

Activities



Unlimited

GENERAL MEETING MINUTES

Tuesday January 13, 2026

The General Meeting, held at the Midland Park Christian Reformed Church, Midland Park, New Jersey, started at 9:30 AM with social activities, and was called to order by President Gaspar Lesznik at 10:00 AM.

President Gaspar Lesznik asked Ray Steele to lead the group in the Pledge of Allegiance, followed by Pastor Andy Kadzban who delivered the invocation.

Tom Donch presented a check for \$1,500 to Pastor Andy Kadzban for his support.

President's Message

- a. Gaspar Lesznik outlined the initiatives for 2026, emphasizing:
 1. Continued growth of AU.
 2. More involvement in the Marketing Committee.
 3. The idea of a Speaker Committee to bring better speakers to meetings and clubs.
 4. A spotlight presentation from a club during the monthly General Meeting to increase awareness among the membership.
 5. Members take advantage of the twenty plus clubs we have by attending some of the club meetings to learn and benefit from these clubs.
- b. Gaspar Lesznik introduced the Board of Directors for 2026.
- c. Gaspar Lesznik mentioned the new look of the monthly calendar, thanks to Marty Valerio; and the ongoing efforts to update and improve the AU website, thanks to Harry Bennett.

Treasurer's Report

- a. Doug Cooper noted the distribution of \$600 each to WRC and the Food Pantry from the 50/50 raffle held at the Christmas Dinner Dance.
- b. We had renewed and paid for our accident and liability policies for the year.
- c. We had a surplus of \$1,800 at the end of 2025. This money will be given to WRC in January 2027.
- d. Doug Cooper will be sending out the link to those who have a TD bank account in order to link their accounts with AU. AU received \$25 for each account linked, and \$10 each

year if they keep their accounts linked to our promotion. We collected over \$700 last year from this program.

Assistant Treasurer's Report

- a. Gabe Carifi reminded members to pay their 2026 dues, noting that overall collection has been good but there are still a few members who have not paid.

Membership

- a. Jim Webb introduced three new members:
 - 1. Alfred Breen
 - 2. Dennis Allendorf
 - 3. Bruce Reicher
- b. Jim Webb said that there are still 2 tickets available for the Beefsteak Dinner on January 15.
- c. He also reminded the golfers to sign up for the upcoming golf season.

Cares and Concerns

- a. John Toth discussed the role of the Cares and Concerns Committee in members' events:
 - 1. Joys and sorrows
 - 2. Good and bad news
 - 3. Members who have passed away
 - 4. Members who are ill
 - 5. Births
 - 6. Accomplishments
- b. The group celebrated the birthdays of Tom Van Lenten, Lou Gurneri, and Tony Mastandrea.

TRIPS AND TOURS

- a. Tom Van Lenten highlights a trip to the Mayo Theater to see The Temptations and the Four Tops, and a dinner and night at the Meadowlands Racetrack.
- b. He mentioned the possibility of an overnight trip to Lancaster, PA. The cost is \$500 per person. Transportation will be by coach. He asked the membership to indicate the level of interest for this trip.

Club Activities

- a. Joe Pullaro discussed the History Club and the upcoming meeting on the history of movies.
- b. Harry Bennett talked about the Science Club and the upcoming meeting on World War II technologies.

- c. Barry Glick from the AU Band expressed gratitude for the opportunity to play in club events and requests the Band be included in future events like the Spring Luncheon.
- d. Gregg Krieger, Chair of the Book Club, discussed upcoming books the club will read.
- e. Dave Hubschmitt, Chair of the Safe Shooting Club, gave a quick summary of the Club and invited all to attend. He affirmed that women are also welcome.

Webmasters Committee

- a. Harry Bennett reported on the website migration to Bluehost, noting some technical issues that need to be resolved.
- b. He highlighted the various sections of the re-designed website, e.g. Bulletin Board, Upcoming Events, Roster and Club Listings.
- c. He encouraged members to provide feedback on the website and to contact him with any issues and suggestions.

Guest Speaker

- a. Jack Warner presented Food Glorious Food.
- b. He discussed the science of taste, explaining how our bodies determine what we like to eat and the role of taste buds and other senses.
- c. He explained the five basic tastes: sweet, sour, salty, bitter and savory, and their evolutionary roles in protecting us from ingesting harmful substances.
- d. He introduced the concept of umami, a savory taste that enhances other flavors, and its presence in foods like Parmesan cheese and soy sauce.
- e. He discussed the role of memory and imagination in shaping our perception of flavor and how our brains retrieve the experience of taste before we even tasted the food.
- f. He reviewed what he learned from five chefs by studying their memoirs and cookbooks:
 - 1. Combine sugar, salt and fat in a single mouthful to unleash a massive dose of dopamine, a neurotransmitter for motivation, pleasure, and reward.
 - 2. Employ the science of the Maillard Reaction (a complex series of reactions between protein and sugar resulting in changes in color and flavor) and Caramelization (the browning of sugar when heated, producing distinctive aromas and tastes) to create new flavor sensations.
 - 3. Add a touch of acidity and/or hot spice to increase salivation which enhances flavor perception.
 - 4. Creative and artistic presentation of food to increase visual appeal.
 - 5. Constantly adjust, taste, and adjust during cooking.

The General meeting concluded at noon.

Respectfully submitted,

Winston Lau
Secretary