



Activities Unlimited
General Meeting
Tuesday March 12, 2024 2:00 pm
Henneveld Hall, 580 Wyckoff Ave.,
Wyckoff, NJ 07481

NOTE FROM THE PRESIDENT

February, 2024 has brought back winter. Snow is here! YUCK!!!

This past February, we were forced, by the snow, to cancel our General Meeting. In the future we will post the cancellation of our meetings on our website. I am so looking forward to playing golf and feel the warm sun again.

Please be reminded that the grace period for the payment of the 2024 dues expired on February 29. If you have not renewed your membership, attendance at our club activities will not be permitted.

Support Activities Unlimited. AU requires a constant flow of new members to make it as great as it is. We need to increase our membership, so please continue to promote the Club to your friends, family and neighbors.

I'd like to put out a special thanks to John Caikowsky and the Trips and Tours team for securing great events for us during the winter and spring. Also, many thanks to Joe Pullaro for organizing a great event to dinner and a Dionne Warwick concert at the Mayo Performing Arts Center in Morristown, NJ.

Remember to hold May 14, 2024 open for our spring luncheon. This year it will be held at Portobello's in Oakland.

If you are Irish or wish to be, "Happy St. Patrick's Day". Quote for the day " May the hand of a friend always be near you, and may God fill your heart with Gladness to cheer you". On March 13 AU will be attending an Irish Cabaret starring Andy Cooney, Irish America's favorite son. The venue is the Hunterton Hills Playhouse, at 88 Route 173 W, Hampton, NJ 08827 (see page 3 for details).

Stay well,
James Atieh
President



ACTIVITIES UNLIMITED



2024 OFFICERS



2jimm 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

March 12, 2024 General Meeting

Our speaker for the March General Meeting is Brendan Kirk from K2Physical Therapy in Ramsey N.J. The topic will be: The Benefits and Advice for Staying Active in Retirement.

We are looking forward to seeing you at the meeting.

Tom Donch, First Vice President

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

The next meeting of Trips & Tours is at 10:00 am on March 12, 2024 at the Midland Park VFW Hall.

Upcoming events

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. This event is sold out. The event charge of \$81 pp 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. You must arrive by 11:00am for seating, Questions: contact: johncaikowsky@optonline.net; 973-599-1056.

May 14, 2024 – Spring Luncheon at Portobello's in Oakland, NJ, from 12 noon to 4:30. Please join us for an afternoon of great food and camaraderie. \$40 pp. Please make checks payable to "Activities Unlimited" and mail to: Gaspar Lesznik, 747 Wyckoff Ave, Wyckoff, NJ 07481. Contact: gaspar.lesznik@gmail.com ;201-774-8608

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

June 7, 2024 — BBQ at the Red Barn, Crestwood Park, Allendale, NJ. See also page 9 for more information and the registration form.



Trips & Tours



Upcoming events

July Wine Tasting Date TBD – 4:30 pm . The event will be held at Total Wine, 1001 Main Street, River Edge, NJ, (right off Route 4). It will be a fun AU social gathering with pizza being served (soda & water will also be also available). Wives/significant others are invited. We only have room for 40 people, so send in your checks for \$15 pp ASAP payable to Activities Unlimited. Mail to George Lewis, 45 Walnut Street West, Mahwah, NJ 07430

September 2024 —AU Annual Social will be held at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ The Social will be 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 a future Newsletter.

December — AU Christmas Dinner / Dance at Seasons.

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; they are playing for River Dell “Seniors” Prom on March 27 at River Dell High School. Upcoming gigs include AU Luncheon on May 14 and AU BBQ on June 7.

Chair: **John DeSantis**; blueiii.earthlink.net; 201-447-0256

Book Club

Books to be discussed at the March Book Club meeting on Wednesday, March 28 at 10am at Walt Widmer's house: First book : *The Soul of America* by John Meacham. The author examines seven periods of American history that raise questions about how American society and the political system have been shaped. *Second book: To Build a Fire* by Jack London ; this 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 March 26, 2024, 1pm at the Midland Park VFW Hall. The meeting will feature Keith Danish, a friend of AU member John Toth. Keith is a retired attorney who specialized in the field of Intellectual Property Law and is a noted presenter to many organizations on many topics including baseball. His topics will be: Baseball Economics 101 – baseball becomes professional - the owners get control over salaries and careers – the Reserve Clause – the anti-trust exemption – early attempts to unionize players who had negotiating “leverage”, and those who did not. The Players Association becomes an effective advocate for the players. Marvin Miller, Peter Seitz and the demise of the Reserve Clause – salary arbitration – the Collective Bargaining Agreement - baseball’s exploding revenue streams and how they are shared using “leverage”, and those who did not have leverage. The Players Association becomes an effective advocate for the players – salary arbitration. This is a great presentation, hope to see you all there.

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

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

Current Month Club Activities (cont.)

Science Club

The next meeting of the Science Club will be on Tuesday March 19 at 1:00 pm at the Midland Park VFW Hall. At this time no specific plans for the March meeting have been made. If anyone has a topic they would like to present, contact us this week. We will be available to help with the preparation.

A trip to NY Museum (or Liberty Science Center) is being considered. Contact us if you are interested.

Chair: **Jack Yursask**: 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 on March 13 at 10:00am. Our meeting will take place in the Franklin Lakes Ambulance Corp. building.

Agenda topics: 1. Should the Supreme Court have accepted the "Trump immunity case for review?
2. Should additional funds for Ukraine be approved?

Safe Shooting

The AU Safe Shooting Club will not meet in person in March. Instead shoots will be planned at Guns For Hire;. Dates to be announced.

Chair: **Dave Hubschmit**: ski3100@aol.com; 973-650-0052; Co-Chair: **Rich Berger**: rgb464@gmail.com; 201847-0688

Gardening Club

The next meeting of the Garden Club will be in April. Fred is planning a special Quarterly Gardening Club meeting. Details will be included in a Special AU email blast.

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

Stock Picking Contest

The March monthly winner was Steven Howard. The month-to-month increase for this portfolio was 25.3%. The year-to-date winner was also Steven Howard with year-to date gain of \$137.7.

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

Current Month Club Activities (cont'd)

Computer-Tech. Club

The March meetings of the Computer Tech Club will be on the 5th and 19th at the Midland Park VFW starting at 10:30am. Fred will kick off both meetings with presentations on new technologies. The computer segment of the March 5 meeting will focus on using Sonoma on the Apple platform. Also, on March 5 Harry Bennet, the creator & Webmaster of the new "AU Bulletin Board," will give an overview on use of the "AU Bulletin Board". Also at that meeting members interested in helping proof, test and provide suggestions on use of "AU Bulletin.com" on Apple PCs or iPhones will be encouraged to sign up for the new "Webmasters Club".

The March 19 computer segment discussion will focus on using the Android cell phone with an app which interfaces that phone with the MS Windows PC platform. The "AU Bulletin Board" will again be discussed, this time regarding the "Webmasters Club" members' use of cellphones and Windows PCs.

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

Photography Club

The photography Club will meet on March 26th at 10:30 AM at the VFW in Midland Park. We will discuss how to improve your photography.

Chair: Murray Perl: 201-446-7357; mperl@gmail.com; 201-261-7276
Co-chair: Sam Ohan: samo993@verizom.net; 201-825-0437

Investment Study Group

The next meeting of the Investment Study Group will be on March 5 at 1:00pm at the Midland Park VFW. We will hold a Round Table discussion. Topics relate to articles published online. Visit our club page "Investment Study Group" on AU web page listed under menu **Chair: Dennis LaBarbera,** dennis.labarbera@yahoo.com, 561-222-1027

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

Stock Market Club

The next meetings of the Stock Market Club will be on March 6 and at the Midland Park VFW. Invitation will be sent out via AU email blast.

Chair: Frank Nusspickel: fnusspickel@aol.com; 201-739-5773
Co-Chair: Steve Klein: sikein7@aol.com; 201-264-1654



AU Annual Spring Luncheon

at

Portobello Banquets

155 Ramapo Valley Road
Oakland, NJ

Tuesday May 14, 2024, 12:00 – 4:30
Lunch Buffet, Salad, Dessert, Coffee, Tea

Music by the AU Guys Band

Dancing

Cash Bar

\$40 per person

Make checks payable to Activities Unlimited. Send to:

Gaspar Lesznik
747 Wyckoff Ave.
Wyckoff, NJ 07481

Music

Dancing

ACTIVITIES



UNLIMITED

Activities Unlimited 2024 BBQ

- Where:** Red Barn, Crestwood Park Allendale
- Address:** Klomburg Dr, Allendale, NJ
- When:** June 7, 2024
- Rain Date:** No Rain Date, the Red Barn is covered
- BBQ:** 4:00 PM to 8:30 PM
- Cost:** \$39.00 per person
- Menu:** Burgers, Fried Chicken, Ribs. Hot Dogs, Salads, Water, Soda, Deserts, Ice & Fixings
- BYOB:** Bring your own favorite Alcoholic Beverages and Snacks.
Please no Glass Containers
- Music, Plus:** AU Guys Big Band, plus non-contact sports & tackle football (no pads) optional
- Payment:** Make checks payable to – **Activities Unlimited** & send with registration to:



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



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

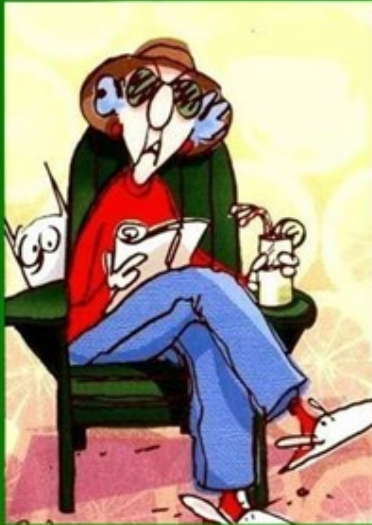
On February 26 the Short Hikers hiked along the river, from the Ridgewood Duck Pond, down to the Waterfall on the Saddle River Trail to Glen Rock! .The water fall can be seen to the right on the picture below.



The hike was followed by a great lunch at the famous AB&G in Allendale.

On The Lighter Side

This is the best
Living Will I've Seen



I, _____, being of sound mind and body, do not wish to be kept alive indefinitely by artificial means.

Under no circumstances should my fate be put in the hands of pinhead politicians who couldn't pass ninth grade biology if their lives depended on it, or lawyers/doctors interested in simply running up the bills.

If a reasonable amount of time passes and I fail to ask for at least one of the following:

Glass of wine
Chocolate
Margarita
Sex
Martini
Cold Beer
Chocolate
Chicken fried steak
Cream gravy
Sex
Mexican food
Chocolate
French fries
Chocolate
Pizza
Sex
Ice cream
Cup of tea
Chocolate
Chocolate
Sex
Chocolate

It should be presumed that I won't ever get better. When such a determination is reached, I hereby instruct my appointed person and attending physicians to pull the plug, reel in the tubes, let the 'fat lady sing,' and call it a day!

Then Have a Drink: IT'S 5 O'CLOCK SOMEWHERE

On The Lighter Side

**I really think it's
time to take the
warning labels
off of everything
and let stupidity
work itself out of
the gene pool.**



On The Lighter Side

On a trip to Oslo while walking on a tour a man came upon a very well attended funeral procession with many vehicles , military escort and police. He was fascinated and wanted to learn more. He turned to a local Norwegian man and asked "in English" - "Do you know who the person that died was?" . He replied, " The man in the coffin ! "

Two robbers entered Murphy's house in Dublin and told him they were going to search his house for money. Murphy laughed and said " I'll join you ! "

So why did the Polish National Zoo close??

The Clam died!