993@verizom.net; 201-825-0437

Investment Study Group

There will be no Investment Study Group meeting in February 2024. Starting in March, meetings will be on the first Tuesday of the month at 1:00pm at the Midland Park VFW. Topics to be announced.

Co-Chair: **Fred Theil,** fredtheile@gmail.com, 201-825-7541

Co-chair: **Dennis LaBarbera,** dennis.labarbara@yahoo.com, 201-391-

Stock Market Club

The next meetings of the Stock Market Club will be on February 6 and 20 at the Midland Park VFW.

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

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

ACTIVITIES



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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: Finalizing the last details
Menu: Burgers, Fried Chicken, Ribs. Hot Dogs, Salads, Water, Soda, Deserts, Ice & Fixings
Music: AU Guys Big Band
Payment: Hold Payment until cost is finalized—thanks for your patience



The cost is still being finalized—stand by

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



140 People Max
don't procrastinate and be late



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

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 Reservation and Payment is May 24, 2024

Last Day for full Refund is May 31, 2024

On January 16, 2024 37 brave members came out on a snowy night to attend the **AU Beefsteak Dinner.**

All enjoyed a fine meal catered by Nightingale Beefsteak and were entertained by the Magic of Marco.



Hiking at Skylands Manor at NJ Botanical Garden



Good news, we were able to have a last minute January hike, when temperature hit 55 degrees. It was good to stretch our legs for 3.6 miles!

Then lunch, suggestion by Rich, Emeralds on Greenwood Lake! Plus a rainbow.

Great suggestions by Jim, to extend the hike. With his expert information we saw the gardens and seasonal plantings!

Birthday Celebration

On Friday January 26th, a group of Tony Mastandrea's AU pals celebrated his 88th birthday at Finos!

Everything was perfect, except the bakery couldn't believe Tony was 88, and changed the candles to 68!!

Tony felt energized and happy!



Murray Perl, Chairman of the Photography Club



Murray Perl leads the AU Photography Club. The next meeting of the Photography Club is on February 27 at 10:30am at the Midland Park, VFW.

Murray brings his expertise, and technical photography knowledge to help our AU members take better photos, and how to use the latest computer techniques to improve photos!

At the meeting on February 27th Murray is going to give us a complete understanding of “iphone photography”, and all the hidden features to create great photos!

On The Lighter Side

Finally settling down to my vegan, gluten free, soy free, antibiotics free, raw, non GMO, organic, fat free, low carb meal!



When older people say, "Enjoy them while they are young." They are talking about your knees and hips not your kids.

On The Lighter Side

When you wear glasses
at your job interview to
look more professional

