

# Activities Unlimited

Volume XXXI Issue IV

April, 2017

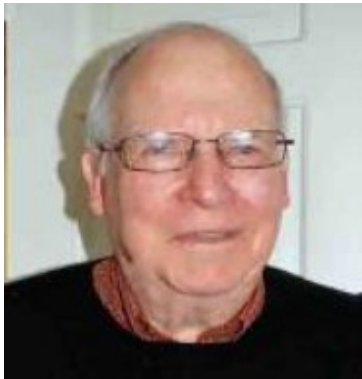
## Activities Unlimited General Meeting

April 11, 2017

1:00 PM at the WRC Heneveld Hall

With Spring just around the corner, we have invited our own **Joe Lamela**, Chairman of the Gardening Club, to be our speaker this month.

Joe will give us the information we



need to prepare our gardens, flower beds, and lawns for the upcoming growing season, including helpful resources available to the home gardener from the Rutgers Extension Services. In 1997, Joe was named Bergen County's "Master Gardener of the Year" and received an award for excellence and dedicated volunteerism at Rutgers' Cooperative Extension Services. He has been a Master Gardener for over 25 years, a member of AU since 1998, and the longest-serving Club Chairman, doing this for 19 years!!

## Note from the President

This month, just by way of a reminder, I want to use this space to emphasize an important courtesy AU owes our sponsor, WRC. As you know, the church operates a nursery school and is subject to very stringent regulations about access to the premises when school is in session. Occasionally, we members overlook this fact, which could put WRC in jeopardy of losing its accreditation. **The basic rule is no AU member should use the Haneveld Hall entrance door (downstairs from the parking lot) between 9:00 am and 12:30 pm on any General Meeting day.** During these hours, the door should never be propped open for any reason and should not be opened to let someone enter. On our meeting days, please follow these guidelines.

Band members arriving **before 11:15 am** should bring their instruments only through the Nursery School entrance at the back (ground level) where a nursery school employee will open the door. There is no entry through the doors downstairs and off the parking lot. All other members are to enter via the front doors facing Wyckoff Avenue.

**Between 11:15 am - 12:30 pm** entry is only through the front double doors where members will be buzzed in by a school employee.

The entrance doors at the foot of the stairs off the parking lot are to be used for entry on General Meeting days only **between 12:30 pm – 1:15 pm** during which time this door is unlocked. Anyone coming for the meeting before or after these times must enter through the front double doors.

WRC is very generous to AU in acting as sponsor and providing meeting space for both the monthly meeting and various club activities. Let's make sure we support this relationship by adhering to the state-mandated access rules. Thank you.

At the March general meeting \$146.00 was collected for the Wyckoff Reform Church Food Pantry.

### Wyckoff Reform Church parking lot closing dates:

There will be no parking, no loading of tour bus, etc. in the parking lot on: Wednesday and Thursday, April 26 & 27, 2017.

As always, all club chairmen are reminded that if you have any activity in the church including parking in the church lot and/or loading a tour bus to please check with Sue (and the church calendar) for any conflicts **before** arrangements are made.

General membership meetings are normally held the 2nd Tuesday of the month at Heneveld Hall adjacent to the Wyckoff Reformed Church, Wyckoff, NJ.

# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 2017 OFFICERS



**Tom Butler**  
President  
201-934-8161



**Jim Webb**  
1st Vice President  
201-337-7982



**Joe Pullaro**  
2nd Vice President  
201-337-0018



**Howard Vogel**  
Secretary  
201-612-2237



**Mark Cohen**  
Treasurer  
201-337-4198



**Doug Cooper**  
Asst. Treas.  
908-907-1112

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys	John DeSantis	201-447-0256	
Book Club	Vince Tortorelli Joe Clinton	201-447-3718 201-447-2261	4th Wed. 9:30
Dup. Bridge	ED Foldessy	201-327-5767	Wed 1 pm Larkin House
Rub. Bridge	Wes Cheringal	201-848-8009	M,F 1:00 pm Franklin Lakes Ambulance Building
Care-Concern	Doug Cooper Paul Hennion	908-907-1112 201-891-4716	
Chaplain	Rev Andy Kadzban	201-485-8589	
Chess	Bill Schultz	973-525-0979	3rd Thru 9:30
Computer	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-625-7541	3rd Wed. 10:00
Gardening	Joe Lamela Rick Sneyers	201-327-8137 973-248-6625	1st Wed.10:00
Golf	Bruno Bissetta Bill Bryne	201-891-7567 201-447-5064	Tuesday Thursday
Hiking	Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00
Historian	Dom Manobianco Victor Pizzolato	201-891-7185 201-612-0038	
History	Pablo Catangay	201-684-1217	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thru after the AU General Meeting 9:30
Luncheon	John Abrahamsen	201-848-8037	

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-261-7276 201-825-0437	1st Tuesday 10:00 am
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	2nd Wednesday 9:30 am
Refreshments	Jim Forbes Howard Vogel	201-825-0523 201-612-2237	
Science	Jack Yurasek	201-337-4433	3rd Tuesday 10.00 am
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Mark Cohen John Abrahamsen	201-337-4198 201-848-8037	2nd Tues. 9:00 am 4th Tues. 9:00 am
Tennis	Dom Manobianco Dave Burleigh	201-891-7185 201-485-8923	M,W,F
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	Lou Guarneri Don Wasson	201-847-1981 201-891-1873	Morning of AU General Meeting 10:30 am
Web-Master	Don Kirkpatrick	201-337-5666	

**P**lease remember that WRC is a smoke-free environment. **This includes E-Cigarettes.**

**T**he deadline for May, 2017 Newsletter articles is 5 PM April 21, 2017. When submitting articles please use font: Times New Roman 11 pt. (not bold).

Email: [lguarneri03@gmail.com](mailto:lguarneri03@gmail.com) and [jrhensch62@gmail.com](mailto:jrhensch62@gmail.com)

or mail to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430

## Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Marc S Goldstein (Salma)	716 Barrister Ct Franklin Lake, NJ 07417	Executive	Hiking Short, Golf, Investments and Trips & Tours	H: 201-891-4274 C: 201-249-3145 Email: smgold543@aol.com
George M Cimis (Elaine)	75 North Bayard Ln Mahwah, NJ 07430	Sales	Computers, Photography and Investments	201-825-2245 gcimis@yahoo.com



## The Book Club

At the March Book Club meeting 3 books were reviewed and discussed.

*The Worst Hard Time*, by Timothy Egan, was summarized by **Jerry Hulit**. It is the story of the Dust Bowl, the extremely difficult times experienced by farmers and settlers in the southern Great Plains during the 1930's brought on by drought and dust storms. Converting millions of acres that for perhaps hundreds of years was covered by grass and fed millions of American bison and cattle, these settlers unwittingly plowed up the ground and planted wheat and other crops that after harvesting in the fall left the lands barren, susceptible to erosion, and ultimately huge dust storms. Coupled with huge variations in wheat prices over the years because of supply and demand, it is a tale of a daunting existence as the author not only describes the enormity of such storms, sometimes drifting across the eastern U. S., but the human toll experienced in case histories. There was some added insightful input in the following discussion by some of the attendees who had geological and agricultural experiences.

*Ruthless*, by Ron Miscavige, was covered by **Lee Warner**. Miscavige was a follower of the Church of Scientology and supporter of its founder Ron Hubbard but in this book claims that now under the leadership of his son, David Miscavige, it is all about exacting money and labor from the faithful. He traces his own life and family's involvement with Scientology over the years and his belief that through its philosophy you can will things to happen or not happen. But now, because of David's Machiavellian rise to power, including ostracizing him, he describes it more as a monastic, restrictive society. There seemed to be general agreement that, although it is classified as a religion, it functions more as a cult.

*Bellevue: Three centuries of medicine and mayhem at America's most storied hospital*, by David M. O'Shinsky, was reviewed by **Vince Tortorelli**. It traces its origin from a small early Dutch infirmary through its rise, expansion, and standing to today being the place injured New York City cops, firemen, and visiting dignitaries needing emergency treatment ask to be taken. Because it is a city hospital Bellevue was at first a place for the poor, largely immigrants, since the more well to do were treated at home. But the author describes how over the years the institution was not only in the forefront, but actually started a number of groundbreaking medical initiatives, such as the first hospital to use ambulances in emergencies to carry people to the hospital, and founding the country's first nursing school. The book also details Bellevue's service during the various outbreaks of yellow fever, cholera, typhus, influenza and tuberculosis that the city encountered over the years, as well as how it was affected by 9/11 and Hurricane Sandy. During the subsequent discussion a number of club members added interesting personal input experienced by them and/or family members.

**Books for April**

*Einstein's Greatest Mistake*, by David Bodanis  
*Grit - The Power of Perseverance*, by Angela Duckworth  
*White Trash*, by Nancy Isenberg

**Books for May**

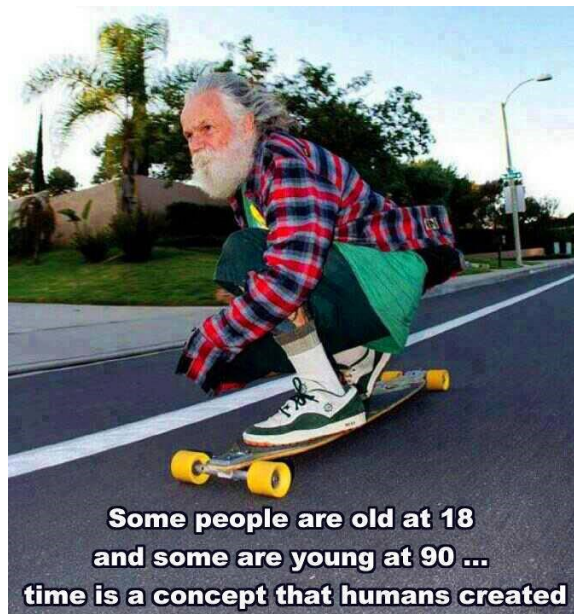
*When Breath Becomes Air*, by Paul Kalanithi  
*Pompeii*, by Robert Harris  
*Forgotten Patriots*, by Edwin G Burrows

The WRC parking will be closed on April 26, the day of our next meeting, so we'll all have to find space on a side street.



## Duplicate Bridge Results

		1st	2nd	3rd
3/1	NS	MacDougall/Milcos	Freimuth/Smith	Spence/Wong
	EW	Kellett/Warner	Altamuro/Levin	Bartlett/Hulit
3/14	NS	Canceled	Canceled	Canceled
	EW			
3/22	NS	Hulit/MacDougall	Page/Wiest	Freimuth/Spence
	EW	Meloro/Warner	Bartlett/Milcos	Anand/Martin
3/29	NS	Smith/Page	Lewis/Sweetgall	Foldessy/Freimuth
	EW	Coughlin/Hulit	Levin/Wiest	Rock/Warner



## The Science Club



Science

Thanks to Dr. Cauchard who updated us on Conditions of the Eye, including: Dry Eye, Cataract, and Macular Degeneration issues. His presentation actually took place on March 21, and replaced the General Meeting Speaker.

April 18 --Cyber+, Zero Day (TV Documentary)

We will view and discuss the Showtime documentary DVD 'Zero Day' It is available on Netflix, and is about the Stuxnet virus which was used to delay the Iranian Nuclear program by damaging the centrifuges. In addition to the DVD, my P/P presentation on 'Codes' will be reviewed.

May16, 2017- Car pool trip to the Edison Museum -- the Museum has been reopened and is now part of the National Park System. Since no cafeteria facilities are available, lunch at a local restaurant will be considered. Drivers needed--leaving WRC, 10AM.

Recommend reading list:

Great Discovery Series-- Norton & Co.Publisher

This series includes brief, well written biographies of the people and science making 'The Great Discoveries'.

The authors and titles follow:

Nuland-Semmelweis, on lack of sanitation in maternity wards, resulting in high mortality.

Kaku-- Einstein, Relativity +

Goldsmith-- Madam Curie

Goldstein--Theory of 'Incompleteness', Godel's mathematical paradox

Bell--Lavoisier, Energy/state transformation (neither created nor destroyed).

Johnson--Leavitt, a woman who determined how to estimate the size of the universe by cataloging stars while at Harvard (never recognized in her lifetime).

Leavitt--Turing, breaking the Enigma code, invented computer mathematical concepts

Vollmann--Copernicus, 'uncentering the earth'

Quammen--Darwin, evolution

Reeves--Rutherford atoms, molecules

Lemonick--Herschel on the cosmos

Hofstadter--Galileo, "Earth Moves"

Krauss--Feynman, Quantum Man

The Code Book, Simon Singh.

Thanks to those whose gave talks this past year. We are always trying to have additional people making presentations, and suggestions to improve our group are always welcome.

Jack Yurasek (201-337-4433) Email--JYURASEK@AOL.COM



## The Garden Club



Next meeting, April 5th 10 AM, Conference room at WRC

\*Tree maintenance Guide, Garret White, **Joe Lamela**

\*Blooming Curriculum - Bergen Community College - John Steen

\*Review Rutgers Garden Insect control guide for:  
home garden, (Integrated Pest Management) copy for each member -  
**J. Lamela**

\*See equipment used to start pelleted seed indoors, **Joe Lamela,**  
**Dan Yandrsevich**

\*Info on bumble bee endangered species list - Bergen Record

\*Feed back on Service Providers - all members

\*Members "Show & Tell" , garden shows attended

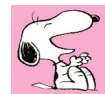
\*Questions, unmet needs

**Joe**

## Philadelphia Flower Show



## The Lighter Side



### BEING GREEN

Checking out at the store, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbling's. Then we were able to personalize our books on the brown paper bags.

But too bad we didn't do the "green thing" back then.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the "green thing" in our day.

Back then, we washed the baby's diapers because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the "green thing" back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We re-filled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did before the "green thing." We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

From a selfish old person who needs a lesson in conservation from a smart a\*\* young person...

We don't like being old in the first place, so it doesn't take much to p?\*\* us off...especially from a tattooed, multiple pierced smart a\*\* who can't make change without the cash register telling them how much.

## Trips, Tours & Special Events Calendar

**Checks for these events, payable to Activities Unlimited accepted at the monthly meeting.  
Sign up sheets are nice, but money talks. Get your check in ASAP, don't wait 'til it's too late.**

**THURSDAY, April 20, 2017 — NBC BACK STAGE TOUR.** Includes Studio visits to Jimmy Fallon Show, SNL, Late Night Seth Myers, & Lester Holt News. We also learn about TV Production, Scriptwriting & Producing. Bus leaves WRC at 9 am & arrives at NBC at 10:30 am. 2 hours for lunch on your own. We pick up our 40 tickets at 12:30. Tour starts at 1 pm, 10 people every 20 minutes. Last tour 2 pm. Each tour is 1 hour. After tour meet in the lobby at 3:30 pm for Bus ride home. Price: \$55.00 pp. Open to members, spouses or significant other. Send checks payable to AU to:  
**Larry Restieri, 105 Fisher Rd. Mahwah, NJ 07430. Tel: 201-825-5843. Please include your cell phone number.**

**TUESDAY MAY 9, 2017- ANNUAL SPRING LUNCHEON/DANCE AT INDIAN TRAIL CLUB, FRANKLIN LAKES, N.J.** Doors open at 12:00 noon. Buffet lunch served at 12:30pm. Music by the AU band. Please sign up as early as possible so we can set the number of tables required. Price is the same as last year, **\$25/person.** Wives/significant others invited. Checks should be made out to Activities Unlimited and mailed to:  
**Joe Pullaro, 886 Iron Latch Road, Franklin Lakes, N.J. 07417. Any questions contact Joe at 201-337-0018**

**WEDNESDAY –THURSDAY, June 14-15, 2017, : Sight & Sound Millennium Theater presentation of “Jonah and the Whale”.** Fabulous Buffet at the Shady Maple Smorgasbord Restaurant (Beef Steak Night) and Overnight Accommodations lovely Country Living Inn with included Breakfast at their 1950 Diner next door (enjoy the fabulous “plate-sized Pancake”). After Breakfast we depart for home. Cost is \$234.00 per person double occupancy and \$309.00 for a single. **Sign up now and pay in full no later than March 31, 2017.** We made it an overnight because a 7 hour round trip Bus Ride is a real pain. Open to members, spouses or significant other and friends. Time TBD. The Productions at Sight & Sound are so unusual and interesting with the Stage Effects of live animals and spectacular theatrical scenes. I wonder how it will present water effects. For more information Contact: **Dick Botta, 201-848-9001**

**THURSDAY, June 22, 2017- Spirit of New Jersey Luncheon Cruise.** When Sunshine, Good Company and the NYC Sky-line views combine, there is no better place than a 2 hour cruise on the Hudson and East Rivers. Delicious Lunch Buffet, Unlimited Coffee/ Hot & Iced Tea and Onboard Entertainment with D.J. Music. A La Carte drinks (soda, beer, wine and cocktails are available). Open to members, spouses or significant other. Time TBD. We will carpool from WRC to Lincoln Harbor, Weehawken, NJ. THIRTY (30) reservations will be purchased and will be offered on a first come, first serve basis. The Cost is \$60.00 per person. Please send your check payable to “Activities Unlimited” to:  
**Don Wasson, 14 Appert Terrace, Mahwah, NJ 07430.**  
 Any questions about this event, contact Don at 201-891-1873 or [donwas@verizon.net](mailto:donwas@verizon.net).

**THURSDAY, July 13, 2017: Summer Picnic at Krucker's Picnic Grove in Pomona, NY.** Arrive at 10:30 a.m. Biscuits & Coffee followed by Hamburgers, Cheeseburgers, Sausage& Peppers, Manhattan Clam Chowder, French Fries, Garden Salad and Clams on the 1/2 Shell. Watermelon and Ice Pops. Dinner at 4 pm of Sliced Roast Beef and Roast Chicken Breast, Corn on the Cob, Potatoes, Peas & Carrots & Ice Cream. Soft Drinks, Coffee, Beer & Wine until 5:00. Music & Dancing, Bocce, swimming, Horseshoes, Bingo and More. All this for \$ 52. per person. We will drive to Pomona, about a 30 minute drive from Wyckoff (directions to follow). For more information Contact: **Dick Botta, 201-848-9001**

**WEDNESDAY, August 23, 2017- "On the Boardwalk"** at The Stony Hill Inn, 231 Polifly Ave. Hackensack, NJ 11:00am-3:00pm. What better way to end the summer then with the "JERSEY DREAMERS". Music, dancing, great food and entertainment. Luncheon family style, 2 comp. drinks, salad, pasta, BBQ chicken, roast beef, dessert, coffee, tea and soda. All for \$46 pp. Open to all members, spouses or significant other. Please send your check made payable to Activities Unlimited to:  
**Bob LaSalvia, 80 Glasgow Terrace, Mahwah, NJ 07430 Tel 201-529-4784.**

**September, 2017 Wine Tasting Party**

**October, 2017 TBD**

**November, 2017 TBD**

**December, 11, 2017 Christmas Party**



**First-Class Mail**