



**Activities Unlimited  
General Meeting**  
Tuesday March 10, at 9:30am  
Midland Park Christian Reformed Church  
183 Godwin Ave. Midland Park

**President's Message**

March 2026

Friends,

While winter is trying desperately to hold on, we know better. The Science Club indicates winter will end. The Technology Club forecasts a warm spring. The History Club checked its archives, and winter has yielded to spring since it started keeping records. I must check with the Book club if they read the Farmer's Almanac and its predictions, but I'm sure outdoor activities will begin if we are patient.

The best cure for these winter blues is a warm bagel, a hot cup of coffee and meeting with our close friends. Come to our next General Meeting on March 10th and enjoy the camaraderie. Doors open at 9:30 am at the Midland Park Christian Reformed Church.

We have a fantastic speaker lined up for March. Renowned historian Mac McParland will give a presentation on the History of Beer and Newark Breweries. Learn how beer came to this country and the important role it played in the development of our nation. PS: Newark was once considered the beer capital of the US. You don't want to miss this lecture.

Stay safe and warm and don't forget to watch out for our friends and neighbors who may have difficulty getting around. As I've said before, a helping hand or a simple phone call to say hello and 'check-in' can be a godsend. It means a lot.

Sincerely,

Gaspar Lesznik

President 2026



# ACTIVITIES UNLIMITED



## 2026 OFFICERS



**Gaspar Lesznik**  
President  
201-774-8608



**Adolph Galluccio**  
1st Vice President  
973-392-4802



**Jack Warner**  
2nd Vice President  
201-406-3779



**Winston Lau**  
Secretary  
201-232-0383



**Doug Cooper**  
Treasurer  
908-907-1112



**Gabe Carifi**  
Assistant Treasurer  
201-738-8323

## Welcome New Members

Name	Address	Interests	Contact Information
Dennis Allendorf (Jane)	299 Sicomac Ave Appt 1309, Wyckoff, NJ	Book, Bridge Duplicate, Golf, History	C: 201-446-2521 <a href="mailto:allendennisdorf@msn.com">allendennisdorf@msn.com</a> (Pediatrician)
Bruce Reicher (Robin)	48 Robertson Ave Hawthorne, NJ	Computer, Luncheon, Pick- le Ball	C:201-316-5609 <a href="mailto:breicher@gmail.com">breicher@gmail.com</a> (Educator)
Alfred Breen (Katherine)	919 High Mountain Rd Franklin Lakes, NJ	Bridge Duplicate, History, Luncheon, Shooting, Bocce	201-891-3804 <a href="mailto:capbreen@aol.com">capbreen@aol.com</a> (Pilot)
Frank Zambrano (Karen)	19 N Fairview Ave Nanuet, NY	Investment, Pickle Ball, Stock Club, Tennis	C: 845-271-9223 <a href="mailto:frankz28@hotmail.com">frankz28@hotmail.com</a> (Firefighter)
Drew Churchson	101 Manhattan Avenue Waldwick, NJ	Shooting	C: 201-280-1709 <a href="mailto:dchurchson@gmail.com">dchurchson@gmail.com</a>
Raymond Di Bella (Tina)	465 Manchester Way Wyckoff, NJ 007481	Short Hikers, Discussion, Hiking Long, Science	201-981-2761 <a href="mailto:raydib4@gmail.com">raydib4@gmail.com</a> (New Business Development)
Gerard Farley (Diane)	299 Sicomac Ave Apt 4207 Wyckoff, NJ	Golf, Photography	C: 201-925-6603 <a href="mailto:farley8932@gmail.com">farley8932@gmail.com</a> (Architect)
Richard Lynch (Lynn)	377 Sicomac Ave Wyckoff, NJ	Book, Discussion, Garden- ing, History, Luncheon, Science	C: 201-669-6345 <a href="mailto:richardflynch@aol.com">richardflynch@aol.com</a> (Engineer)
Robert Lehmann (Cheryl)	52 Saxonia Ave Wyckoff, NJ	Short Hikers, Golf, Hiking Long, Pickle Ball	C:201-887-4792 <a href="mailto:robertflehmann@gmail.com">robertflehmann@gmail.com</a> (Sales)
Richard Scala (Noreen)	174 Hillside Ave River Edge, NJ	Book, Short Hikers, Discus- sion, History	C: 201-819-6101 <a href="mailto:jerseysilver393@gmail.com">jerseysilver393@gmail.com</a> (Commercial Lender)
Carl Fongeallaz (Jan)	22 Gibson Pl Glen Rock, NJ	Computer, Discussion, Golf, History, Investment, Science, Stock Club	C. 201-920-9878 <a href="mailto:carlfonz@gmail.com">carlfonz@gmail.com</a> (IT professional)

## Activities Unlimited Website Update March 2026

As we are sure you have noticed, our [Activitiesunlimited.org](http://Activitiesunlimited.org) website has been undergoing some changes since the beginning of 2026. Details of the major changes are posted on the AU Bulletin Board.

In short, the first page of our website is devoted to providing general information about AU to new and potential new members. The member pages provide links to the Bulletin Board, specific club information and Roster links. Note: All Roster links are secure and require a name and password.

New this month is the return of a downloadable Roster Spreadsheet. You will find this option when you click on the “Member Roster”.

Remember that the monthly Newsletter and Calendars are on the Bulletin Board page. They are updated at the beginning of each month. Calendars for the past, present and future month are shown to facilitate your personal planning.

Links to some popular Community Activities are provided on the Bulletin Board. Also new this month is a link to Bergen County Division of Senior Services. Check it out.

For questions or additional information, contact Harry Bennett at 201-803-1475, [Harrbenn@gmail.com](mailto:Harrbenn@gmail.com).



## Trips & Tours



**Chair: Tom Van Lenten**  
**201-248-7207**

**Trips & Tours meeting will be immediately after the March General Meeting Room next to the General Meeting Room**

### *Upcoming Events – 2026*

**Thursday, March 26, Lunch at Fiona's Restaurant.** Join us for an afternoon of good food and fellowship. A four course lunch will be served with pasta and salad. Choice of 4 entrees, Chicken Francese, Veal Marsala, Tilapia Oreganata, Eggplant Parmigiana, coffee, tea and soda. A cash bar is available. Cost \$37pp. Open to all members, wives & significant others. Time 12:00 pm. Mail checks payable to Activities Unlimited to: Joe Pullaro, 886 Iron Latch Road, Franklin Lakes, NJ, 07417 Questions: contact Joe at 201-337-0018. See page 8 for details.

**Friday, May 8, Evening at the Meadowlands Racetrack.** Get ready for an exciting evening of live harness horse racing, great food, refreshing drinks, and even better company at the legendary Meadowlands Racetrack! Don't miss this opportunity for a lively night of racing, laughter, friendly wagers, and great fellowship. Mark your calendar — and may the odds be in your favor. **To reserve your spot and inquiries,** please email Tom Van Lenten at [tomvanlenten@hotmail.com](mailto:tomvanlenten@hotmail.com) or call 201-248-7207 and sign up as soon as possible! Estimated price \$50-\$60 pp, betting out-of-pocket and alcoholic drinks at the cash bar.

**May 13 Spring Luncheon at the Indian Trail Club in Franklin Lakes.** Lunch buffet, music, dancing. \$55 pp.

**Trips & Tours Team is exploring a new event for the Fall :**

**Overnight trip to see "Sights & Sounds" play and sightseeing in Lancaster, PA.** White Star Special Edition Trip celebrating the 250th anniversary of our country. Date and cost to be determined.

# ***Luncheon* at Fiona's Restaurant 118 Godwin Ave., Midland Park, N.J. 07432**

**Thursday, March 26, 2026 -  
12:00pm**



## *Menu-*

*Penne Vodka, Garden Salad, Choice of 4 entrees, Chicken Francese, Veal Marsala, Tilapia Oreganata, Eggplant Parmigiana, Dessert Platter, Coffee, Tea, Soda are included:*

*Note- Restaurant is **BYOB**, so bring wine or beer if desired*

***Cost \$37 per person.***  
**Wives & significant others  
welcome. Send check for \$37  
per person made out to  
Activities Unlimited to:**



**Joe Pullaro  
886 Iron Latch Road ,  
Franklin Lakes, N.J. 07417  
Questions - contact  
Joe at 201-337-0018**



# Evening at the Meadowlands Racetrack



## Meadowlands Racetrack, East Rutherford, NJ Friday May 8, at 6:30 pm

Get ready for an exciting evening of **live harness horse racing, great food, refreshing drinks, and even better company** at the legendary Meadowlands Racetrack! We've reserved a **private room** exclusively for our group — the perfect setting to relax, socialize, and take in all the action in comfort. Whether you're a seasoned bettor or simply there for the thrill of the races, this will be a night to remember.

### What to Expect

- Live harness racing under the lights
- Catered food
- Drinks and camaraderie
- The excitement of betting and cheering on your picks
- Private room for our group

Members are warmly invited to bring **spouses, partners, and friends**. With space for approximately **50 guests**, we expect this event to fill quickly. Cost estimated at **\$50-\$60 per person** (final price to be confirmed in March when reservations are finalized).

**To reserve your spot**, please email Tom Van Lenten at [tomvanlenten@hotmail.com](mailto:tomvanlenten@hotmail.com) or call 201-248-7207 and sign up as soon as possible!

## AU Trips and Tours Event

Trips and Tours attended a concert at the Mayo Performing Arts Center in February. Four Tops and Temptations teamed up to deliver all of our favorite songs from “I Can’t Help Myself “ and “My Girl”. Great to see so many new faces at the event!



## Current Month Club Activities

### AU Guys

The AU Guys Big Band generally 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 March 25 at 10 am in the Memorial Room of the Wyckoff Reformed Church. The books to be discussed are "King of Kings" by Scott Anderson and "The Nightingale" by Kristan Hannah.

**Chair: Gregg Krieger** 201-925-3197

**Co-Chair: Peter Bieszard** (201) 739-3584

### Bowling Club

The next Bowling Club meetings will be on Friday March 13 and 27. The Bowling Club sessions are always at 10:00am at Montvale Lanes. We bowl every other Friday for fun and camaraderie (no teams or competition).

**Chair: Scott Japko,** 201-788-5516

**Co Chair: Bill Leo** 845-263-5323

### History Club

Our next history Club meeting will be on March 24 at the VFW Hall in Midland Park at 1:00pm. Our special guest speaker is Ciaran Sheehan. Ciaran is professional singer and actor. Ciaran will tell about his journeys from Dublin to Broadway; from a rock band to memorable parts in The Phantom of the Opera, Les Miserables and Carousel. His journeys have taken him to stage, TV and movies. Ciaran has appeared on Law and Order and his award-winning part in the movie "The Waiting Room" And hopefully at the end of his talk Ciaran will entertain us with a special song.

This is the first time we have a professional actor speaking to us.

Don't miss this very special meeting.

**Chair Joe: Pullaro,** 201-337-0018

**Co-Chair: Steve Joern,** 201-491-7456

## Current Month Club Activities (cont.)

### Investment Study Group

The next Investment Study Group meeting will be on March 3 at 1:00pm, at VFW Hall in Midland Park.

Proposed agenda (to be led by Fred Theile)

- 1- The New Jersey Stay Program
- 2- RMD rules for 2026
- 3- Option for lower prescription drug costs
- 4- Residential Energy Tax credits
- 5- NJ Medical Expense Deduction
- 6- Safeguard against scams and fraud

**Chair: Dennis LaBarbera, 561-222-1027**

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

### Pickle Ball

Pickleball is on winter break, we will announce when Club activities resume.

**Chair: Kenneth Frisco, 973-919-6704**

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

### Photography Club

There will be a Photo Club meeting on March 24 at 10:30 am at the Midland Park VFW

**Chair: Murray Perl, 201-261-7276**

### Public Discussion Club

The next Public Discussion Club meeting will be held on Wednesday, March 11 at the Franklin Lakes Ambulance Corps Building at 10am. The Club Chairs will email discussions topics for the next meeting prior to the meeting date.

**Chair: Walter Widmer, 551-286-4045**

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

## Current Month Club Activities (cont.)

### Science Club

The Science Club will meet on Tuesday, March 17th at 1pm at the Midland Park VFW Hall. Topic TBD.

**Chair: Marc Bernhardt : 201-236-2957**

### Safe Shooting Club

There will be a Safe Shooting Club meeting on February 25th at 1 pm at the VFW Midland Park 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 9:00am at the Midland Park VFW Hall. March meeting dates are 3rd and 17th of the month.

**Chair: Frank Nusspickel, 201-739-5773**

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

### Stock Picking Contest

The results of the Stock Picking Contest for the year ended Feb 28 2026 show Mark Linder to be the monthly winner with an increase of his portfolio of 22.6%

**Chair: John Abrahamsen, 201-739-8589**

### Technology & Computer

The next Technology Club meeting will be on March 17. The meeting will begin at 10:30am at the Midland Park VFW

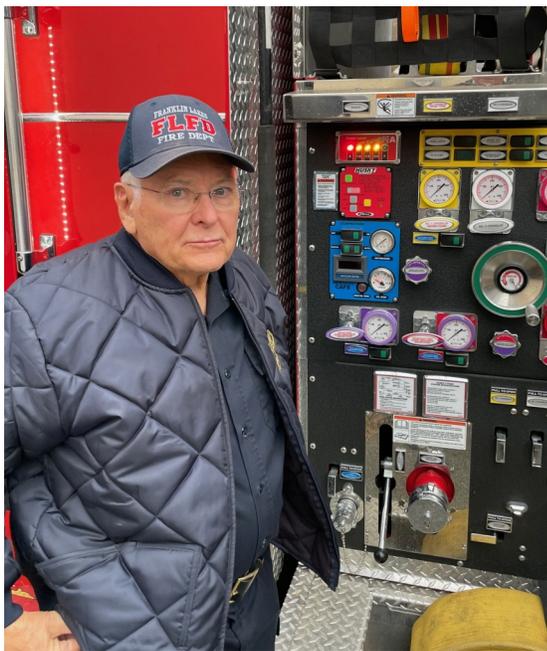
**Technology Topics: TBD**

**Chair:**

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

## AU History Club Meeting

On November 25 Jim Webb spoke to the History Club on “The history and Operation of the Franklin Lakes Fire Department”. It was an excellent and informative presentation. The FLFD celebrated 100 years of operation in 2024. Over 400 men (and 4 women) have passed through its doors during that time.



## AU Hikers Club News

### Happy Birthday Don!

It was our own AU Senior Hike Leader's big 89th Birthday in February! Don Kirkpatrick was celebrated by 24 of his fellow Hikers and friends who joined for a lunch celebration party at Portobello Restaurant!



## Care and Concern



### Activities Unlimited Care and Concern Report for March

Activities Unlimited Care and Concern Report for March 2026 Newsletter

During the month of February 2026, the Care and Concern Committee sent out these cards: 3 Get Well, 1 Congratulations and 2 Thank You.

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

# AU March Birthdays

**We are not aging, we are ripening to perfection.**



**John Warner**

**Louis Roppolo**

**Robert Bowman**

**Eric Hoth**

**Eric Hoth**

**Kenneth Frisco**

**Frank Gassert**

**Robert Dauer**

**Donald Becan**

**Al Connelly**

**Bruce Reicher**

**Carl Brown**

**Michael Kelley**

**Wayne Latawiec**

**Peter Sausville**

**Stephen Margulis**

**Leonard Linden**

**Thomas McDonnell**

**Thomas Srednicki**

# Keep Smiling!



Remember when we were little and had underwear with the days of the week on them? Yah. Those would be helpful right now.

