

Activities



Unlimited

GENERAL MEETING MINUTES

Tuesday February 10, 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 led the group in the Pledge of Allegiance, followed by Pastor Andy Kadzban who delivered the invocation.

Treasurer's Report

Doug Cooper was absent and the Treasurer's Report was delivered by Gabe Carifi, Assistant Treasurer.

- a. Gabe Carifi reported that the books and records for 2025 were reviewed by a member who is independent from the Board. The books and records were accepted with no changes made.
- b. The Beefsteak Dinner was a success, covering its costs and was well attended.
- c. More members have paid their dues this year versus this time last year, with ongoing efforts to collect dues from those who have not yet paid.
- d. Gabe Carifi referred to the Food Pantry at the church and complimented the members for their generosity.

Communications

- a. Gaspar Lesznik clarified the communications protocol when members wish to send out a broadcast to the AU membership by sending the communication to Marty Valerio, the Communications Chair.

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. There have been no members passed on since our last General Meeting.
 - c. Members were asked to share occasions of joy, birth, accomplishments, etc.
 - d. The group celebrated the birthdays of Marty Valerio and John Steen.

TRIPS AND TOURS

- a. Tom Van Lenten solicited ideas and help from anyone who would like to organize a trip.
- b. T&T is putting together an evening trip to the racetrack at the Meadowlands.
- c. A lunch on March 26 at Fiona's in Midland Park.
- d. Spring Luncheon on May 13 at the Indian Trail Club in Franklin Lakes.
- e. June Barbecue on June 12 at the Crestwood Park in Allendale NJ with the rain date on June 19.
- f. Annual Social, traditionally held in September at the Upper Ridgewood Tennis Club, may have a change of venue as George Lewis no longer has his membership at the Club. We will have to enquire with the Club to see if they would allow a non-member event.
- g. Tom Van Lenten desires to go to Lancaster, PA on an overnight bus trip. The cost will be about \$500 per person. Whether it is feasible to have this trip depends on the level of interest.
- h. Gaspar Lesznik encouraged people to check out these events in the AU Newsletter and make reservations as soon as possible.

Club Activities

- a. Gaspar Lesznik asked if anyone would be interested in forming a chess club. About seven members indicated interest.
- b. Gaspar Lesznik emphasized that by being a member of AU, you are automatically eligible to participate in all the Clubs. He encouraged all members to participate in a club meeting to experience what the club offers.
- c. Ken Frisco, Chair of the Pickleball club, talked about the indoor facility at Passion Pickleball in Midland Park that is available to AU members at a discount, enabling them to play during the winter months.
- d. Gregg Kreiger, Chair of the Book Club, reported that they are currently reading a book on Francis Perkins, who was the Secretary of Labor under FDR, who created Social Security, Unemployment Insurance and other workers-rights programs. Another book was about a woman who was a chemist, who suffered sexual discrimination, who became a show host. For March, get a headstart on the book King of Kings which is about the Iranian Revolution; and a fictional book called The Nightingale, the story of two sisters in WW II struggling to survive and resist the German occupation.

- e. Mark Stahl, Co-Chair of the Safe Shooting Club, shared some of the activities in the club regarding self-defense, dealing with securing you home against home invasion, and many other areas of interests. He invited all members to come and participate in the club activities, whether one shoots or not.
- f. Harry Bennett talked about the upcoming Technology and Computer Club's presentation on computer security.
- g. Marc Bernhardt, Chair of the Science Club, talked about the two programs the club has for February. The first one is the presentation at the General Meeting today by Rita Saltiel-Berzin on diabetes. The second one is a roundtable discussion on alternative energy.
- h. Tom Butler, Co-Chair of the Public Discussion Club, introduced the topics for discussion in February: Venezuela, The Federal Reserve Bank, and Iran and US relationship.

Guest Speaker

- a. Marc Bernhardt introduced Rita Saltiel-Berzin, a diabetes educator, to speak on the topic of diabetes.
 - The different types of diabetes – Type 1, Type 2, Pre-diabetes, and Gestational Diabetes.
 - Symptoms of diabetes – excessive thirst, excessive urination, excessive hunger, and blurred vision.
 - The importance of early detection and diagnosis.
 - The various medications available for diabetes such as insulin, GLP-1 receptor agonists, and non-insulin injectables.
 - The different types of insulin available, their respective application, and various methods of delivery.
 - Continuous glucose monitoring device (CGM) is effective in continuously monitoring and managing sugar levels in the blood.
 - The importance of healthy eating: 50% carbohydrates, 25% protein, and 25% fats.
 - The importance of exercise, particularly during weight loss in which one loses muscle.
 - She introduced the many supports offered by the Diabetes Foundation.

The General meeting concluded at 11:30 AM.

Respectfully submitted,



Winston Lau
Secretary