

## ACTIVITIES UNLIMITED GENERAL MEETING MINUTES

March 12, 2024

- Call to order by 1<sup>st</sup> Vice President Tom Donch at 2:01 PM in Heneveld Hall, at the Wyckoff Reformed Church, Wyckoff NJ.
- Tom Donch led us in the Pledge of Allegiance. There were 52 members in attendance.
- Pastor Andy Kadzban provided the invocation and then told a good joke.
- Treasury Report – Mike Kelley informed the group that our cash position remains solid.
- Membership – Jim Webb informed the group that we now have 319 members. There were 16 members who did not pay their 2024 dues and were de-activated. Regrettably, five members have passed so far this year.
- John Caikowsky advised everyone that Terry Smith injured his leg and therefore there were two tickets open for tomorrows (March 13<sup>th</sup>) Hunterdon Irish Celebration. In April there is the Cherry Blossom Bus trip with lunch at Don Pepe restaurant in Newark. A few spots are open, contact Lou Guarneri. Joe Pullaro stated that the next History Discussion will be about baseball free agency, reserve clause, and the owner's control over players contracts. Joe also discussed the June BBQ in Allendale on June 7<sup>th</sup> cost \$39 per person. Games will include horseshoes and corn hole bag pitching.
- Harry Bennett using his computer gave us an introductory presentation on the *work in process* of the new AU Bulletin Board.
- Gaspar Lesznik spoke about the Luncheon Spring to be held at Portobello's on May 14<sup>th</sup>; the cost is \$40 per person. Gaspar used a decibel meter to monitor the volume level of the Band playing at lunchtime before the General meeting. Gaspar advised that the "Initial results indicate the band volume (decibel level) was considerably lower than from the January meeting". This was confirmed by many attendees who were asked. A report will be sent to the Board in the coming days.
- Mike reported for Care and Concern that there have been 11 GET WELL cards sent out already this year for those who have had falls, surgery, and other health events. AU has also lost five members so far this year – Carmen Trongone, Donald Crowley, Sal Baldino, Ronald Manganaro and Ray Cantwell. Fred Theile gave an eloquent eulogy for Ray Cantwell who was a fellow short hiker.
- Tom Donch introduced Brendan Kirk from K-2 Physical Therapy who gave a great presentation on many topics. Normal aging process, disc degeneration, hurt vs injured concept, and the Healthy Aging Buffet. This included:  
flexibility, balance, strength exercises, mental acuity, mobility endurance.
- Tom Donch adjourned the meeting at 4:10 PM. A total of \$122.00 was collected for the Food Pantry.

Respectfully submitted,

Rich Bernarde

Secretary