



Activities Unlimited General Meeting

Tuesday March 11, 2025, 12:30 to 3:00 pm
Heneveld Hall, Wyckoff Reformed Church

NOTE FROM THE PRESIDENT

Our speaker for the March General Meeting is Dr. Daniel DeFeo from Osteopathic Family Medicine in Wyckoff.

Focused on the elderly men, he will discuss osteopathic manipulation, weight management, red light therapy and importance of regular medical screening. March General Meeting will be in the Chapel.

Donations for the food bank collections were \$115 in February.

February the shortest month of the year just flew bye, but we sure had fun. We now look forward to March. The AU Band members entertained not only the AU members but also the Wyckoff Reformed Church Nursey School with music and song at our February General meeting, while our quest speaker was Ret. Judge Miguel Della Carrera.

The AU Board members reached out to all those who have not paid their 2025 dues with encouraging results. Our Spring Luncheon will be at Indian Trail Club May 14th. During the monthly Computer Club meeting John Abrahamsen explained the use of CoPilot. Fred Theile of the Investment Study Group spoke about various money investment opportunities other than CD's. Fred also informed the group about NJ Property Tax Relief issues. These issues concern all of us so get involved. We are excited to notify you that a Bowling Club has been formed with a roll off starting February 28th. Contact Scott Japko for information.

Marty Valerio has items from our storage closet which will be offered at our March General meeting. The Webmasters under the guidance of Harry Bennett, Marty Valerio, and Tom Van Lenten are checking carefully the contents of the Calendar and Newsletter. I encourage you to view the Calendar and Newsletter to get all the exciting news and happenings in each club. Doing this you won't miss any of the great opportunities and club activities that are offered for your entertainment and participation.

See you all at our next monthly meeting.
Tom Donch, President



ACTIVITIES UNLIMITED



2025 OFFICERS



Tom Donch
President
201-376-8824

Gaspar Lesznik
1st Vice President
201-774-8608

Adolph Galluccio
2nd Vice President
973-392-4802

Marty Valerio
Secretary
201-394-2938

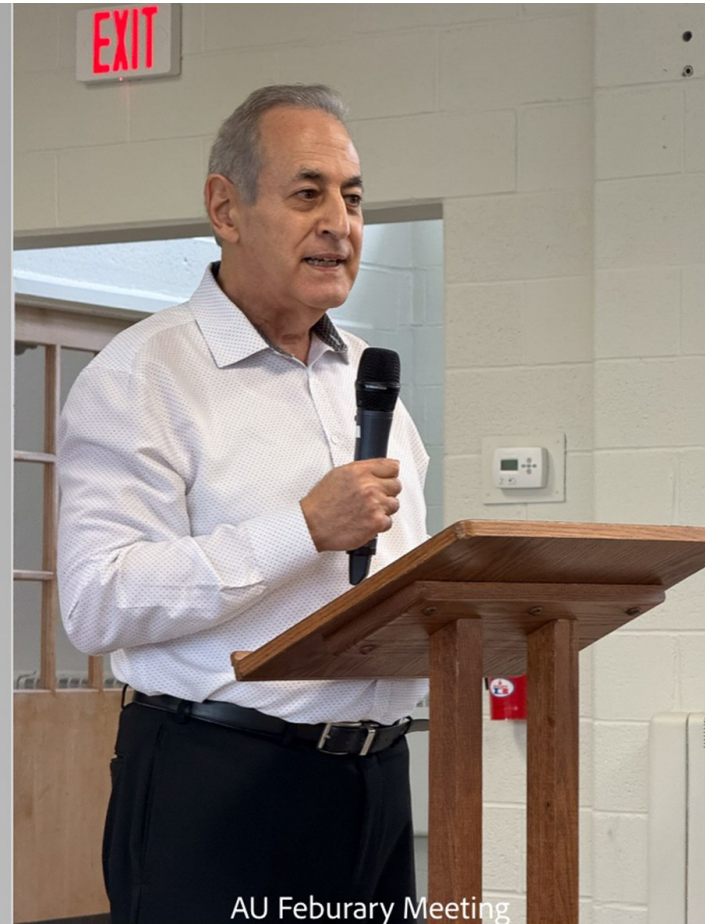
Doug Cooper
Treasurer
908-907-1112

Gabe Carifi
Assistant Treasurer
201-738-8323

Our February General Meeting guest speaker Ret. Judge Miguel Della Carrera was introduced by Adolph Galluccio. The Judge enlightened us about the Drug Court now known as Recovery Court.



AU February Meeting



AU February Meeting



Trips & Tours



The next T&T meeting will be on **March 11, 2025; 9:30 am**
VFW Hall Midland Park

Chair: **Tom Van Lenten: 201-248-7207**
email: tomvanlenten@hotmail.com

Upcoming Events Spring –Summer 2025

MARCH on Saturday the 8th. Frankie Valli & The Four Seasons’ “The Last Encores” show at the Mayo Performing Arts Center in Morristown, NJ. The concert starts at 8 pm. This event is sold out.

APRIL, on Thursday the 24th. Mystery Night & Dinner at Maggiano’s in Hackensack is **CANCELLED**. Trips and Tours team is looking for an alternative event for the month of March to be announced shortly and we will email members details to allow you to sign up.

MAY, on Wednesday the 14th. AU Board Sponsored Spring Luncheon will be at the Indian Trail Club, Franklin Lakes.

JUNE, on Thursday the 5th. AU Summer BBQ, at the Red Barn, Crestwood Park, Allendale. Details to follow.

AUGUST. Wine Tasting, Total Wines, Hackensack. Details to follow.

Current Month Club Activities

AU Guys

The AU Guys Band meets Wednesdays at 10:00 am at the Midland Park VFW Hall. March meetings will be on 5th, 19th and 26th. The AU Guys Band will also perform during the monthly meeting starting at 12:30 pm on March 11th.

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

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

Book Club

The Book Club will be meeting on Wednesday March 26 at 10 am at the Memorial Room of the Wyckoff Reformed Church. The books to be discussed are:

1) **Beneath a Scarlet Sky**, by Mark Sullivan. Based on the true story of a forgotten hero, this is the triumphant, epic tale of one young man's incredible courage and resilience during the Nazi occupation of Italy during World War II.

2) **His Majesty's Airship: the life and tragic death of the world's largest flying machine**, by Samuel C. Gwynne. The tragic story of the British Airship R101 which, in a spectacular hydrogen fueled fireball in 1930, killed more people than died in the Hindenburg seven years later. A great ambition turned terribly wrong, it was a British plan to link by air its far flung empire. It's also about the development of these aircraft, especially the competition between Britain and Germany in using these airships.

Club Chair: Gregg Krieger, Gregg.krieger@gmail.com, 201-925-3197

Co-chair: Peter Bieszard, pmbieszard@optonline.net.

Do you enjoy bowling? Or would like to give it a try?

AU has formed a Bowling Club! The group will meet on the 2nd and 4th Friday of the month to bowl for fun and camaraderie. The Club will meet March 14th and March 28th at Montvale Lanes 10:30 am. All experience levels are welcome. Let's bowl!

If you have interest please let **Scott Japko** know at scottjapko@gmail.com (email) or **201-788-5516** (phone or text).

New Club

Bowling Club

Current Month Club Activities (cont.)

History Club

History Club Meeting will meet on March 25th at 1 pm, VFW Hall, Midland Park.

For the March meeting, our own **Tom Butler** will do a presentation entitled, “**Who are the Houthis.**”

A look at the historical relationship between Saudi Arabia and Yemen will provide a broad context while the main focus will be on the more recent history, leading to radicalization in Yemen. Hopefully, this will give us all a better understanding of events in the Gulf. Tom has presented in the past and his talks have always been well received. You do not want to miss this!

Chair: Joe Pullaro, josephpullaro@hotmail.com, 201-337-0018;

Co-Chair: Stephen H. Joern, stevejoern@gmail.com

Investment Study Group

There will be no meeting in March.

Club Chairs: Dennis LaBarbera, dennis.labarbera@yahoo.com. 561-222-1027, **Fred Theile**, fredtheile@gmail.com, 201-981-1801.

Photography Club

Photography Club will meet on March 25th at 10:30 am at the Midland Park VFW Hall.

Club Chairs: Murray Perl: 201-446-7357; mdperl@gmail.com; 201-261-7276; **Sam Ohan**: samo993@verizom.net; 201-825-0437

Public Discussion Club

Public discussion club meets on Wednesday March 12th at 10 am at Franklin Lakes OEM Building. Discussion topics will be emailed before the meeting.

Chairs: Walter Widmer: 551-286-4045 and **Tom Butler**: 201-452-6649

Science Club

The Science Club will meet on Tuesday March 18th at 1 pm at the Midland Park VFW Hall. Fred Thiele will speak about “L’Oreal’s War on Waste Program.”

Club Chair: Marc Bernhardt: 201-236-2957

Current Month Club Activities (cont.)

Safe Shooting Club

No meeting in March, next meeting will be April 23.

Chairs: David Hubschmitt: 973-650-0052 and **Richard Berger:** 201-741-9233

Stock Market Club

The AU Stock Market Club meets on the first and third Tuesday of each month at 9:00 am at the Midland Park VFW Hall . The March meetings will be on the 4th and 18th.

Club Chairs: Frank Nusspickel: nusspickel@aol.com; 201-739-5773 and **Steve Klein:**sikein7@aol.com; 201-264-1654.

Stock Picking Contest

The February winner is Donald Chucka. The month-to-date increase for his portfolio was \$14.3K or 12.5%.

Chair: John Abrahamsen: au.club.jwa@gmail.com, 201-739-8589

Technology & Computer Club

Technology club will be meeting twice during the month of March on the 4th and 18th at 10:30 am at the Midland Park VFW Hall. At each meeting new technologies will be presented by Fred Theile. The computer portion will be topics about either Windows or Apple devices discussed by John Abrahamsen. Prior to each meeting an email will be sent to members on the computer email list with details about the topic and device used.

Club Chairs: John Abrahamsen, au. club.jwa@gmail.com, 201-739-8589, and **Fred Theile,** fredtheile@gmail.com, 201-981-1801.

Care and Concern

Happy Birthday to Don Kirkpatrick who turned 88 last month!

On February 19th, twenty AU guys gathered at the Portofino's Restaurant to celebrate our favorite AU Hike Leader, with a terrific lunch and cake. The whole restaurant joined in signing Happy Birthday to Don. Congratulations Don and keep on hiking!



During the month of February 2025, the Care and Concern Committee sent out these cards: 1 Get Well, 1 Thank You.

A Suggestion and Request from the Care and Concern Committee.

Over the last few months, it has seemed that a few AU members have let us know about the joys and concerns **in their own lives**. However, more AU members are quick to let us know about the joys and concerns **of other members**. So, please let us know when we can send a message of support to someone you know in our club. And, if you prefer, we will keep your name anonymous.

AU March Birthdays

We are not aging, we are ripening to perfection.

Vincent O'Rourke

Frank Gassert

Louis Roppolo

Carl Brown

John Warner

Jay Finkelstein

Peter Sausville

Thomas McDonnell

Robert Dauer

Michael Kelley Stephen Margulis

Donald Becan

Kenneth Frisco

Thomas Srednicki

John Campi

Robert Bowman

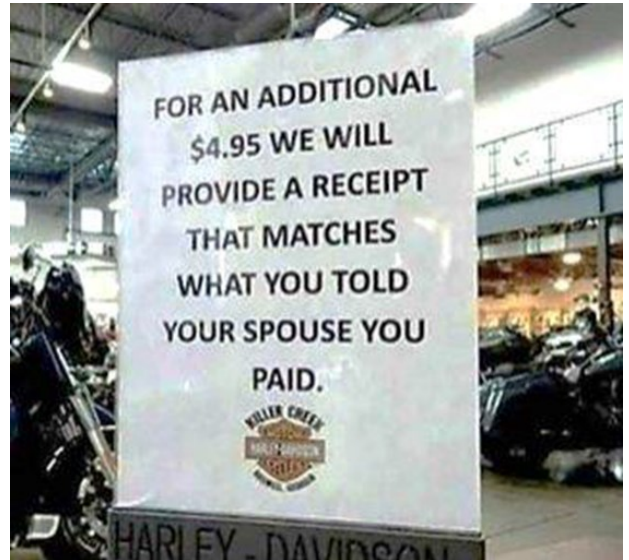
Douglas Malcolm

Al Connelly

Wayne Latawiec



On The Lighter Side



You come from dust, you will return to dust.

That's why I don't dust.

It could be someone I know.

Wife: I have a bag full of used clothing I'd like to donate.

Husband: Why not just throw it in the trash? That's much easier.

Wife: But there are poor starving people who can really use all these clothes.

Husband: Honey, anyone who fits into your clothing is not starving.

Husband is recovering from a head injury now

😂😂