

Activities*Unlimited*

Join us at Activities Unlimited

Revised Time... July General Meeting

Tuesday, July 8, 1:00 PM
 Heneveld Hall, Wyckoff Reformed Church
 580 Wyckoff Avenue, Wyckoff NJ 07481

July General Meeting Agenda

1:00 pm– Social Hour, 2:00 pm—Business Meeting

Program Topic: For July our speakers come to us from the Valley Health Speakers Bureau. The speakers are Dr. Daniel Yoo, LAc, Acupuncturist and Dr. Lori Nuzzi, DC, Chiropractor of The Valley Medical Group Integrative Medicine Practice. The topic is "Men's Health and Vitality Through Lifestyle and Integrative Medical Approaches". These include practices not traditionally part of conventional medical treatment.

Note from the President

Welcome to summer and of course high temperatures. While enjoying your outdoor activities, make sure you stay hydrated and don't push yourself in the extreme heat.

Our barbecue at the Allendale Red Barn was a success thanks to the efforts of John Murphy and Joe Pullaro. Approximately 116 people were in attendance. The food was enjoyed by all, and the camaraderie was in existence throughout the party.

Next, we look forward to the **Golf Outing** on July 9th and a second outing on September 16th. Also, in September we have our **Annual Social at the Ridgewood Tennis Club** on September 18th.

In October, Trips and Tours has a trip planned on the 2nd to the **Swaminarayan Temple in Robbinsville, NJ**. Also, don't forget **October 14th is our Annual Breakfast at the Brickhouse** where will also be voting on Bylaw changes. It's important that you attend.

The **Christmas Dinner Dance** is on December 8th at Seasons in Washington Township. Save the Date. More information will follow.

Harry Bennett is taking up the reins of the **Nominating Committee** to prepare a recommended slate officers for the year 2026. Contact him at harrbenn7@gmail.com if you have interest in serving on the nominating committee or are interested in serving on our Board of Directors.

Our **Marketing Committee** is working on the recommendations from the results of the membership survey. You can see a tally of the membership survey on the AU Website Bulletin Board (activitiesunlimited.org).

Make sure you read this Newsletter in its entirety as you will find information on all the events listed above. I encourage you to share the Newsletter with your wife or significant other, so they are aware of our activities.

Also, as I mentioned at our last general meeting in June, be sure to introduce yourself to a member you have yet to meet or socialize with. This engagement will help you to enjoy our club in many ways and keep you very active and healthy.

I thank all who have step forward with suggestions and encouragement during my term as your president. Have a great summer, **STAY SAFE!** Tom Donch

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

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Welcome New Members		
John Nicola	Discussion, History, Pickleball,	mjnicola@gmail.com c 347-200-3128
Robert Dent	Luncheon, Photography, Shooting	r.dent@ieee.org c 551-486-0060
David Lindenmann	Short Hike, Gardening, Golf, Hiking Long, Investment, Luncheon, Photography, Pickle Ball, Stock Club, Shooting	David.Lindenmann@gmail.com c 201-988-5500
Neal Vander Weert	Golf, Pickleball	nealvan@outlook.com c 201-264-2791

Proposed Amendments to AU By Laws

At the May 13, 2025, Executive Board meeting, the Board approved the following amendments to the By Laws. In accordance with By Laws Article XI Amendments, the amendments must be published in two prior Newsletters (in this case June and July) and announced at one General Meeting (June) before members vote at the October Breakfast.

Below is a list of the proposed amendments to the current By Laws dated September 10, 2024, which are posted in the Archive section of the AU website.

Article IV APPOINTEES, Section 3. Standing Committees

Preamble added

These committees operate independently of the Executive Board. However, it is the responsibility of the Board to assure they are staffed and function to provide their vital services.

Item 3.1.1 changed President to Executive Board

Item 3.2.1 changed President to Executive Board

Item 3.3.1 changed President to Executive Board

Item 3.4.1 changed President to Executive Board

Item 3.5.1 changed President to Executive Board

Item 3.6.1 changed President to Executive Board

Added Item 3.7 Trips & Tours and Special Events

3.7.1 The Chairman of the Trips and Tours and Special Events Committee shall be selected by its members. It is the responsibility of the Executive Board to assure that a qualified Chairman is managing this committee.

3.7.2 The Chairman may solicit additional members for the Trips & Tours Committee and Special Events.

3.7.3 The duties of the Trips and Tours Committee are to 3.7.3.1 Organize social and entertainment activities for the general membership.

3.7.4 There is no term limit on this position

END OF AMENDMENTS

I am available, by email or phone, to address any questions or comments you may have.

Marty Valerio, Board Secretary, marty@hyregulatory.com, 201.394.2938 cell



Trips & Tours

The next T&T meeting will be on July 8, after the General Meeting

Chair: Tom Van Lenten: 201-248-7207

Upcoming Events Summer-Fall 2025

July 9, Annual Golf Outing, Farmstead Golf Course, organized by the AU Golf Club

Thursday, August 14 Wine Tasting, 5:00pm -8:pm Total Wines, River Edge, NJ. It will be a fun AU social gathering. Tasting of wines from the Southern Hemisphere. Serving mini Jersey Mike's subs, soda & water, Italian cookies. Cost is \$20pp (a steal). Make checks payable to Activities Unlimited, mail check to Thomas Van Lenten, 102 Walnut Street, Mahwah. Reserve early as there is a capacity limit of 40.

September 16, Second Golf Outing, Apple Green Golf Club, organized by the AU Golf Club

Thursday, September 18, Annual Social, 6pm to 9pm at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ. This event has become a very popular Fall activity. We are looking forward to our new members joining us as it is a great way for them and their wives/significant others to meet everyone in a casual social environment.

Thursday, October 2, Tour of Swaminarayan Temple, the second largest Hindu mandir (place of worship) in the world with breathtaking architecture, built by 12,500 volunteers in 2011-2023, located in Robbinsville, NJ. Tour followed by early lunch. Bus transportation provided.

Tuesday, October 14, AU Member Breakfast, Brick House, Executive Board Sponsored event. Hot buffet breakfast served, speaker to be announced.

Monday, December 8, Christmas Dinner Dance, Seasons. Washington Township, NJ.

Activities Unlimited
Annual Wine Tasting Party

August 14, 2025; 5:00-8:00 pm

Total Wines, 1001 Main Street, River Edge, NJ



The 2025 Party Will Feature:

Latin American Wines

Jersey Mikes Mini Subs, Italian Cookies, Soda & Water
Wine Trivia Contest

Price: \$20:00 pp

Make Checks Payable to: Activities Unlimited

Mail check to Tom VanLenten, 102 Walnut Street, Mahwah, NJ 07430.

We only have room for 40 people, so send in your payment right away.

Final due date for us receiving payment is August 7.

Current Month Club Activities

AU Guys

The AU Guys Big Band meets Wednesdays at 10:00 am at the Midland Park VFW Hall. July meetings will be on 2nd, 16th, 23rd and 30th.

Chair: John DeSantis, 201-315-3730.

Co-chair: Frank Altomare, 201-410-4712

Book Club

The Book Club will be meeting on Wednesday July 24th @ 10 am in the Memorial Room at the Wyckoff Reformed Church. Books to be discussed are **Nexus: A brief History of Information Networks from the Stone Age to AI** by Yuval Noah Harari and **Origin** by Dan Brown.

Chair: Gregg Krieger, 201-925-3197

Co-chair: Peter Bieszard, 201-739-3584

Bowling Club

The Bowling Club is taking a summer recess. Bowling will resume on September 26.

Chair: Scott Japko, 201-788-5516

Gardening Club

Garden Club Meetings are currently on hold.

Chair: Fred Theile, 201-981-1801

History Club

History Club- July 22, 1pm, VFW building, 29 Faner Road, Midland Park

Our July presenter will be AU member, **Ed Houlihan** who will talk about his experiences in The U.S. Navy during the Viet Nam War.

The title of his talk is:

The Life and Death Experiences of a US Navy Destroyer, May 1963 to May 1966

Ed served as the Communications officer aboard the destroyer, USS Kepler during Operation Rolling Thunder, the booming of North Viet Nam. During his three years of service, he witnessed life and death experiences that he will talk about.

Ed talked to us last October about Chairman Mao that was well received. This one is just as good.

Make every effort to attend

Chair: Joe Pullaro, 201-378-8378

Co-Chair: Stephen Joern, 201-491-7456

Investment Study Group

No meeting this month.

Chair: Dennis LaBarbera, 561-222-1027

Co-Chair: Fred Theile, 201-981-1801

Pickle Ball

Pickleball Club meets Tuesdays and Thursdays at 9 am. Play will take place at Wyckoff Pickleball courts behind City Hall, 200 Woodland Avenue.

Chair: Kenneth Frisco, kenfrisco@aol.com

Co-Chair: Timothy Tracey, tdt375@gmail.com

**Photography
Club**

There will be no Photography Club meetings for July and August.

Chair: Murray Perl, 201-261-7276

Co-Chair: Sam Ohan, 201-825-0437

**Public
Discussion
Club**

Public Discussion Club meets on Wednesday July 9th at 10 am at Franklin Lakes Ambulance Corps Building. Discussion topics will be emailed before the meeting.

Chair: Walter Widmer, 551-286-4045

Co-Chair: Tom Butler, 201-452-6649

**Science
Club**

The Science Club will meet on Tuesday, July 15 at 1:00 PM at the Midland Park VFW. For safety, health, and security reasons three technologies are often considered for primary water disinfection. Gaspar Lesznik will discuss these: "In-Situ Disinfection Technologies: A Comparison of Ozone, UV and On-Site Sodium Hypochlorite Generation".

Chair: Marc Bernhardt, 201-236-2957

**Safe
Shooting
Club**

Safe shooting club will hold its next meeting on July 22nd at the VFW Hall in Midland Park.

Chair: David Hubschmitt, 973-650-0052

Co-Chairs: Richard Berger, 201-741-9233, Tony Dilorgi, 973-216-???

**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 July meetings will be on the 1st and 15th.

Chair: Frank Nusspickel, 201-739-5773

Co-chair: Steve Klein, 201-264-1654

**Stock
Picking
Contest**

The results of the Stock Picking Contest will be sent to the contestants by July 1st via email.

The winner for June is Ron Petherbridge with an increase of 18.1% this month.

Chair: John Abrahamsen, 201-739-8589

**Technology
&
Computer
Club**

There is no Technology club meeting in July.

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. A copy of the presentation will be posted on the website.

Chair: John Abrahamsen, 201-739-8589

Co-chair: Fred Theile, 201-981-1801

AU Club Highlights

June BBQ



The annual Activities Unlimited BBQ was held on June 5th at Crestwood Lake in Allendale.

The event was attended by over 120 members and guests. Although the temperature was in the 90's, there was a cool breeze under the covered pavilion.

Entertainment was provided by the AU Guys Band.

A good time was had by all. Photographs are provided by Dick Stanton.

Many thanks to Joe Pullaro and John Murphy for running a very enjoyable event.



Short Hike Club

Fred Theile reports: “Neither Rain or Snow can stop the AU Short Hikers” in their quest to get out and hike around Darlington County Park, in Mahwah, on Monday June 9th.



It started with pouring rain, but after an hour we put away our rain gear and hiked around clockwise again to see in the new Splash Pad Water Park! Fantastic setup! But after our hike of 3.4 miles, we treated ourselves to delicious lunch and a beer at ABG, in Allendale! Great Day! 👍 😊



Moe Ginsberg Birthday Celebration

On Thursday, June 12th Tony Mastrandrea hosted his annual Moe Ginsberg birthday celebration. Adolph Galluccio entertained all with a repeat of his trivia quiz performance.

Care and Concerns



During the month of June 2025, the Care and Concern Committee sent out these cards: 2 Get Well, 3 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.

Please let us know if we have missed any occasion of joy or concern by contacting John Toth at johntoth52@hotmail.com.

AU July Birthdays

We are not aging, we are ripening to perfection.

Richard Bernarde

Ted David

Peter Bieszard

Robert Rosen

Richard Bogdan

David Kampschmitt

Fred Theile

Robert Traitz

David Meinhard

John Abrahamsen

Tom O'Neil

Steven Horvitz

Stan Heimberger

Jim Savage

Elliot Bern

Jack Haegele

Russel Shaver

Ken Leung

Richard Greisberg

Jack Vitenson

Charles Kelly

Louis Parascandola

Frank Altamuro

Norm Biener

Herman Osofsky

Bill Auer

George Patterson

Steven Klein

Richard Stanton

Joseph Clinton

Robert Harris

James Jeffers

Barry Warner

Robert Harris

Donald Wasson



Victor Bakian

Ramon Casaprima

On The Lighter Side

Remember as a kid when you fell on the trampoline everyone would keep jumping so you couldn't get back up? That's basically life as an adult.



YOU DON'T REALIZE HOW OLD YOU ARE UNTIL YOU TRY TO GET BACK UP AFTER WRAPPING PRESENTS ON THE FLOOR.