



## Activities Unlimited General Meeting No August Meeting 1:00 PM at the WRC Heneveld Hall



### The Golf Club

#### AU & Hobbyists to Meet in Golf

The Annual Golf Match between Ridgewood's Hobbyists and Wyckoff's Activities Unlimited will take place on Tuesday, August 8th at Apple Greens Golf Club. Two man teams from each club will play in a match game format. The winner of the match is determined by which team wins the most holes in the round by having the lower score on each hole. The winning club is the one that wins the most matches. A spirit of friendly competition prevails during play. A committee from each club meet to set the team matches. The cost to participate is \$54.

Bergen County Parks runs a "best ball" contest at Darlington Golf Course.

This year AU members **John Campi, Tom McDonnell, Marty McGonigle** and future member Tom Egan won first place for a low net score of 58. Another team of **Guy Cappello, Bob Davidson, Ralph Corallo and Jim Webb** also played and scored a net 67. See photos on page 8

### Obituary

Clare Orsini of Wyckoff passed away peacefully, after a brief illness, on July 26, 2017. She was the widow of A.U. former member **Tony Orsini**. More information at the Vander Plaat Funeral Home website: [vanderplaatfuneralhome.com](http://vanderplaatfuneralhome.com) Phone 413/244-9079 cell

## Note from the President

I want to use this note to single out one of our long-time members, **Dom Manobianco**. Dom for many years has served as Chairman of the Tennis Club, helping to organize the courts and the players, both outdoors and indoors. He has also acted as the AU Historian, keeping a record of the club's activities and in addition he sets up much of the a/v equipment for the monthly meeting. He does much more as well, usually in his quiet, but competent manner. In 2006, he was awarded the Distinguished Service Award in recognition of his ongoing contributions. Dom is moving to Pennsylvania in September and his departure will leave an enormous gap. I want to take this opportunity on behalf of AU to thank him for all he has done for the club and to wish him the very best in his move to Pa. On the practical side, **Dave Burleigh** has stepped up to become Chair of the Tennis activity, and we'd really like to see someone step up to serve as AU Historian. As an organization, we depend on member volunteers to keep the "ship moving forward."

Please note that there is no General Meeting in August. The next monthly meeting will be Tuesday, September 12<sup>th</sup>. Enjoy the month off, participate in those activities which will go on in August and see you in September.

### NOTES TO MEMBERS

Please note that we have modified the Newsletter's format so that all photos will appear at the end of the newsletter and not with the article, I will make every attempt to reference the new location in the article.

At the July General Meeting \$131.00 was collected for the Wyckoff Reformed Church Food Pantry

**WRC is having a problem with the parking lot. It has been marked out with cones. For your safety, please make note of the cones and respect them.**



# 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	Bob Mulligan Dave Kampschmidt	201-447-8837 201-405-2043	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	

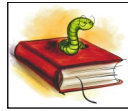
COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-261-7276 201-825-0437	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	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	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 September Newsletter articles is 5 PM Wednesday, August 28, 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
Howard J Zachary	828 Susan Pl. Fairlawn, NJ 07410		AU GUYS Band, Computers, Discussion Group, Investments and Science	201-797-1277



**The Book Club**

At the July meeting the following books were reviewed and discussed:

*A Rage for Order* by Robert F. Worth was summarized by **Jerry Hulit**. It tells the story of a part of the world (Middle East - specifically Tunisia, Egypt, Syrian, Libya and Yemen) that has been beset with tribal conflict for a long time and doesn't seem to be able to really overcome it. The revolutions in the "Arab Spring" of 2011 against harsh dictatorships seemed to bring some sort of democracy there but tribal differences cut the optimism short. Much of history was gathered by the author through stories and interviews of individuals, making it a readable and reliable work. The subsequent discussion mentioned that while the specific situations and geography is different, the history of the world unfortunately has shown certain similarities.

*Engines of Liberty* by David Cole, reviewed by **Tom Butler**, is a synopsis of three movements by citizens that ultimately resulted in constitutional changes. In these illustrations - gay rights to marry, whether citizens can own guns, and who decides the fate of prisoners taken in the war of terror - Cole demonstrates that activist citizens over time actually convinced jurists to change the law. No matter what one may believe regarding these issues, it was agreed that using these examples, each of which presents a different part of the political spectrum, was an effective and absorbing demonstration of how democracy works.

*How to Fail at Almost Everything and Still Win Big: Kind of the Story of My Life* by Scott Adams, Written by the cartoonist of "Dilbert", it reflects pretty much the same philosophy of the comic strip while relating many of his personal failures, all of which helps one learn, not by success, but through trying. Perhaps Adams' point is made, since some of the group failed to finish reading the book even though they tried.

**There will be no August meeting.** For the September meeting all members are asked to have 3 recommendations for books to read during the next 12 months, with a sentence or two describing each. That way we will have a reserve of titles to call on in addition to recommendations that are made during subsequent meetings.

Thank you all for your participation this past year. We had, I think, a wide array of interesting and provocative books over the last months, followed by much insightful and pertinent discussion. I hope to see you all again in September.

Vince Tortorelli

Civilization in 2017- this is priceless!!!

WELCOME to 2017

- Our Phones - Wireless
- Cooking - Fireless
- Cars - Keyless
- Food - Fatless
- Tires -Tubeless
- Dress - Sleeveless
- Youth - Jobless
- Leaders -Shameless
- Relationships Meaningless
- Attitudes - Careless
- Babies- Fatherless

**The Lighter Side**



- Feelings - Heartless
- Education -Valueless
- Children – Mannerless

We are-SPEECHLESS,  
Government-is CLUELESS,

And our Politicians-  
are WORTHLESS!

*I'm scared - \*\*\*\*less!*



## Duplicate Bridge Results



## The Photography Club

There will be no official meeting of the Photography Club in July and August. The next meeting will be held on Tuesday September 5th at 10:00AM

		1st	2nd	3rd
7/5	NS	Sweetgall/Anand	Kellett/Freimuth	Riccardi/Mahmarian
	EW	Martin/Barbera	Yampell/Milcos	Lewis/Spence
7/12	NS	Riccardi/Kellett	Page/Levin	Milcos/Warner
	EW	Freimuth/Lewis	Groesbeck/Yampell	Martin/Boylan
7/19	NS	Groesbeck/Mahmarian	Hulit/Boylan	Wong/Riccardi
	EW	Spence/Yampell	Freimuth/MacDougall	Zelhof/Milcos
7/25	NS	MacDougall/Riccardi	Barbera/Sweetgall	Groesbeck/Smith
	EW	Boylan/Freimuth	Foldessy/Warner	Lewis/Mahmarian



## The Computer Technology Club

Please note that the Computer/Technology Club will **NOT** meet in July and August. The next meeting will be on Sept. 20th. Enjoy the summer

## The History Club



I presented "Yalta Conference sometimes called Crimea Conference" on July 24. This conference told the story of the three most towering figures of the twentieth century: Franklin D. Roosevelt, Winston Churchill and Joseph Stalin when they met at the resort town of Yalta in the Crimean peninsula on February 4-11, 1945. In those 8 extraordinary days, the three leaders decided the fate of the post- World War II world and in particular the fate of Eastern Europe and Poland. It was apparent in the beginning that Stalin had the upper hand, he had liberated Poland and Eastern Europe from the Nazi Germany and the Red army was only 40 miles away from Berlin and the Soviet forces was three times larger than Allied command. Meanwhile, the Allied forces were caught in a surprise attack by the Germans in the battle of the Ardennes (Bulge), Dec. 14, 1944-January 25, 1945 with the Americans sustaining the highest casualty of the war, but eventually the US forces prevailed. There were many topics discussed during the proceedings at Yalta and it is too numerous to mention here. What called to my attention most was the questions of Poland, the liberated nations and peoples of Europe, the dismemberment of and reparation from Germany and Soviets participation in the war against Japan.

As a result of the Yalta conference, Poland lost its territories to the Soviets, a new lines were drawn to define new border of Soviet Union and Poland on the East and a new border was drawn on the West between Germany and Poland. The Soviets dominated Eastern Europe, extended her sphere of influence in China, North Vietnam, North Korea and Cuba. Many believe that FDR and Churchill failed and sold out to the Soviets. There were many issues discussed and agreed upon in Yalta by the three leaders but Joseph Stalin being "Stalin" ignored and refused to acknowledge the accord. To many historians Yalta paved the way to Cold War.

**Pablo Catangay**- 201-684-1217



Science

## The Science Club

No Science Club Meetings will take place during July, or August 2017  
 Note that the September meeting will take place on the fourth Tuesday, September 26, at 10Am, **Walt Widmer** will speak on Microbiology-a subject that probably was not available to us during the time we attended high school.

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](mailto:JYURASEK@AOL.COM)

## **PROJECT OUTREACH NEEDS YOU!**

Just like the Marines....the AU Project Outreach group is looking for a "few good men" to augment their current roster (shown below). Our purpose is to provide manual support to the Wyckoff Reformed Church's food contributions to the Northside Food Pantry of Paterson, NJ. We don't have regular meetings, however, you are asked to spend an hour and one-half every two months or so serving as a "Bagger" or as an "Unloader" at Heneveld Hall. Naturally, the more members we have the better we can stretch out the "every two months" to perhaps three or four. You may ask "what's in it for me?". Which is only natural. What you receive in return for your service is the satisfaction that you are giving of yourself to help those less fortunate. Gratification is your reward and believe me there is no better feeling (at least at our age). Basically, the process is to unload food supplies once a month and the woman of the WRC pack up food bags every Thursday and we put them on shelves for pick up and delivery to the needy of Paterson. So what do you say? I encourage you to talk to one or more of the AU men listed below and to see if this club organization is something you might like to do and to gain further info to ascertain if Project Outreach is something you'd be interested in. And if you decide to join us please contact me at [mmbmcg@optonline.net](mailto:mmbmcg@optonline.net) or reach \ me on my cell 201-887-1585. Come join our team!!

**Marty McGonigle**

Project Outreach Chairman

### **MEMBERS**

**Jerry Berlinger...Jay Bouton...Bud Brooks...Tom Butler...Frank Calabrese...John Campi...Frank Conte...  
Ed Finn...Hank Fisher...Hank Hansen...Rich Hensch...Ron Hutchison...Tom Laird...George Lewis...  
Jerry Lynch...Dom Manobianco...Bob Peneno...George Pitts...Victor Pizzolato...Joe Pullaro...Peter Sausville...  
Rick Sneyers...Walt Steffen...Frank Tanki...Fred Theile...Vince Tortorelli...Tim Tracey...Denis Trum...  
Walt Widmer and Ted Wolff**



## **Public Discussion Group**

Public Discussion July 12, 2017

Another month, another meeting and another lively discussion. We began with a "tutorial" where one of the members explained how tax returns are filled out and processed by the AARP volunteer tax service. Several members perform this service for the "poor and elderly" each tax season. We all learned, if not already known, that taxes are complicated. Part of the discussion around this topic delved into tax filings by "undocumented residents," which was very interesting. The technicalities could have taken up days, but we called it quits once past the basics. We then moved on to "sanctuary cities." Time was spent on defining the term and discussing the potential trade offs between strict enforcement of immigration rules and local community policing. Most of the issues associated with this topic were raised, but with little consensus about the way forward. Finally we took up the pressing topic of "the Russian investigation." Many members seemed to feel that since the USA interferes in foreign elections, Russia's interference is no "big deal." Others felt strongly that this intervention was qualitatively different since Russia actively interfered with the goal of sowing confusion and undermining the electoral process, effectively to erode trust and confidence in American institutions regardless of who might win. No minds were changed with respect to the current Mueller investigation, but most views got a fair airing. Our next meeting is on Wednesday, August 9<sup>th</sup> at Larkin House at 9:30. Our topics will be: the First Amendment; and COAH (Mt Laurel) Housing Requirements in Bergen County. All members are welcome to attend, even if just to listen.

**Tom Butler**



## The Hiking Club

The 3rd Annual Dinner Social was held with long and short hikers in attendance plus invited wives at The Plum & Pear, Wyckoff. Arrangements were made by **Gerrit White** and a continuous slide show of many of our hikes was displayed by **Don Kirkpatrick**. Photos of the affair below, courtesy of **Jim Savage**. While we are now on Summer hiatus, we do go out periodically. Please send your name to Don now at: [dakirkpt@verizon.net](mailto:dakirkpt@verizon.net) to be added to the email distribution list for weekly updates. All AU members are welcome. **See photos on page 8**

### Health Benefits of Hiking For Seniors

An excerpt taken from “Seniors and the Benefits of Hiking” posted by Kimberley Fowler

It’s no secret that for people of all ages, regular exercise is one of the key factors to a healthy lifestyle. However, as they age, many seniors have difficulty finding a safe way to stay active, which can compound their existing health issues.

When it comes to regular activity, walking is one of the best forms of exercise for seniors. “Walking is a tremendously good activity for senior citizens. It’s cheap, it’s simple, almost anybody can do it,” Dr. Pratt says. “It helps seniors and has very real benefits for maintaining mobility and independence.”

A study published in the Journal of the American Geriatric Society showed that “seniors who walked at least four hours per week reduced their risk of hospitalization as a result of cardiovascular events.” Hiking is a great way for seniors to get out and enjoy a regular walk, and because hiking trails are often softer on joints than asphalt or concrete, hiking can actually be easier for frail seniors than going for a walk on the street.

The benefits of hiking are well documented, showing that seniors who hike regularly experience:

- Improved circulation
- Improved cardiovascular health
- Reduced arthritis, joint and knee pain
- A boost in bone density which can improve bone health and reduce the risk of osteoporosis
- Lower levels of depression and feelings of isolation
- Improved muscle strength when hiking on a slight incline.

Studies also show that seniors who go on one or two hikes per week experience an increase in their cognitive function and higher scores on tests for memory and reaction time.

#### Be Prepared

No matter what age you are it’s important that you do a little preparation for your hike before you set off. For senior citizens to hike safely, it’s important to:

- Stay hydrated – bring lots of water and if carrying traditional bottles of water is too much consider a water backpack
- Wear a good pair of walking shoes
- Wear layers to adjust for changes in weather – light clothes in the summer and warm clothes in the fall
- Wear a sun hat and apply sunscreen
- Bring along an emergency kit, which must contain:
  - A first aid kit
  - Food/water, and
  - A way to communicate in case you run into trouble
- Know the trail and have a map in case you get lost
- Have a safety plan – let someone know where you’re planning on going hiking, your route and when you’ll be back

#### Join the AU Hiking Club

So, if you’re looking for a way to get active and exercise safely, then give hiking a try. It’s a great activity for seniors of all ages and ability levels, contact **Don Kirkpatrick** at: [dakirkpt@verizon.net](mailto:dakirkpt@verizon.net)

## 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, 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.

**WEDNESDAY, September 13, 2017—Wine and Appetizer Social** — Brookside Manor Clubhouse (Storms Drive, Mahwah), which is about 5 minutes from the Wyckoff Reformed Church. There will be some wine tasting and plenty of appetizers (Shrimp, Top Sirloin on Mini Bread, Pigs in a Blanket, just to name a few). No one will leave hungry. Wife's are included. It will run from 6:00 PM to 9:00 PM. Please send your check for \$31.00 pp payable to Activities Unlimited to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430.  
Any questions call Lou at 201-847-1981

**TUESDAY, October 17, 2017 — Fish and Chips Dinner** at La Neve's Catering Hall, 376 Belmont Ave in Haledon NJ. The dinner consists of Salad, Fish & Chips, Cole Slaw, Desert, Wine, Beer, Soda, Coffee & Tea. This will be a self-drive dinner from 4-7 pm so driving home should not be a problem. Wives and significant others are invited. This is an open seating venue. Sit someone you don't know. Please send your check for \$34.00 pp payable to Activities Unlimited to: **Dick Botta**; 413D Bromley Place, Wyckoff, NJ 07481. Question, call Dick at 201-848-9001


**December, 11, 2017—Christmas Party**

## 2018

**January — Lunch at Savini's**



# The Hiking Club



**Activities Unlimited Hiking Group**

Bruschetta and Mixed Olives

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Mixed Green Salad with Balsamic Dressing

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Penne ala Vodka

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Your Choice of

- Chicken Francaise
- Veal Marsala
- Salmon Fillet Provençal

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Dessert

Coffee and Tea

Occasion Cake with Ice Cream



# The Golf Club





# AU Picnic at Kurker's

