

*Activities*



*Unlimited*

Volume XXXXVIII, Issue XI

November, 2023

Activities Unlimited  
November General Meeting  
Tuesday November 14, 2:00pm  
Heneveld Hall, 580 Wyckoff Ave.  
Wyckoff, NJ 07481

### NOTE FROM THE PRESIDENT

#### **November is election time for Activities Unlimited.**

Our November 14th General Meeting is also our Annual Meeting where you will be asked to vote on our next slate of officers and updates to our Constitution and By Laws.

We will meet at Heneveld Hall of the Wyckoff Reformed Church in Wyckoff. Doors will be open for socializing and AU Guys entertainment at 12:30pm. The meeting will begin at 2:00pm.

You have all received email copies of the revised Constitution and By Laws. Marty Valerio and his committee have done a thorough job of making these documents current. The Executive Board has carefully reviewed these updates and recommends that the membership approve these updates.

#### **A summary of changes:**

##### Constitution:

##### 9/28/23: SUMMARY OF AMENDMENTS

- Clarified gender where required.
- Clarified the term meeting to be consistent.
- Deleted the requirement the President appoints the Chaplain.
- Modified the process to amend the Constitution.

**A summary of changes (Continued)**

By Laws:

9/27/23: SUMMARY OF AMENDMENTS

Article III: Duties of Officers

Sections 1. through 6. In the first subsection, corrected temporary absence to clarify short-term.

Article V: Executive Board

Section 2. Defined who are voting members, defined majority vote, and when the president can vote.

Article VI: Nominating Committee

Section 1. Reworded this section to state who has the responsibility to organize the committee.

Article VII: Meetings

Section 4. Reworded this section to define when the slate of new officers are elected, when the gavel is passed, and when the newly elected officers take office.

Finally, the closing date for reservations for our Christmas Party is rapidly approaching. See the reservation form in this Newsletter. This is our premier event of the year. I hope to see many of you there.

Please review this Newsletter to refresh yourself on dates, times, topics, and locations for all your favorite activities.

Be safe and be well. I look forward to seeing you all at the November meeting.

Harry Bennett,  
President

**ACIVITIES UNLIMITED ANNUAL DUES**

The Executive Board has approved annual dues of \$60.00 effective for 2024. The Executive Board financially supports several AU events such as the Spring Luncheon, Summer BBQ, the Annual Breakfast and General Meeting, and the Christmas Dinner Dance.

Unfortunately due to inflation, significantly increasing costs, both for events and in AU operating costs, annual dues have been increased to \$60.00.

Mail checks payable to “Activities Unlimited” to our Assistant Treasurer, Tony DiIorgi (113 Schindler Ct., Parsippany, NJ 07054).

## **November General Meeting Speakers**

Representatives of Alumni in Recovery (a 501(c)3 Bergen County volunteer organization) will educate the AU Membership on the impact of Fentanyl and other addictive substances that are killing the children of our communities at an epidemic rate. The goal of Alumni in Recovery is to foster increased awareness of the disease, reduce the stigma, provide medical resources and recovery options to parents and school age children of our communities. Recovery volunteer speakers touch thousands of students every year and partner with the county and local first responders at numerous events. They utilize a unique and highly effective peer to peer (sharing) presentation platform to educate our county's children in the local schools to thoroughly engage the students and to augment the standard adult lecture format. The presentation will consist of a county graduate in extended recovery and a parent who has lost a loved one to the epidemic. The graduate will provide an honest and moving description of their journey through addiction, their mindset and the battle to recovery.

Overdose reversal medication samples (Narcan), resources and recovery material, and the latest figures on the epidemic will be included. Time will be allotted for Q&A and a county level or local first responder will be participating in the event if one is available.

**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

**December 4** - Annual Dinner/Dance is at Seasons, Washington Twp. Cocktail hour: 5:45 - 6:45pm; Dinner 6:45-9:30pm. Entree (choice of beef, chicken or fish with salad and desert) and open bar. Dance to smooth and easy listening music of Peter Lieberman until 9:30pm. (This is an Executive Board sponsored event.)

**January 16, 2024** - Tuesday. The beefsteak dinner will be held at the VFW in Midland Park (this is a corrected address NOT FL Ambulance Corps). Doors open at 6:00pm and dinner is served at 6:30pm. Water and soda are included. This is a BYOB affair. If you want to drink anything other than water or soda bring it with you. Cost is \$50.

Menu: Salad, all-you-can-eat Nightingale Beefsteak, french fries, ice cream sundae, and coffee.

Entertainment is by "The Magic of Marco." Marco is a professional close-up sleight of hand comedy magical entertainer.

Make checks payable to "Activities Unlimited" and mail to Jim Webb, 970 Pines Terrace, Franklin Lakes NJ 07417. There is a capacity limit at the VFW. This event may sell out. About one third of the seats are already committed.

**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. The price is \$72pp. There are limited tickets available. Mail your checks made out to "Activities Unlimited" to Joe Pullaro at 86 Iron Latch Road, Franklin Lakes, NJ 07417 ASAP.

**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 \$81pp. 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 173W, 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. [johncaikowsky@optonline.net](mailto:johncaikowsky@optonline.net) 973-599-1056



# ACTIVITIES UNLIMITED



## 2023 OFFICERS



**Harry Bennet**  
President  
201-891-9527



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



**Tom Donch**  
2nd Vice President  
201-315-5346



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



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



**Anthony DiIorgi**  
Assistant Treasurer  
973-428-0431

## Welcome New Members

<b>Frank E. Bright (Susan)</b>	<b>69 Bear Mountain road Ringwood, NJ 07456</b>	<b>Short Hikers, Invest- ment</b>	<b>C: 201-394-0795 frank.bright.nj@gmail.com (Computer Analyst)</b>
<b>Debu Chaudhuri (Krishna)</b>	<b>78 Lambert Pl Paramus, Nj 07652</b>	<b>Bridge Duplicate, Short Hikers, Gardening, History</b>	<b>C: 201-289-0198 DebuC@aol.com (Engineer)</b>
<b>Tony Celeste (Kamelia)</b>	<b>44 Mackay Ave Waldwick, NJ 07463</b>	<b>Short Hikers, Comput- er, Hiking Long, In- vestment</b>	<b>C: 201-914-2106 tony.celeste@gmail.com (Financial Services)</b>
<b>Michael G. Murphy (Christine)</b>	<b>47 Nottingham Rd. Ramsey, NJ 07446</b>	<b>Bridge Duplicate, Golf</b>	<b>H: 201-334-7284 mgmclbchp@gmail.com (Purchasing Director)</b>

The donations to the Food Pantry at the October General Meeting were \$153.00.

## Current Month Club Activities

### AU Guys

The band meets Wednesdays, 9:00am at the VFW hall. In November the band will be playing at several outside events. Please join us at St. Anthony's Church Festival in Bergenfield on Friday, Nov. 10<sup>th</sup> from 5:00pm to 7:00 pm and at the NJ Veterans Home in Paramus on Wed., Nov. 29<sup>th</sup> from 2:00pm to 3:00 pm.

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

### Book Club

Books to be discussed at the November 22 Book Club meeting are *Crook Manifesto* by Colson Whitehead, a follow-up novel to *Harlem Shuffle* that further tracks Harlem furniture dealer Ray Carney as he becomes ensnared again in the underworld, and *Against the Gods - The Remarkable Story of Risk* by Peter Bernstein, the history of risk and its effect on human progress and how our understanding of risk has evolved over time and shapes our lives today.

Chair: **Vince Tortorelli:** 201-316-29961; cavince@aol.com

### History Club

Our next History Club meeting is at 1pm on Tuesday, November 28<sup>th</sup> at the VFW building , 28 Faner Road, Midland Park. Our speaker is our own Murray Pearl, who will speak about the Nazi nuclear weapon program and how the US beat them to develop the atomic bomb. Murray has made many presentations at AU and always does a great job. We will all learn a lot about the events that changed the world.

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

### Stock Picking Contest

Year-to-date leader is John Abrahamsen. The monthly winner was Ken Frisco; month-to-month change for this portfolio was 34.3%

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

## Current Month Club Activities (cont.)

### Computer Tech. Club

**A**t the Tuesday November 7 meeting we will demonstrate Fred's new Technology web page. John will review some of the new features of Windows 11. At the Tuesday November 21 meeting John will review the latest Apple features and discuss using the Icloud. Both meetings which are at the Midland Park VFW and start at 10:30am.

**Chair: John Abrahamsen:** [au.club@optimum.net](mailto:au.club@optimum.net); 201-739-8589  
**Fred Theile** Chairs the Technology portion of the Club: 201-825-7541;  
[fredtheile@gmail.com](mailto:fredtheile@gmail.com)

### Trips & Tours

**T**he next meeting of Trips & Tours is at 10:00am on November 14 at the Midland Park VFW.

**Chair: John Caikowsky:** 973-599-1056; [johncaikowsky@optonline.net](mailto:johncaikowsky@optonline.net) j

### Photography Club

**T**he next photography club meeting will be on November 28 at the Midland Park VFW at 10:30am. In the November meeting, the Photo Club will look at fall photography and how to take memorable travel photos.

**Chair: Murray Perl:** 201-446-7357; [mperl@gmail.com](mailto:mperl@gmail.com)

### Investment Study Group

**T**he next meeting of the Investment Study Club will be on Wednesday November 15 at 1:00pm at the Midland Park VFW. Agenda TBD.

**Chair: Dennis LaBarbera:** 201-391-0471; email at den-

## Current Month Club Activities (cont.)

### Science Club

A podiatrist will speak at the November 21 meeting, bring your feet! The meeting will start at 10:00am at the Midland Park VFW.

We continue to be in a desperate need for members for future presentations-we will be happy to assist anyone who offers.

Thank you to all those who prepared and helped on our presentations and trips over the last years, and please contact us with suggestions and information for future meetings and trips

Chair: **Jack Yursask:** email [jjurasek@aol.com](mailto:jjurasek@aol.com) ; 201-337-4433

### Public Discussion Club

The next meeting of the Public Discussion Club will be on November 8 at 10:00am at the Franklin Lakes Ambulance Corps Building.

The topics are: 1. What is the cause and what is the solution to the Middle East terrorism? 2. The Republican Party policies in the House: gun safety, abortion access up to 12 - 15 weeks, and the combined military assistance to both Israel and Ukraine seem at odds with a majority of the Republican voters. How should Speaker Johnson deal with this conundrum? 3. Did the 1994 law restricting assault weapons violate the Second Amendment.

Chair: **Walter Widmer:** [WalterHWidmer@gmail.com](mailto:WalterHWidmer@gmail.com); 201-562-8666

### Shooting Safety Club

In lieu of meetings in November and December there will be two shoots. The first one is on Wednesday 11/15 at the Cherry Ridge Range at 11:00 pm. There is no fee for shooting but you must bring your own pistol or rifle and ammo. All AU members are invited. Please contact Dave Hubschmitt if you are interested More info will be sent out closer to the date. The date for December still has to be determined.

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



On October 23, the AU Long and Short Hikers joined together at Lake Minnewaska, NY State Park, to hike the old carriage trails, admire the beautiful views and fall foliage colors from dramatic cliffs along the trails.



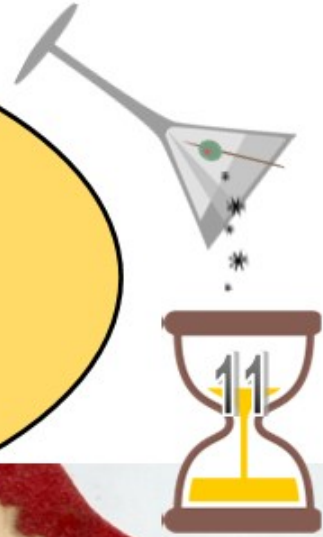
This dramatic rock formation is called Gertrude's Nose. That's Tom Butler getting a closer view

More beautiful Minnewaska pictures, courtesy of Rich Bernarde, and Don Kirpatrick:



*“Hey Activities Unlimited, Get your reservation in before the Activities Unlimited Ship— AUS Reservation, sails on 11/11/2023”*

*Time is running out only 11 days left*



- 11 Days -  
Time is  
running  
out  
to  
reserve  
your place  
by  
11/11/2023





**ACTIVITIES**



**UNLIMITED**



**Thirty-Sixth Annual  
Christmas Dinner Dance**

**Location: Seasons** – 644 Pascack Road The township of Washington, NJ 07676

**Date – Monday, December 4, 2023** Starting at 5:30 PM and Ending at 9:30 PM

**Cocktail Hour (AMAZING)** – Hors D’oeuvres & Open Bar – 5:30 PM—6:45 PM

**Dinner (OUTSTANDING)** – Choice of Entrée & Open Bar – 6:45 PM—9:30 PM. Choice of Beef, Chicken or Fish with Salad and Desert

**Dance and Socialize to Smooth and Easy Listening** music by Peter Lieberman

**Price – \$99.50 per Person** —Make Checks Payable to **Activities Unlimited (\$199.00 per Couple)**

**Return Completed Reservation  
Form With Check or Checks**

**Bill Mastellon**  
101 East Oak St — Unit G-6  
Oakland, NJ 07436

wjm8666@gmail.com  
(201) 447-1417

**Reservation & Payment - Cutoff Date is Saturday 11/11/2023  
For a Full Refund - Cancellation is Date 11/21/2023**



**11 DAYS LEFT TO RESERVE**

**For group table reservations of 5 or more please  
include all names and check(s) for the table**

Member Phone Number (\_\_\_\_)\_\_\_\_\_

email: \_\_\_\_\_

1 \_\_\_\_\_

Member (First) - **Please Print** - (Last Name)

2 \_\_\_\_\_

Guest (First) - **Please Print** - (Last Name)

Check the Box for random table seating

**If you have a preference to sit with friends  
at the same table PLEASE CONFIRM with  
them and list their names on the right.**

**Full payment with All Reservations**

**For a Full Refund - Cancellation Date is  
11/21/2023**

*Confirmed Members and or Guests that you would like to seat with*

First Name - Please Print - Last Name
3
4
5
6
7
8
9
10
11
12

**Table seating preference and table location is assigned in  
the order that payment is received.**

Alt. Reservation Contact—John Murphy (201) 723-4404 email—Deltasp69@aol.com

## On The Lighter Side

Being a little older now, I am very fortunate to have someone call and check on me every day. He is from India and is very concerned about my car warranty.

I choked on a carrot this morning, and all I could think of was, "I'll bet a doughnut wouldn't have done this to me."

Nothing spoils a good story more than the arrival of an eye witness. (Mark Twain)

I finally realize why I look so bad in pictures. It's my face.

It only takes one slow-walking person in the grocery store to destroy the illusion that I'm a nice person.

It turns out that when asked who your favorite child is, you're supposed to pick out one of your own. I know that now.

It's fine to eat a test grape in the produce section, but if you take one bite of a rotisserie chicken and all you hear is, "Sir, you need to leave!"

One thing no one ever talks about when it comes to being an older adult, is how much time we devote to keeping a cardboard box because it is, you know, a really good box.

If you dropped something when you were younger, you just picked it up. When you're older and you drop something, you stare at it for just a bit contemplating if you actually need it anymore.

I like to make lists. I also like to leave them laying on the kitchen counter, and then guess what's on the list when I am at the store.

Ask your doctor if a drug with 32 pages of side-effects is bad for you.

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet, but the thyme is.

I love bacon. Sometimes I eat it twice a day. It takes my mind off the terrible chest pains I keep getting.

As I watch this generation try to rewrite history, one thing I am sure of is that it will be misspelled and have no pronunciation.

Driver: "What am I supposed to do with this speeding ticket?" Officer, "Keep it. When you collect four of them, you get a bicycle.

## **APPENDIX: Update of Governing Documents**

The AU Executive Board has taken on the task of reviewing the Constitution and By Laws to identify duplications, update responsibilities of the officers, review the amendment process, and other items. This review was completed on September 28, 2023.

Amendments to the Constitution require approval of the Board and approval of two thirds of the Membership at a General Meeting which will be the Annual Meeting in November.

The By Laws may be amended by the Membership at any General Meeting or duly called special meeting, provided that a summary of the proposed amendment(s) shall have been given at a previous General Meeting and published in the previous two Newsletters in sufficient detail. A quorum must be present. A two-thirds affirmative vote of members present is necessary “to amend”. This November Newsletter includes a description of the proposed to AU membership. The proposed amendments were also included in the October Newsletter.

### SUMMARY OF AMENDMENTS TO CONSTITUTION:

- Clarified gender where required
- Clarified the term “meeting” to be consistent
- Deleted the requirement the President appoints the Chaplain
- Modified the process to amend the Constitution

### SUMMARY OF AMENDMENTS TO BY LAWS:

#### Article II: Terms of Office, Elections, and Installation

Section 2. Third paragraph added to allow a one time, third consecutive term for the Treasurer, Assistant Treasurer or Secretary for continuity.

Section 3. Clarified when the newly elected Executive Board officers terms commence.

#### Article III: Duties of Officers

Sections 1 through 6. In the first subsection, corrected to temporary absence to clarify “short term”

## **APPENDIX: Update of Governing Documents (Continued)**

### **Article V: Executive Board**

Section 2. Defined who are voting members, defined majority vote, and when the President can vote.

### **Article VI: Nominating Committee**

Section 1 Reworded this section to state who has the responsibility to organize the committee.

### **Article VII: Meetings**

Section 4 Reworded this section to define when the slate of new officers are elected, when the gavel is passed, and when the newly elected officers take office. The Annual Meeting of the Organization shall be held on the second Tuesday of November unless otherwise ordered by the Executive Board. The agenda shall include the election and installation of Officers.