



The Cosmoscope



VOL.1 – NO. 1

33-02 MORLOT AVE, FAIR LAWN, NEW JERSEY

JAN/FEB 2024

THE PRESIDENT'S POST



Benny Salerno
President

Hello Cosmos Club! We had a great couple of months. In December, we had our traditional Cosmos Club events. The Children's Christmas Party was a hit (Thank you, John Allocca, Frank Tullo, and The Women's Auxiliary). The Men's Fish Dinner had a tremendous turnout (Thank you, Ed Salvi,

and his returning volunteers).

In January, we had many phenomenal Friday dinners cooked by either Joe D'Angelo or other members of the club.

The Children's Scholarship Fund committee (John Battista & Nick Brancato Jr.) gave out six scholarships to children and grandchildren of members who graduated high school and were going on to higher learning.

February brought us the Annual Super Bowl Breakfast (Ed Salvi & Co.) which once again was a fan favorite. Shoutout to Mike Simcic for putting the time into the football pools.

Fortunately, we were incredibly lucky with snow and weather conditions through the winter months. As always, thanks to the house committee (Dan Hauser, Dan D'Amore, and Jorge Quintana) who saved the club as they did so much outside and inside.

The hall has been rented consistently and we hope this continues. We are currently almost booked solid this spring! (Thank you, Bob Sharples)

The cell tower sale is making great progress. There have been multiple back-and-forth meetings, e-mails, and phone calls which are winding down. We hope to have more information soon.

As we come into spring and summer, we have some great events coming up which will be highlighted throughout this edition of *The Cosmoscope*:

- Cinco de Mayo Karaoke Night - May 4th (Steve Gambutti)
- The Dillon Rinaldo Scholarship Sunday Pasta Dinner - May 19th (Bob Sharples)
- Golf Outing on - June 7th (Chris Lamazza)
- The Smoke Out - June 14th (Alessandro Bruno)

Outside of major events, Friday Night Dinners are ongoing, and the club is always a great place to grab drinks, enjoy a cigar, shoot pool, shuffleboard, or cards. More importantly, it is a great place (and affordable) to hang out with friends, watch sports etc.

Please keep note of these general reminders:

- The fourth Tuesday of the month is the General Meeting at 7:30pm; Joe "The Sauce Guy" will continue to prepare food for the meetings.
- Dues are due by March 31st. Please see Stu Pace.

Lastly, I want to thank Bob Woods for all *The Cosmoscope* editions that he has put together over the years. Thank you for everything Bob! I would also like to announce that the baton has been passed on to Alessandro Bruno.

Please keep our members, who are in a bad way, in your thoughts. Stay safe and stay healthy!

Benny Salerno – Cosmos Club President

UPDATES & INFORMATION

THE CHILDREN'S SCHOLARSHIP FUND

By John Battista & Nicholas Brancato Jr.

The Children's Scholarship Fund applications are being sent out in March. In the application, members will be asked to provide information about their children or grandchildren and their expected graduation year. These scholarships are given out to those who qualify as per the committee's regulations. Please look for correspondence from Nicholas Brancato via e-mail and return the requested information back to the committee.

The date for the Annual Golf Outing to support The Children's Scholarship fund has been set to June 7, 2024. More information will be provided with the assistance of Chris Lamazza.

The club is also looking to have a known vendor, David Bosworth, at the club to sell golf apparel. Proceeds from the event will be given to The Children's Scholarship Fund.

THE ANNUAL SUPER BOWL BREAKFAST

By Ed Salvi

The Annual Super Bowl Breakfast was held on February 11th and chaired by Ed Salvi. A great morning was enjoyed by all attending. A special thank you to Ron Agresta, Vinny Ramundo, John Battista, Joe Marchese, Rick Iorlano, Bob Sharples, Ed Szwast, Matt Maurer, Mike Simcic, and Frank Rizzo, Sr. for all their help in making the breakfast and bar service a huge success. No one left the club hungry, just hungry for some championship football!

CALENDAR OF EVENTS



JANUARY

- 1/1 New Year's Day
- 1/9 Executive Board Meeting
- 1/23 Gen Membership Meeting

FEBRUARY

- 2/11 Super Bowl Breakfast
- 2/14 Valentine's Day
- 2/15 Executive Board Meeting
- 2/27 Gen Membership Meeting

MARCH

- 3/7 Ladies Meeting/Social
- 3/12 Executive Board Meeting
- 3/21 Celebrate St. Joseph
- 3/26 Gen Membership Meeting

APRIL

- 4/9 Executive Board Meeting
- 4/11 Meeting/Social
- 4/23 Gen Membership Meeting
- 4/25 Fun Night

MAY

- 5/4 Cinco de Mayo Karaoke Party
- 5/14 Executive Board Meeting
- 5/19 The Dillon Rinaldo Scholarship Pasta Dinner
- 5/28 Gen Membership Meeting

JUNE

- 6/7 Golf Outing
- 6/11 Executive Board Meeting
- 6/14 The Smoke Out
- 6/25 Gen Membership Meeting

COSMO CONVERSATIONS

AN EXCLUSIVE INTERVIEW

By Alessandro Bruno

Cosmo Conversations is a new column that will be featured in the next several issues of *The Cosmoscope*. This column will highlight portions of interviews conducted with executive board and general members. While most members are familiar with or know each other on a personal level, it is always interesting to learn more about our Cosmo brothers.

In this January/February issue, **Benny Salerno** and **Nicholas Brancato** were selected to be interviewed. These gentlemen were kind enough to provide the readers with more details about their personal lives and perspectives of the club.



Benny Salerno
President



Nicholas Brancato
Vice President

Benedetto (Benny) Salerno was born and raised in New York to Italian Irish parents. He attended St. Patrick's grammar school in Long Island City, Power Memorial Academy on Manhattan's west side, and graduated from St John's University with a business degree.

Benny's professional career was spent primarily working on Wall Street. As a former bond broker for 35 years, Benny is now a consultant for U.S. Bank. He is a partner in the tax preparation business.

In the town of Fair Lawn, NJ, Benny has been known to contribute or participate in multiple facets. Whether it was through youth athletics, being involved in the town board, and other various projects, he has always tried to aspire to make Fair Lawn a better place to live.

Nicholas Brancato Jr. was born in Passaic, NJ. Early on during Nick's childhood, the Brancato family moved to Fair Lawn in 1964 where they would become a well-established and respected family within the community. There is a total of five Brancato siblings, three of whom are current members (Nick, Joe, and Ron). Nick has two sons and one grandchild.

Nick attended St. Anne's in Fair Lawn for grammar school. He went on to Bergen Tech to obtain his high school diploma. Nick also has a BLA in Lighting Arts which serves him to this day in his professional career. Prior to becoming the Executive Director of Sales for AmerLux, LLC., he was in the printing business for many years.

Benny has also been a club member for over 25 years. He has served on many committees and to date, has served the most terms as president of the club. Benny also played a crucial role during the transitional move from the old club (located on Fair Lawn Ave) to our current location today (Morlot Ave).

Anyone who is a member of the club knows that The Brancato name is multigenerational and is held in high regard. Nicholas Sr. was one of the founding members of the club and was a Cosmo until he passed away in 2015. Nick has also been a member since 1990, however, this is not where his Cosmos Club journey began. Nick, Joe, and Ron have been around the club since they were young children back in the early 1960's. Their mother, Maria, was also very much involved with the women's auxiliary.

As Benny and Nick provided their biographies and answered multiple questions, deeper stories, and dialogue began to ensue. Below are a couple of the more interesting responses and topics that were asked in the interview:

How did you find out about the club and what made you want to become a Cosmo?

B: In 1992, my wife and I were searching for a hall to rent and came across the club (thanks to Pat Peduto). I thought it was a great way to meet people as we just moved to Fair Lawn.

N: My dad Nicholas Sr. was one of the founding members and stayed active until he passed in January 2015. My dad was my sponsor back in 1989. My mom was the Sergeant at Arms for The Woman's Auxiliary until they disbanded. Aside from that, it was due to some of the older members of the club. I still refer to them as "Mister (Mr.)" as I have known them since I was five years old. On Fridays when I went to the club, I would go straight to the card table where all the old-timers were. I would give them a handshake and kiss to say hello. I would do this before I said hello to anybody at the bar. Unfortunately, the only original old-timer left is Mr. Daloisio.

What is one component of the club that stands out to you? This could be an attribute of the club, an event or activity, etc.

B: The Men's Fish Dinner – enough said...

N: It would have to be the comradery and Italian tradition that this club never got away from since the 1950s. Also, having Friday nights out with "The Guys" and Saturdays with your wife or girlfriend.

As you both have served this club on different committees and Executive Board, what is your favorite memory or accomplishment at the club?

B: Convincing 51% of the club to sell the old building and working a great deal with the VFW. We were able purchase their property below market value (letting them stay for free). Most recently it would have to be moving money into an account which has and will continue to make us a good amount of money that has enabled us to renovate the club both upstairs and downstairs.

N: It would be chairing the Scholarship Fund with John Battista and collaborating with Benny. We have

accomplished a lot in two years. I feel we have a strong board.

If you could choose another job or a “dream job”, what would it be and why?

B: I would have been a Lawyer. I always felt I could help people in that capacity.

N: I feel I am in a dream job right now, and maybe it is because I am in the 4th quarter of my life and close to retirement. Years ago, I wanted to be a DJ on the radio. I did some DJing on my own from 1978 to 2006 and recorded all my shows which I still listen to occasionally. The station created was called *THE SNAPPER - WINO 93.7*.

If you could have dinner with three people dead or alive, who would they be?

B: Other than family - Jesus, Leonardo DaVinci, and Thomas Jefferson.

N: Both of my grandfathers who passed before I was born and one more dinner with my parents who I miss immensely. I must also say, Marisa Tomei.

What are some interesting facts most people would not know about you?

B: I have been in a few films! I would love to procure more acting roles. Also, you might never have guessed it, but I used to be shy!

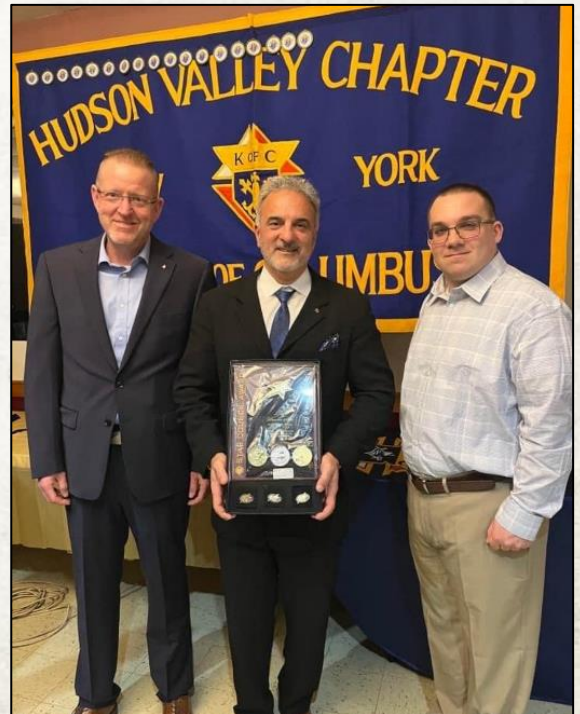
N: I wanted to become a priest when I was young. I am Grand Knight for the Knights of Columbus Council 7460.



Benny as a background character in *Bless Me Father* (2023)



Benny's character getting robbed on the train in *Loosies* (2011)



Nick serving as Grand Knight for the Knights of Columbus Council 7460

THE WOMEN'S AUXILIARY

INFORMATIVE MARCH

By Bett Ann Agresta



Bett Ann Agresta

Women's Auxiliary President

"Everybody can be great because everybody can serve."

"Life's most persistent and urgent question is: What are you doing for others?" – Martin Luther King, Jr.

We are sorry to announce that *A Night at the Races* is canceled for this season. We look forward to rescheduling. It is sure to be a hoot with people portraying the horses! Keep your eyes peeled for a future date.

Upcoming Events:

- March 7th – Ladies Meeting/Social
- March 21st – Celebrate St. Joseph
- April 11th – Meeting/Social
- April 25th – Fun Night
- May 4th – Fiesta Like There's No Mañana Celebrate Cinco de Mayo. Information upcoming (Men's Club)

The Women's Auxiliary previously shared a dinner and gift exchange during the Christmas season. Thank you, Joe "The Sauce Guy" D'Angelo, for preparing us a delicious dinner.

To date, the Women's Auxiliary has been busy with meetings, fun, games, and activity nights. There has been a significant increase of interest in membership and meeting attendance. Some of our long-standing "Gold Club" members lent their support and joined in the fun to learn how to play Bunco in February. We have a long way to go before we can host a Bunco event, but we certainly had tons of laughs! Applications are always available, please

be sure to tell your friends!

All are welcome! Thursday May 21st, as we celebrate St. Joseph with *Potluck Appies Night*. You supply the potluck appies and we will supply the St. Joseph pastries.

Celebrate St. Joseph

RSVP: Bett 201-803-9596

\$5.00 Suggested Donation

in honor of Joseph the Carpenter

Proceeds will benefit Habitat for Humanity

Fun Fact: Saint Joseph is well-known as the patron saint of fathers, both families and virgins, especially carpenters, expecting mothers and unborn children. Among many others, he is the patron saint of attorney and barristers, emigrants, travelers, and house hunters.



BEHIND THE BAR

BAR ANNOUNCEMENT

By John Battista

Hello and Happy New Year to all! Are you looking for a new drink to enjoy? Well, you are in luck! Beginning in March, there will be a *Cosmos Drink Special* announced in each edition of *The Cosmoscope*.

The *Cosmos Drink Special* will be offered at any time at the club during that month. The drink special for the month of March will be “*Ginger Sparkler*.”

Cheers to your health!

John Battista – Sergeant at Arms



John Battista
Sergeant at Arms

GINGER SPARKLER

INGREDIENTS

- Rocks Glass
- Mint
- 2 Lime Wedges
- Ice
- 2 oz (1/4 cup) Cranberry Juice
- 6 oz (3/4 cup) Ginger Beer

1. Squeeze one lime wedge into a glass.
2. Fill 2/3 full of ice, preferably crushed.
3. Top with the cranberry juice and ginger beer.
4. Garnish with the other lime wedge, mint, and serve.
5. Enjoy!



BARTENDER JOKE

Q: Did you hear about the flasher who thought about retiring?
A: He decided to stick it out for one more year!

THE HEALTHY HABIT

MOVEMENT DURING THE WORKDAY

By Dr. William Thimmel



Dr. William Thimmel
Chiropractic Orthopedist

Hello Cosmos Club! Do you ever wonder what happens to your body over time if you are stuck sitting behind a desk? Well, guess what, your body does too! As we are constantly on the move, our mind forgets that the body needs to catch up in the recovery process of even our simplest of daily requirements. If you are stuck at a desk all day due to work, or if that is your current lifestyle, your body is in a sedentary state. If you are not familiar with that term, it means your body is not moving enough!

In modern-day office settings, stand-up desks, lunchtime walks, and frequent stretch breaks are all recommended and promoted ways to stay active. This also helps break up the monotonous workday. If you seem that you lack energy and strength, you should consider incorporating bodyweight strength training exercises regularly.

Here are a few exercises to get you out of your chair during the day and feeling both stronger and healthier.

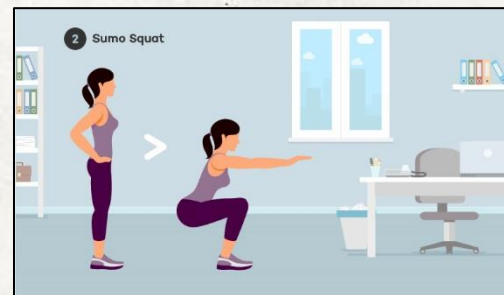
1. Standing Glute Extension

Stand up on your left foot and turn it out slightly, keeping your right leg straight and off the ground behind you. With your right leg straight, extend the leg back behind you and squeeze your glutes. Bring it back down while maintaining your balance on the left leg. Do 25 to 50 reps for each side, or just set a timer for one minute on each leg.



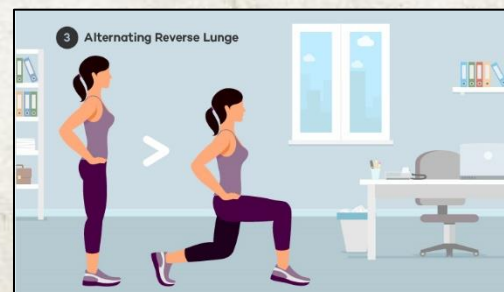
2. Sumo Squat

Stand with your legs wide and your feet turned out slightly. Bend your knees and sink your hips low into a squat position. Push through your heels and squeeze your inner thighs as you rise. Keep your core and quadriceps engaged throughout the exercise.



3. Alternating Reverse Lunge

Stand up with your feet hip-width apart and toes pointed forward. Reach your left foot back behind you and bend both knees so that your right thigh is close to being parallel to the ground. Using mostly the strength of your right leg, push through your right heel to stand up. Keep alternating sides at an even pace. Try for two to three minutes at a time.





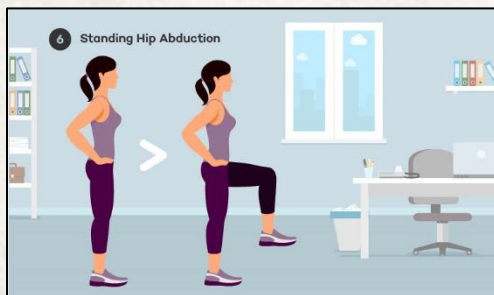
4. Sit Down Stand Up

Place your desk chair behind you in a position that won't roll away. Keeping your chest up and your knees behind your toes, sit down far enough that your rear end hovers above the chair. Hold for three to five seconds before you sit down. Stand up and repeat. How many of these can you do in two minutes?



5. Wall Sit

If you have a wall, you have fitness equipment. Lean your back and hips against a flat wall and walk your feet a foot or so forward. Bend your knees until your thighs are almost parallel to the ground and move so that your knees are over your ankles. Brace your abs in to support your back and pull your shoulders toward the wall. Set a timer for 30 seconds to 2 minutes and hold this position. Your thighs will be burning in no time.



6. Standing Hip Abduction

Stand with the side of your left hip next to your desk, and balance yourself on your left foot. Feel free to lightly rest your left fingertips on the desk. Bend your right knee at a 90-degree angle. From there, raise your bent right knee out to the right and squeeze your outer thigh and glute. Slowly bring your leg back in. Lift out and in 25 to 50 times on each leg.

Things to Remember

It can be easy to lose focus on taking care of your body when the responsibilities of everyday life are waiting for you after work. Failing to address a small issue like walking around more frequently during the day can lead to other, more serious problems. Having exercises like these which you can do anywhere at any time will help you kickstart the day and become more active over time. Adding regular workouts at the gym or home to your schedule will also help. We all have deadlines, to-do lists, shopping lists, etc. Don't let your health fall to the end of your many lists. Your health is the most important item on it!

Sources:

Staff. "Six Exercises to Boost Your Backside and Get You out of Your Chair." *NU-MAC*, 30 Nov. 2022, counseling.northwestern.edu/blog/6-exercises-to-get-you-out-of-your-chair/.

FOOD FOR THOUGHT

CUISINE MADE EASY

By Joe D'Angelo

All over the world, food is one thing that people can share and enjoy. Cooking and sharing a meal create ways to connect with others, make memories with family and our children, and can serve as a great way to find a new hobby or outlet. While some people have little to no experience in the kitchen, I am here to help!

I have over 30 years of experience in the culinary industry, I have dozens of recipes that are tried and true. In the upcoming editions of *The Cosmoscope*, I will be providing easy, simple-to-make, delicious meals for you to try on your own! Below please see the recipe for Shrimp Scampi over Linguine:



Joe D'Angelo
Joe "The Sauce Guy" LLC.

INGREDIENTS

- 21-25 shrimp
- Roasted garlic purée
- Chicken stock
- White wine
- Chopped fresh parsley
- Fresh lemons (sliced)
- Unsalted butter
- Olive oil



1. Roast garlic cloves in olive oil until golden and soft
2. Drain and cool reserving oil for another use
3. Purée roasted garlic in a food processor until smooth, set aside
4. Season shrimp with salt and pepper prior to cooking
5. Sauté shrimp on high heat until just starting to turn pink, about 3-5 min
6. Remove the shrimp from the pan and put into a bowl to keep warm. (will not be fully cooked)
7. Add white wine and reduce until almost dry
8. Add chicken stock and bring to a simmer
9. Add shrimp, butter, and parsley, and cook for 5 min until shrimp are firm, but not overdone
10. Add roasted garlic purée, this will thicken the sauce
11. Serve with fresh lemon, over linguine or any pasta, rice, or risotto

MEMBER NEWS

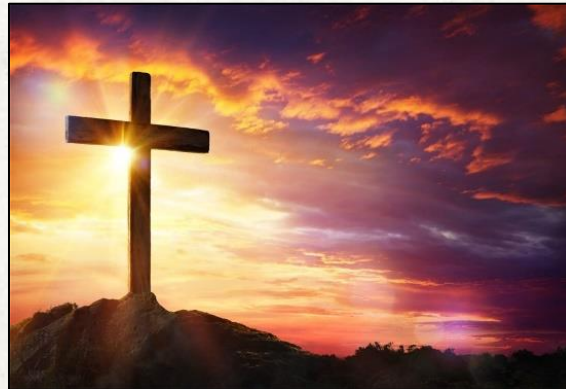


Congratulations to Frank & Jenn Rizzo on the birth of their first child! Francesca Gianna Rizzo, their beautiful daughter, was born on January 29, 2024. Another Rizzo to the list!



Congratulations to Private First-Class William Salerno on graduating from boot camp on January 3, 2024! Benny & Mary Salerno are incredibly proud of their son. Thank you for your dedication and service!

BLESSINGS



January Prayer

Heavenly Father, grant me wisdom and clarity in decision-making this January. Guide my steps and thoughts, that I may discern Your will in every choice I Make

February Prayer

O Lord, I confess that You are our Refuge, please keep us safe, healthy, and strong all through this month. Let no evil arrow get close to me or enter my home. Keep me away from every trap set for me this month and shield me and my household from evil eyes and evil hands in Jesus' mighty name I pray amen!

WORDS FROM THE EDITOR



Hello Cosmos Club!

Foremost, I would like to thank Bob Woods for the remarkable work he has done over the years with *The Cosmoscope*! I appreciate the honor that you have bestowed upon me to take over the newsletter.

I hope you enjoyed this edition of *The Cosmoscope*. I look forward to working with all our Cosmos Club members in the future! If you have anything that you would like featured, please send an email to:

thecosmoscope@gmail.com

Alessandro Bruno

New Membership Applicant Chairman

The Cosmoscope Chief Editor

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