



Activities Unlimited October General Meeting Tuesday October 14, at 8:30am The Brick House, 179 Godwin Ave, Wyckoff, NJ

Members, as we say goodbye to summer and welcome in the fall season, we have a lot to look forward to. We will watch the leaves change colors and start to drop to the ground. Shortly after, we head into the winter months.

Unfortunately, I could not attend our September meeting. I thank Gaspar and all who assisted for stepping up on my behalf. From what I heard, the meeting was a great success. It looks like the Antiques Road Show will be a meeting we all will look forward to next year.

Don't forget our October meeting will be at The Brick House for our Annual Breakfast on October 14th. We look forward to a great attendance and hope you can attend.

The AU golfing on September 16th had a very successful event at Apple Greens Golf Club and everyone enjoyed the day. There are so many great clubs that you can join and should consider if you're not involved. The AU social at the Upper Ridgewood Tennis Club on September 18th was well attended, and thought from what I heard very enjoyable. I was unable to attend due to some last-minute personal issues. It won't be long before our Christmas Dinner/Dance will be upon us. Be sure to fill out the application and send your money as required.

Looking forward to seeing everyone in October.

Tom Donch, President

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, 201.394.2938 cell



ACTIVITIES UNLIMITED



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

Membership Dues

Membership dues, \$60.00, for 2026 are due no later than December 31, 2025.
Please send your check for \$60.00 payable to “Activities Unlimited” to:

Gabiel Carifi

299 Sicomac Ave. Apt 1202

Wyckoff, NJ 07481

Welcome New Member			
Name	Address	Interests	Phone Numbers
George Ginsberg		Short Hikers, Long Hikers, History Club, Science Club	H: 201-417-6722 C: 551-427-3670



Trips & Tours

The next T&T meeting will be on October 14,
after the General Meeting at the Brickhouse Bar
Chair: Tom Van Lenten: 201-248-7207

Upcoming Events – Fall / Winter 2025-2026

Thursday, October 2, Tour of Swaminarayan Temple, the second largest Hindu mandir (place of worship) in the world with breathtaking architecture and gardens. Built by 12,500 volunteers in 2011-2023. Located in Robbinsville, NJ. Bus transportation provided. After tour, lunch at Villa Barone, Robbinsville NJ 08691. Cost \$80pp including bus & lunch. See flyer on page 5 for details. There is still some space on the bus, call Tom Van Lenten for any last minute sign ups at 201.248.7207.

Tuesday, October 14, AU Annual Breakfast, Brick House, Executive Board Sponsored event. Hot buffet breakfast served. Doors open at 8:30 am. The cost is \$20pp price for members who sign up ahead of time; with members paying \$25pp at the door. See page 6 for details.

Monday, December 8, Christmas Dinner Dance, Seasons. Washington Township, NJ. Mail check to Bill Mastellon, 101E. Oak St. Unit G 6, Oakland NJ, 07436. See page 8 for details.

Thursday, January 15, The Beefsteak Dinner, will be held again at the VFW Hall in Midland Park. More details of the event will be announced in the coming months.

Tour the Second Largest Hindu Temple In the world Swaminarayan Akshardham

Robbinsville NJ (South Jersey), NJ Turnpike Exit 8

Date: October 2, 2025



**Optional Free One hour Guided Tour of Temple Campus
Optional Cafeteria with Authentic Indian Food**

Bus departs from "Wyckoff Y" at 8:15am

Spouses & Significant Others Welcome

Total cost of \$80pp includes bus and lunch at Villa Barone Italian restaurant.

Bus from Temple to Villa Barone Italian Restaurant (10 Minute Drive)

Please make checks payable to: Activities Unlimited, mail to:

Tom Van Lenten, 102 Walnut Street, Mahwah, 07430

Checks must be received by September 18, 2025.

Activities



Unlimited

**AU Annual Breakfast
and General Meeting**

**October 14, 2025
The Brick House
179 Godwin Ave.
Wyckoff, NJ**

Full Breakfast Buffet

Coffee, Tea, Juices

\$20 ea. (\$25 cash on-site)

Doors open 8:30 AM

**AU Board Presentation
Survey Results and Action Plans for 2026**

Mail a **\$20** check payable to 'Activities Unlimited' to:

**Adolph Galluccio
108 Ahnert Ave.**

North Haledon, NJ 07508

Questions?? adolphjgalluccio@gmail.com
(cell) 973-392-4802

Activities Unlimited is a club for retired men sponsored by the Wyckoff Reformed Church



Wed., OCTOBER 15

from 9:30am-1pm

- **BREAKFAST & HEALTHY LUNCH**
- **GUEST SPEAKER TOPICS**

Heart Health, Nutrition, Stroke Health,
Emergency Care, Mental Health and More!

- **KEYNOTE SPEAKER: JEFF CANTOR**

Director of Product Development & Partnerships for Braven Health
A Veteran who proudly served in both Operation Iraqi Freedom and
in Afghanistan in support of Operation Enduring Freedom

- **RAFFLES & GIVEAWAYS and so much MORE!**

Pre-Registration Required. Cost: \$20

Register at WYCKOFFYMCA.ORG/EVENTS

Questions? Contact: PattyK@wyckoffymca.org



3rd Announcement Version 1 — 10/1/2025



ACTIVITIES UNLIMITED



Thirty-Eighth Annual Christmas Dinner Dance

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

Date — Monday, December 8, 2025 Starting at 5:30 PM and Ending at 9:30 PM

Cocktail Hour (Season's Way) — Hors D'oeuvres Open Bar — 5:30 PM

Dinner (OUTSTANDING) — Choice of Entrée & Open Bar — 6:45 PM

Choice of Beef, Chicken or Fish with Salad and Desert

Dance and Socialize to music by Peter Lieberman 5:30 pm to 9:30 pm

Price — \$118 per Person — Make Checks Payable to **Activities Unlimited (\$236 per Couple)**

Return Completed Reservation Form With Check or Checks	To: Bill Mastellon	wjm8666@gmail.com
	101 East Oak St — Unit G-6	(201) 447-1417
	Oakland, NJ 07436	



Reservation & Payment - Cutoff Date is Saturday **11/15/2025—46 Days**

For group table reservations of **3 or more** please include all names and payments 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 submit 1 reservation with Payments

Full payment with All Reservations

For a Full Refund- Cancellation Date is **11/17/2025**

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.

Current Month Club Activities

AU Guys

The AU Guys Big Band meets Wednesdays at 10:00 am at the Midland Park VFW Hall.

Chair: John DeSantis: 201-447-0256

Co-Chair: Frank Altomare: 201-410-4712

Book Club

The Book Club will be meeting on Wednesday October 29, at 10 am in the Memorial Room at the Wyckoff Reformed Church (PLEASE NOTE THAT THIS IS A WEEK LATER THAN ORIGINALLY SCHEDULED). The books to be discussed are "When We Cease to Understand the World", by Benjamin Labatut, and "New Cold Wars", by David Sanger.

Chair: Gregg Krieger, 201-925-3197

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

Bowling Club

Bowling resumed September 26. We will bowl every other Friday at 10 am at the Montvale Lanes. The next session is October 10. Anybody interested should contact Scott Japko.

Chair: Scott Japko, 201-788-5516

History Club

October meeting will be on Tuesday, October 28 at 1 pm at Midland Park VFW Hall. Pablo Catangay, our founder of the History Club, will be talking to us about **AMERICA IN THE GILDED AGE**.

The Gilded Age in American history started from the end of the American Civil War to the turn of the 20th century. It was a period of rapid industrialization, economic growth, and significant social and political change. With the rise of powerful industrialists (robber barons), technological advancements, and economic growth, America became the richest country and the envy of the whole world. It was also characterized by stark income inequality, political corruption and challenging living conditions.

Pablo has presented to us many times. His subjects are always detailed and informative. Make every attempt to attend and to welcome Pablo back.

Current Month Club Activities (cont.)

Investment Study Group

You're invited to our Fall ISG "Roundtable" meeting /discussion on Tuesday, October 7 at 1pm at Midland Park VFW Hall. Bring subjects and questions that our talented members may be able to offer helpful hints. Agenda: 1. Where am I putting my cash? Fred to lead off with "Tip of the Day. 2. Frauds and Scams- things to be aware of lately! 3. Should you buy mortgage title insurance? Should you buy Life Lock insurance? 4. Home energy Credits expire 12/31/25! 5. Quantum investing!?!Next big Tech thing!?! 6. "STAY IN NJ" - sign up by end of October! Could be NJ \$6,500 tax credit!

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 Wyckoff City Hall, 200 Woodland Avenue.

Chair: Kenneth Frisco, 973-919-6704

Co-Chair: George Lewis, 551-427-1223

Photography Club

The next Photography Club meeting is Tuesday October 28, 10:30,am at the Midland Park VFW Hall.

Chair: Murray Perl, 201-261-7276

The next meeting will be held on Wednesday, October 8 at Franklin Lakes Ambulance Corps Building at 10 am. The topics for discussion are:

1) "Matthew Dowd, on MSNBC, always a spokesman for the political left and an ardent Democrat, stated, the same day that Charlie Kirk was assassinated, that he got what he deserved for his "inflammatory rhetoric of the past". Does this kind of speech by a TV commentator help the overall political climate in the United States today?"

2) Several major allies of the US (France, UK, Australia, Spain, Portugal) have voted to recognize Palestine as a "state." Is this a helpful step in bringing peace to the Middle East?

3) Zohran Mamdani is leading in the polls and likely to be elected Mayor of New York City. Does he represent a new trend or is he a New York City exception?

4) The FDA and CDC have made some dramatic changes to timing and availability of some vaccines and over the counter drugs for children and for adults. How will these changes affect public health, especially of children?

Chair: Walter Widmer, 551-286-4045

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

Public Discussion Club

Current Month Club Activities (cont.)

Science Club

The next Science Club meeting will be on October 21 at 1 pm at the Midland Park VFW. Our speaker will be AU Member Dr. Elliot Bern and his topic will be "Is Psychology a Science?"

Chair: Marc Bernhardt : 201-236-2957

Safe Shooting Club

The Safe Shooting Club meets on the fourth Wednesday of the month at the Midland Park VFW Hall.

Chair: David Hubschmitt, 973-650-0052

Co-Chair: Mark Stahl, 201-321-9986

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.

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 shared the first week of the month.

Chair: John Abrahamsen, 201-739-8589

Technology & Computer

In October the tech and computer club will meet after the stock market club the first and third Tuesday at 10:30 am at Midland Park VFW Hall.

The T & C will have Technology videos presented by Fred T. and John Abrahamsen will present computer topics of interest. A copy of the presentation will be emailed to members on the Computer club email list prior to the meeting.

Chair: John: Abrahamsen, 201-739-8589

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

Care and Concern



Activities Unlimited Care and Concern Report for October 2025

During the month of September 2025, the Care and Concern Committee sent out these cards: 1 Get Well.

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

A Suggestion and Request from the Care and Concern Committee.

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.

Picture Highlights



Six members of the AU Long Hikers met for lunch on August 13, 2025, at Fiona's Restaurant, Midland Park. Upon leaving, the members admired Mark Santimauro's perfectly restored 1955 Thunderbird (which he drove there). Mark regularly attends and participates in local car shows. Pictured, left to right are Jack Haegele, Mark, Tony Celeste, and Long Hike Leader Don Kirkpatrick. Not pictured are Gregg Krieger and John Toth.

AU Annual Social

On September 18 more than 80 AU Members and their partners met at the Upper Ridgewood Tennis Club for great food and camaraderie for the AU Annual Social.



Musical Memories Concert



September featured two events for AU. Group of 18 met for a lunch and concert in Morristown, NJ at the Mayo Performing Arts center to enjoy music from the 60s on September 21st. Three groups, the Platters, the Coasters, and the Drifters took us on a fun musical journey down memory lane. The quality of the performances was outstanding and got us singing and clapping along.

AU October Birthdays

We are not aging, we are ripening to perfection.



Walter Widmer

John Caikowsky

Warren Mann

Richard Stroer

Mark Linder

William Dorney

Tony Dilorgi

John Paxos

Douglas Cooper

Paul Dreifuss

David Garfunkel

John Paxos

Timothy Hudson

Patrick Thaller

Bill Van Dyke

Mark Innocenzi

Dennis Kievit

Herman Lindenbaum

Edward O'Keefe

Robert Myers

Richard Olejarz

Edwin McGuirk

John Toth

John Confort

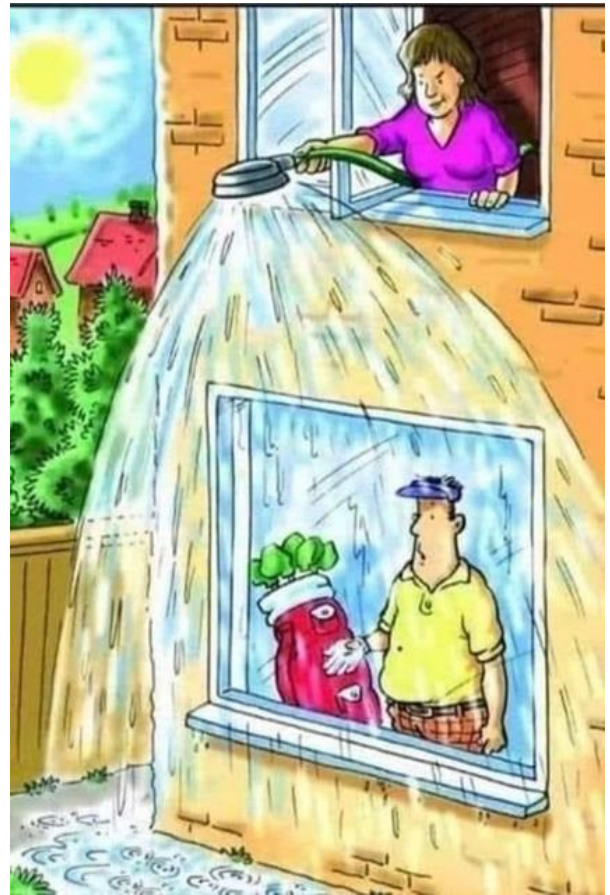
Rob Stevenson

Travis Peace

Jerry Roland

Keep Smiling

Did you know that if you garden in your back yard naked, your neighbors will build you a privacy fence for absolutely no cost to you.



A patient buying cigarettes from his hospital bed, 1950s

