

# Activities Unlimited

Volume XXXIV Issue VII

August, 2020

## Activities Unlimited

**Due to the Coronavirus, AU General Meetings will be held via Zoom**

**Activities Unlimited General Meeting**  
**Tuesday, August 11, 2020**  
**1:00 PM via ZOOM**

### LET'S TAKE A WALK IN SPACE

We have just passed the 51<sup>st</sup> anniversary of landing on the moon. Please join us for an exciting view of life on the Space Station which is constantly circling earth. Get to experience what the life is like for astronauts living in very tight quarters. It's like an ultimate "lockdown" that is out of this world, literally.

Privacy is at a premium and if you are at all claustrophobic it should not be on your bucket list to personally experience. But it is interesting to watch others who love it.

I think you will see how all of the "high tech" which it entails is today taken for granted.

I encourage you to join us, even if you have seen this before, to get a glimpse of what the future may be like for the generations that follow us.

Also, as a tickler for the September 8, 2020 General Meeting, we will have William O'Hara giving an excellent presentation covering Medicare enrollment and what is happening with this very important benefit for all of us.

**Mark Cohen**

### NOTE FROM THE PRESIDENT

Well it is the middle of the summer and the heat and humidity are definitely here. This is a very different year. Usually many of our clubs don't meet in August and we don't have a General meeting.

This year due to the pandemic and many people not travelling on vacations, we have decided to hold a Zoom General Meeting on August 11<sup>th</sup> at 1pm. See **Mark Cohen's** note in this Newsletter for details. By the way we had a great Zoom General Meeting on July 14<sup>th</sup> with a presentation by AU member, **Jim McGinnis** on his Vietnam Story 1966/67. 58 AU members were present for it.

Even though we are in Zoom mode we still are looking for new members. Our AU viability depends on recruiting new members. They come into the organization primarily through our existing members. Please continue to make an effort to recruit friends, neighbors, and family. They don't have to live in this area. We have members from places like Montville and River Edge. This year we are waiving membership dues for anyone who joins between now and yearend. An Application Form is on the website or call our membership chairman, **Walt Widmer** at 201-562-8666.

Please look for two AU Blast in your email which was sent recently. We are requesting you fill out surveys on the September Luncheon (again) and the Christmas Party. We are getting a clearer picture of what the restrictions may be: masks, social distancing, no band, no open bar and no buffet. We would like to know if you would attend under these conditions. Please note that the venues may change for each but only for this year.

Have an enjoyable and safe summer. **Bob Dauer**

**The Activities Unlimited website is just a click away.**

For the Home page, click here: <http://www.activitiesunlimited.org/index.html>

Click the link below for instruction on:

How to navigate the Activities Unlimited website:

[http://www.activitiesunlimited.org/Introducing\\_AU%E2%80%99s\\_Website.pdf](http://www.activitiesunlimited.org/Introducing_AU%E2%80%99s_Website.pdf)

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

## HEY, DID YOU KNOW.....

### Use of Membership Information from the AU Website

As provided in AU's Constitution Article II PURPOSE, which states:

**“The purpose of this organization is to provide a means whereby retired and semi-retired men may come together for fellowship, and to cultivate and expand hobbies or activities that may be of interest to any segment of the membership. It shall be non-profit, non-political and non-sectarian.”**

Therefore, using the AU Roster (Membership Listing, Email addresses, home addresses, telephone information, etc.) for express use other than for AU matters (ie. Meetings, dates, activities, trips & tours events) should not be done.

This is supported by the Board of Activities Unlimited.

The above is being stated for clarification, as the use of this Roster information (whether in full or part) for dissemination and distribution of other matters, some of which has been found to be offensive or inappropriate by some members, is not in keeping with how AU portrays itself, and should be discontinued.

Thank you for your understanding and respecting our representation to our Club.

Bob Dauer, President

**For current club information and monthly articles click on the link below the club name.**

Sports & Games	Personal Interests	Social Activities
Bridge	Book Club	AU Guys Band
Golf	History Club	Care & Concerns
Hiking	Gardening Club	Project Outreach
Skiing	Computer Technology Club	Dinner/Dances
Tennis	Investment Study Club	Transportation
Pickle Ball	Photography Club	
	Public Discussion Group	
	Stock Club	
	Science Club	
<a href="http://www.activitiesunlimited.org/page9.html">http://www.activitiesunlimited.org/page9.html</a>	<a href="http://www.activitiesunlimited.org/page10.html">http://www.activitiesunlimited.org/page10.html</a>	<a href="http://www.activitiesunlimited.org/page11.html">http://www.activitiesunlimited.org/page11.html</a>

## **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.**

### **Due to the Coronavirus**

### **All Trips and Tours are Postponed, Rescheduled, On Hold or Canceled**

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

**Dick Botta** at [dickbotta@hotmail.com](mailto:dickbotta@hotmail.com) for those that are scheduled for this trip a full refund will be mailed to you shortly.

#### **SPRING LUNCHEON IS POSTPONED TIL SEPTEMBER- DETAILS WILL BE MAILED TO MEMBERSHIP IN AUGUST.**

**TO BE RESCHEDULED - AU WINE TASTING** We will hold the AU WINE TASTING event on a date to be determined by the Governor's phased opening. **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

**CANCELED**, **Lake Hopatcong BOARDWALK BARBECUE at the Jefferson House.**

**On Hold September, 2020, AU Annual Social**

**On Hold October, 2020, AU Breakfast**

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

## Obituaries

It is sad to report that we have had three losses in July:

**John "Jack" Elwood**, age 95, of Waldwick passed peacefully on July 7, 2020.

**Stanley Shields**, age 84, of Barnegat, NJ, formerly of Wyckoff and Mahwah, passed away peacefully on July 19, 2020.

**Arlene M. Baker**, age 83, of Pompton Plains, passed away on July 23, 2020. Arlene was pre-deceased by her husband, AU member, **Donald Baker** in 2005.

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## Stroke Signs and Symptoms

Signs of Stroke in Men and Women

Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body

Sudden **confusion**, trouble speaking, or difficulty understanding speech

Sudden **trouble seeing** in one or both eyes

Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination

Sudden **severe headache** with no known cause

**Call 9-1-1 right away if you or someone else has any of these symptoms.**

Acting F.A.S.T. Is Key for Stroke

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

**F—Face:** Ask the person to smile. Does one side of the face droop?

**A—Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**T—Time:** If you see any of these signs, call 9-1-1 right away.

**Note the time when any symptoms first appear.** This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

For a new sign of a stroke, copy this link and paste it into your browser's address bar:

[https://www.evernote.com/shard/s7/client/snv?fbclid=IwAR11-NW1PXO48VeDXqCfJs11Tz04\\_hmfiGdQCVtfmExPo4EfSCGkZ3a1SnI%C2%ACeGuid=3ef27fe2-4f46-4ad4-8fbe-b6d27c63124b%C2%ACeKey=8176cca3cef91b6cabeea749745124d1&sn=https%3A%2F%2Fwww.evernote.com%2Fshard%2Fs7%2Fsh%2F3ef27fe2-4f46-4ad4-8fbe-b6d27c63124b%2F8176cca3cef91b6cabeea749745124d1&title=Stroke%2Bhas%2Ba%2Bnew%2Bindicator](https://www.evernote.com/shard/s7/client/snv?fbclid=IwAR11-NW1PXO48VeDXqCfJs11Tz04_hmfiGdQCVtfmExPo4EfSCGkZ3a1SnI%C2%ACeGuid=3ef27fe2-4f46-4ad4-8fbe-b6d27c63124b%C2%ACeKey=8176cca3cef91b6cabeea749745124d1&sn=https%3A%2F%2Fwww.evernote.com%2Fshard%2Fs7%2Fsh%2F3ef27fe2-4f46-4ad4-8fbe-b6d27c63124b%2F8176cca3cef91b6cabeea749745124d1&title=Stroke%2Bhas%2Ba%2Bnew%2Bindicator)