

**Activities Unlimited General Meeting**

**Due to the Coronavirus,  
the April General Meeting is Canceled**

**NOTE FROM THE PRESIDENT**

The good news is spring has arrived. The bad news is AU is shut down. This includes the April 14<sup>th</sup> General Meeting. We will miss getting together. Quite frankly, we don't know when we will open up again. It, of course, will be based on what Federal, State and County Officials determine.

In the meantime the AU Board and I encourage all of you to follow the best health practices recommended by the government agencies. If you have any question, about best health practices, you can call any member of the AU Board and we can help direct you to where you can find answers to your questions.

The May Luncheon has NOT been cancelled yet. If it is, we will attempt to reschedule for the fall. If there is a new date and you can't make the new date, your money will be refunded.

Going forward, the AU Board will be meeting via Conference Call every 2 weeks to review the situation as it evolves.

The Stock and Book Clubs have been testing Video Conferencing. If it is successful and the shutdown continues, we will offer it to other Club Chairmen. Stay healthy. **Bob Dauer**

**MONDAY, April 27, 2020, Tour of the Shore is Postponed**

See page 3 for details.

**Note: The July, 2020 General Meeting will be held on the  
third Tuesday, July 21, 2020,  
same time, same place. Mark Your Calendar!!**

**Club Chairmen take NOTE:  
Due to WRC program changes in June and July, please  
confirm with Sue Fasano if your club meeting dates  
have any conflicts with Church programs**

At the February meeting, \$155.00 was collected for the Wyckoff Reformed Church Food Pantry.

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



# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 2020 OFFICERS



**Bob Dauer**  
President  
201-327-9247



**Mark Cohen**  
1<sup>st</sup> Vice President  
201-337-4198



**Doug Cooper**  
2<sup>nd</sup> Vice President  
908-907-1112



**Dave Voehl**  
Secretary  
973-227-6981



**Jeff Mohn**  
Treasurer  
201-261-1219



**Marty Valerio**  
Assistant Treasurer  
201-262-8966

### Welcome New Members

Name (Spouse)	Address	Interests	Phone/Email
Mike A Matchett (Janet)	5 Navajo Court Montville, NJ 07045	Hiking Short, History Club, Investments, Pickleball, Stock Club and Trips & Tours	Cell: 510-708-2941 Email: matcheee@Yahoo.com
William J Vander Eemj (Marcia)	524 Hopper Avenue Wyckoff, NJ 07481	Care & Concern, Discussion Group, Hiking Short and Transportation	Home: 201-445-3479 Cell: 201-723-9511 Email: william55@optonline.net
Stewart Z Bard (Bunny)	364 Chestnut Ridge Road Woodcliff Lakes, NJ 07677	Historian, History Club, Tennis and Trips & Tours	Home/Cell: 201-245-0219 Email: stew07410@gmail.com
Stuart L Weg (Elaine)	498 Island Way Franklin Lakes, NJ 07417	Computes, Discussion Group, History Club, Investments, Luncheon and Science Club	Home: 201-848-9344 Cell: 551-427-2398 Email: stuartlw@aol.com



### The Short Hiking Club



### Obituary

We are sad to report the passing of AU member William Stellenwerf on February 27, 2020.

### RETIREMENT CLUB FOR WOMEN

There is a new club for retired women entitled **NEW JERSEY CONNECTIONS** that was started last year and now has over 200 members. It may be a club that our wives or significant others would be interested in joining. They have their meetings and various club activities are held at the 1st Presbyterian Church in Ridgewood.

For more information contact  
Donna Singer  
201-794-9569 (home)  
551-804-6136 (cell)  
Web site- njconnections.com

## **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.**

### **WEDNESDAY, April 1, 2020- HUNTERDON HILLS PLAYHOUSE is CANCELED**

We will process your refund check as quickly as possible.

### **MONDAY, April 27, 2020, Tour of the Shore - Sea Girt to Long Branch is POSTPONED**

Due to the Coronavirus this trip will be rescheduled. When we have a new date you will be notified.

If it conflicts with your schedule, email: **Dick Botta** at [dickbotta@hotmail.com](mailto:dickbotta@hotmail.com) for a full refund.

### **TUESDAY, May 12, 2020 Annual Spring Luncheon/Dance at Indian Trail Club,**

**Franklin Lakes, NJ.** Doors open at 12:00 noon. Buffet lunch served at 12:30pm. Music by the AU Guys Band. Please sign up as early as possible so we can set the number of tables required. The price is \$29.00 per person. Wives/significant others are invited. Make checks payable to: Activities Unlimited and mail to: **Doug Cooper**, 15 David Alan Way, Montville, NJ 07045. Any questions contact Doug at 908-907-1112 or [dcoop1025@yahoo.com](mailto:dcoop1025@yahoo.com). We look forward to seeing you there.

### **Tuesday, June 2, 2020 - AU WINE TASTING SOLD OUT**

We will hold the AU WINE TASTING event, from 5:30 PM – 8:30 PM at **TOTAL WINE, 1001 Main Street, River Edge, NJ**, (right off Route 4). It will be a fun AU social gathering with pizzas being served (soda & water is also available). Wives/significant others are invited. This event sold out very fast last year. We only have room for 40 people, so send in your checks for \$15 pp ASAP payable to Activities Unlimited to:

**George Lewis**, 45 Walnut Street West, Mahwah, NJ 07430

### **July, 2020, Seeing eye dog training facilities**

### **Wednesday, August 19, 2020, Lake Hopatcong BOARDWALK BARBECUE at the Jefferson House.**

Drive to the **JEFFERSON HOUSE on Lake Hopatcong** for a great summer event. Live entertainment, a narrated pontoon boat ride of the lake and a fabulous barbecue. The buffet feast will consist of Hamburgers, Hot Dogs, BBQ Chicken, Ribs, Sausage and Peppers, Potato Salad, Macaroni Salad, Cole Slaw, Corn on the Cob and Cake. Beverages will include Beer, Wine, Soda, Coffee and Tea. Car Directions will be posted prior to trip. Car Pooling and Caravans may also be incorporated for the short ride to arrive by 11 am. Cost is \$ 42.00 per person. Mail checks payable to "Activities Unlimited" to: **Dick Botta**, 413D. Bromley Place, Wyckoff, NJ 07481.

Please include your cell phone number with check. Questions call Dick: 201-848-9001.

### **September, 2020, AU Annual Social**

### **October, 2020, AU Breakfast**

### **October, 2020, Brownstone Lunch/Show**

### **Wednesday, December 9, 2020, Christmas Dinner/Dance at Seasons.**



**Duplicate Bridge Club**

	NS	EW
	February 26, 2020	
1	Sal Barbera & Harold Mahmarian	Frank Altamuro & Ari Spence
2	Bob Desrosiers & Paul Levin	Jim Angus & Ed Foldessy Don Randolph & Lee Warner
3	Dick Freimuth & Don Martin	_____
	March 4, 2020	
1	Harold Mahmarian & Don Randolph	Frank Altamuro & Bill Milcos
2	Dennis Cheeseman & Paul Levin	Ed Foldessy & Don Martin Dick Freimuth & Tom Meloro
3	Bob Desrosiers & Ed Zelfhof	
	March 11, 2020	
1	Frank Altamuro & Harold Mahmarian	Art Rock & Lee Warner
2	Don Martin & Bill Milcos	Bob Desrosiers & Don Randolph
3	Brij Anand & Sal Barbera	Ed Foldessy & Dick Freimuth



**The Science Club**

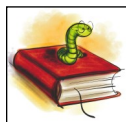
**Note** about Murray’s talk!! Worth repeating!!  
**Murray Perl’s** talk at the Tuesday 10 AM, February 18 meeting, was a professional level presentation on ‘Evolution beyond Darwin’, plus much more! Several important ‘take-aways’: (1) Species can be modified/’evolved’ in several ways, in addition to ‘natural selection’—random mutations, breeding etc.- (2) the Spanish Flu did not have much to do with Spain. Apparently, it started in the US from Asian workers brought into replace military age American men being trained and sent to Europe during WW1. They carried the flu, which spread to all countries in the war where its effects were considered ‘Military Secrets’—neutral Spain accurately reported the information, and was effectively blamed for it!! Antibiotics were not available. (3) Antibiotic abuse is rampant; while 80% are used in agriculture and farming, until recently their distribution was not controlled – check labels for ‘NO ANTIBIOTICS ADDED’. Diseases are mutating and rendering antibiotics ineffective-use as prescribed and throw away extras. Thank you again Murray!

**Mark Bernhardt** will speak to us on LEDs (Light Emitting Diode), hopefully Tuesday April 21. He has does development and supervised manufacture of the many color LEDs we use, and are contained in Flat Screen TV and Smart Phone displays.

**Curt Koster** will speak at the May Meeting. His talk will be on Navigation, in general, and his personal experiences.

As was noted in the handout given to everyone during the November General Meeting, the Science Club is open to everyone who has an interest in Science and Technology—  
**ALL ARE INVITED!!** Thank you again to everyone who has given talks previously, and we hope that additional members will be able to do so—please contact us for information and help etc.

**Jack Yurasek** (201-337-4433) [Email--Jyurasek@aol.com](mailto:Jyurasek@aol.com)  
**Harry Bennett** (01-803-1475) [Email-harry.bennett@bennent.com](mailto:harry.bennett@bennent.com)All AU Clubs cancelled in March.



## The Book Club

### FEBRUARY 2020 BOOK CLUB MEETING

The first book discussed was *Infamy* by Richard Reeves, summarized by **John O'Brien**. It is the story of 120,000 Japanese-Americans (70% who were US citizens) interred in evacuation centers by the US government during World War II. Less than 3 months after Japan bombed Pearl Harbor President Roosevelt signed an executive order placing parts of four western states to be a war zone operating under military rule. The resentment against Japan for its sneak attack was so high and in many cases so pervasive that there was concern that some Japanese-Americans were still so connected to their mother country that some would become spies and plotters to help Japan in the war against the U. S. So it was that many were given less than 24 hours to vacate their homes and businesses and rounded up and transported to and incarcerated in what was essentially primitive prison camps. Reeves describes how many were virtually obliged to sell their homes and businesses at cut-rate prices since there was no way for them to determine how long they might be incarcerated. The book does not treat many high ranking government officials kindly as it describes how the process was implemented, from FDR down to the general and his staff who were in charge of the operation, Edward R. Murrow and Governor Earl Warren who ironically later on became a liberal Chief Justice of the US Supreme Court. In retrospect the retelling of this appalling chapter of US history and heartbreaking experiences of evacuated individuals and families almost has the book reading like a novel.

**Walt Widmer** summarized the next selection, *In The Wake Of The Plague* by Norman F. Cantor. Here we have the telling of the Black Plague that killed about 40% of Europe's population during the fourteenth century. Cantor tells of the hideous details of the Plague's marks – black welts, high fever and the awful end by respiratory failure suffered by peasants and royalty alike. He does it by focusing and piecing together some characters' stories, like Princess Joan, the daughter of King Edward III of England who set out for Spain to marry a Castilian prince but upon stopping in Bordeaux, France came down with the disease and died. The author also argues that the devastation did have some beneficial results in that the demise of the old order meant that new, more scientific thinking began to prevail where church dogma had once reigned supreme. The subject was timely in view of today's coronavirus situation, not that anyone in the group was suggesting any parallels, but with certain bacteria now being resistant to current medicines it does raise the issue of the perpetual battle to keep disease under control.

Books for March:

*Talking to Strangers* by Malcolm Gladwell (non-fiction). What we should know about the people we don't know.

*The Storm on our Shores* by Mark Obmascik (non-fiction). Two WW II soldiers, one Japanese, and their encounter on the Aleutian Islands in Alaska.

Books for April:

*Where the Crawdads Sing* by Delia Owens (fiction). A young girl, abandoned by her parents, essentially raises herself in the marshes of the North Carolina coast.

*Indianapolis* by Lynn Vincent and Sara Vladoic (non-fiction). The true story of the worst sea disaster in US Naval history and the 50 year fight to exonerate an innocent man.



## Public Discussion Group

We began our discussion of Covid-19 in our new location, the Franklin Lakes Ambulance Corps Bldg. Members noted how the level of hysteria was rising and pointed out the amount of misinformation circulating. Much of the discussion dealt with the economic impact of the virus. Members pointed to the disruption of supply chains in China and the US's dependence on China for production of drugs and medical supplies. Some with experience dealing with China highlighted how China manipulated its economic power to "extort" intellectual property from US corporations, which they then stole and used in their own companies, to compete with the US or to replace US suppliers. Although China is supposed to adhere to ISO 9000 standards, the evidence shows that drug formulations are not followed and that production broadly does not meet quality standards found in US production. Many agreed that the US had only itself to blame for the consequences of seeking out the lowest cost production in order to maximize profit.

Next the group looked at the Democratic primary competition between Sanders and Biden. Most agreed that Biden's overwhelming victory in "super Tuesday" would lead to his capturing the Democratic nomination. Members' comments touched on Biden's age and his state of mind- whether his verbal missteps reflected something more significant than his documented history of Malapropisms; on his debate skills which seemed quite weak in the early rounds of the primaries and whether he would be able to match Trump when it came to debates in the fall campaign. There were no conclusions although much skepticism about Biden's abilities. Discussion around both the day's topics was lively and informative.

Although the group selected topics for the next meeting, the spread of the virus and Covid-19 guidance have overtaken the Club's plans for April. There is a strong possibility that the April meeting will be postponed or cancelled. The AU website as well as the Club Chairman will keep members apprised of the date and plans for the next meeting. In the meantime, please follow the promulgated guidelines and stay healthy.



**There is a strong possibility that this event will be postponed or cancelled.**



**In Celebration of the Partnership between  
Activities Unlimited & the Wyckoff Family YMCA**

# **NEW! First Time Ever! MEN'S WELLNESS DAY**

**Tue., April 28 from 9:30am-12pm**

**Location: Gym 1, Wyckoff Family YMCA**

We are excited to announce that the YMCA will be hosting our first Men's Wellness Day! Stop by to learn about one of the many areas listed below and more!

- Hearing Loss
- Osteoporosis
- Breast Cancer
- Prostate Cancer
- Neuro Assessments
- Vision Changes
- Depression
- Knee or Hip Replacement Surgery
- Balance
- Golf Training
- Fitness Assessments
- Range of motion
- Strength Training Demos
- and so MUCH MORE!



Hackensack  
Meridian Health  
Hackensack University  
Medical Center

## **FREE TO ALL!**

### **SPECIAL OFFER for AU Members:**

Join in May and Receive an Active Older Adult Basic Membership \$100  
(\$15 Savings) or No Joiner's Fee on Full Memberships (up to \$90 Savings)

**Register at [www.wyckoffymca.org/EVENTS](http://www.wyckoffymca.org/EVENTS)**

**RSVP by Mon., APRIL 20: [Marty@hyregulated.com](mailto:Marty@hyregulated.com)**