

Activities Unlimited

Volume XXXIV Issue II

February, 2020

Activities Unlimited General Meeting
Tuesday, February 11, 2020
This month the meeting will be held at the Wyckoff YMCA
691 Wyckoff Avenue, Wyckoff, NJ 07481
Brown bag lunch 12:15 –1:00 PM Meeting starts 1:00 PM

LET'S THINK FITNESS! LET'S THINK WELLNESS

This is a Special Meeting which will be held at the YMCA in Wyckoff, next to the Bergen Brick Yard. Will be held in Gym 1. Enter on either side.

Time: 12:15pm where you can still bring your lunch and meet with your colleagues. The AU Band will be there to entertain us. Coffee and cookies will be served.

This is somewhat of a joint venture to look at go forward possibilities and opportunities for AU and the "Y". Many AU members are already members of the "Y" and it is an integral part of their day to day lives.

The Main Event: **Wellness Opportunities / Men's Wellness Day** planned for April 28th where you will be able to get a complete evaluation. This will give all of us a good understanding of how we can feel better by more interaction with the "Y".

You will be hearing a presentation from and meeting with many YMCA workers telling us how we can take advantage of what the Y has to offer and improve our quality of life that is geared to senior men's health. This to include social, physical fitness, and medical. You will get a tour of the "Y". Also participating will be Hackensack Hospital.

This is something you don't want to miss!

We want a big turnout. The "Y" is our friend.

NOTE FROM THE PRESIDENT

I hope you are tolerating this mostly moderate winter. The good news is it is nearly half over.

As you can see from **Mark Cohen's** article on the left side of this page we are trying something different for our February General Meeting. I urge members to make an extra effort to attend the Y meeting. It will be well worth it to you in many ways as senior man.

As in previous years our on-going goal is to increase our diverse membership which currently stands at 377. We have tried many ways of doing this but in the end the most effective approach has been our members telling acquaintances, friends and family about the benefits and enjoyment that they get from actively participating in our clubs, events and tours. We welcome any senior. I strongly encourage you to be our energetic salesmen. I would also encourage you to expand your horizons and sample other clubs beyond the current ones you enjoy. You never know you might find more avenues for enjoyment. If there is an activity we haven't offered but you think there may be interest-in bring it to our attention directly or at the General Meeting and we can help you get it started. The History Club, and Bocce and Pickleball activities got started that way in the last couple of years.

It is a primary objective to have large attendance at our General Meetings. It gives you a chance to voice your opinions about AU and the directions it is taking, in addition to hearing interesting speakers. In that regard, we would ask you to provide suggestions for speakers at our General Meetings as well as new areas for sourcing speaker. Please remember however, that we have limited funding to pay to presenters. Please call **Mark Cohen** at 201-337-1543 or myself at 201-327-9247 with your thoughts and ideas.

See you all at our February Meeting at the YNCA.

MEMBERSHIP DUES

Your Membership dues of \$50.00 for 2020 are PAST DUE (December 31, 2019).

This is the last month in which you can maintain your membership in AU. Please send your check today, for \$50.00 payable to **ACTIVITIES UNLIMITED** to: **Jeffrey Mohn** 499 Hobart Road Paramus, NJ 07652.

If you have any questions, please call Jeff at 201-261-1219

At the January meeting, \$135 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
1st Vice President
201-337-4198



Doug Cooper
2nd Vice President
908-907-1112



Dave Voehl
Secretary
973-227-6981



Jeff Mohn
Treasurer
201-261-1219



Marty Valerio
Assistant Treasurer
201-262-8966

COMMITTEES & C LUBS				
GROUP	CONTACT	PHONE	MEETING	
AU Guys Band	John DeSantis	201-447-0256		
Book Club	Vince Tortorelli Marty Valerio	201-447-3718 201-394-2938	4th Wed. 9:30 am WRC-Memorial Rm	
Dup. Bridge	ED Foldessy	201-327-5767	Wed 1:00 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	Jeff Mohn Paul Hennion	201-261-1219 201-891-4716		
Chaplain	Rev Andy Kadzban	201-485-8589		
Computer	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-825-7541	3rd Wed 10:00 am WRC-2nd Floor	
Gardening	Joe Lamela Rick Sneyers	201-327-8137 973-248-6625	1st Wed. 10:00 am WRC-Memorial Room	
Golf	Bill Bryne Jim Webb	201-447-5064 201-337-7982	Tues & Thur. Paramus Golf Club	
Hiking	Long	Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00 am WRC-Parking Lot
	Short	Fred Theile	201-981-1801	Mon 9:30 am WRC-Parking Lot
Historian	Victor Pizzolato	201-612-0038		
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Mon 1:00 pm WRC-2nd Floor	
Investment	Al Connelly	973-616-0755	2nd Thur. 9:30 to 10:30 am WRC-Memorial Rm Exp. July & August	
Luncheon	John Abrahamsen	john.abrahamsen.bnp@gmail.com		
	Mark Cohen	201-337-4198		

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	
Pickleball	Tim Tracy Tom Martin	201-560-8911 201-891-3185	Tue & Thur. 9:00 Wyckoff Public Tennis Courts
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-446-7357 201-825-0437	1st Tue 10:00 am WRC-2nd Floor
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	Wed after General meeting @ 9:30 am Larkin House
Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Science	Jack Yurasek Harry Bennett	201-337-4433 201-891-9527	3rd Tue 10.00 am WRC-2nd Floor
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Frank Nusspickel John Abrahamsen	201-891-9099 201-848-8037	2nd Tues. 8:30 am 4th Tues. 9:30 am WRC-2nd Floor
Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	John Caikowsky Don Wasson	973-599-1056 201-891-1873	2nd Tue 10:15 am Heneveld Hall
Web-Master	Don Kirkpatrick	201-337-5666	

The deadline for Newsletter articles is no later than 5 PM, on the 25th of each prior month. When submitting articles, please use font: Times New Roman 11 pt. (not bold). **Email: lguarneri03@gmail.com AND jrhensch62@gmail.com** or mail to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430

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.**

FRIDAY, February 14, 2020, VALENTINES DAY - "Love Is In The Air"

Lunch at Stony Hill Inn 11:00am-3:00 pm. (Sold Out)

It will be a very special holiday show. Wives/significant others are invited. Listen and dance to some beautiful songs by Joe Zisa & Friends. A highlight of the luncheon will be a performance by one of our favorites, the sensational **Dan Yates**. Delicious Stony Hill cuisine. Menu: pasta & salad, rolls & butter, Roast Turkey w/stuffing, Roast Beef, vegetable & potato and dessert, all served family style. Coffee, tea, soda. 1 drink per person included. Please send your check for \$55.00 pp made payable to ACTIVITIES UNLIMITED and send to **Bob LaSalvia**, 80 Glasgow Terrace, Mahwah, NJ 07430. Please include your cell phone number with your check. **SOLD OUT**

WEDNESDAY, April 1, 2020- HUNTERDON HILLS PLAYHOUSE

" Sherlock Holmes Returns" - An All New Interactive Musical- Mystery Comedy.

Buckingham Palace has been robbed and its up to Sherlock Holmes, Dr. Watson and the audience to solve the crime. A sit down luncheon with outstanding dessert tables starts at 11am sharp and will precede the show. Wives/significant others are invited. Space is limited and all checks must be received no later than March 1, 2020. This is a carpool event. Make checks payable to ACTIVITIES UNLIMITED for \$65pp and mail to:

John Caikowsky 26 Donna Drive East Hanover, NJ 07936. Please include cell phone number with check.

Any questions contact John @johncaikowsky@optonline.net or call 973-599-1056

MONDAY, April 27, 2020, Tour of the Shore—Sea Girt to Long Branch

Stories of Storms, Springsteen, Sharks, Shipwrecks and Seven Presidents. Magnificent Mansions, Amazing Hotels and a Great Auditorium. Short strolls on the Spring Lake and Asbury Park Boardwalks. Shop in Spring Lake's Quaint Downtown. **Lunch at the Breakers**, the oceanfront hotel's extraordinary buffet is highlighted by: Salmon, Chicken Scampi, and panko Crusted Flounder. The bus will leave from WRC at 9:00 am sharp. Wives/Significant others are invited! Cost is \$ 84.00 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.

WARNING: NARRATION SO FUNNY, WE CAUTION YOU NOT TO ROLL IN THE AISLE.

Presented by Stage Right, the same folks that gave us the Food Tasting Trip last October.

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. We look forward to seeing you there.

Tuesday, June 2, 2020 - AU WINE TASTING

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

September, 2020, AU Annual Social

Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Rick Bogdan (Marcia)	45 Metro Vista Drive Hawthorne, NJ 07506	Sales	Computers, Discussion Group, History Club, In- vestments, Pickle Ball, Science and Stock Club	Cell Phone: 201-913-6414 Email: rick6056@gmail.com



Duplicate Bridge Club

Obituaries

Carol, wife of AU member, **John Campi**, passed away recently in Florida,

AU member **Dr. Anthony Antonelli** passed away on December 27, 2019 at age 82.

	NS	EW
	January 8, 2020	
1	Dick Freimuth & George Lewis	Tom Meloro & Bill Milcos
2	Ed Foldessy & Harold Mahmarian	Dennis Cheeseman & Bob Desrosiers
3	Don Martin & Ed Zelhof	Frank Altamuro, Bob Groesbeck, Ed Wong
	January 15, 2020	
1	Dick Freimuth & Harold Mahmarian	Bob Groesbeck & Tom Meloro
2	Frank Altamuro, Ed Wong, Lee Warner	Ed Foldessy & George Lewis
3	Bill Auer & Bill Milcos	Bob Desrosiers & Bob Yampell
	January 22, 2020	
1	Frank Altamuro & Bob Desrosiers	Brij Anand & George Lewis
2	Don Bidwell & Ari Spence	Bob Groesbeck & Harold Mahmarian
3	David Kampschmidt & Ed Zelhof	Dick Freimuth & Lee Warner

The History Club



Our meeting in February will be on the 24th. Our speaker is **John Steen**. He will be presenting the "History of Cotton in the World." Cotton is a very important commodity and played a major role in the history of India, British Empire and the United States. Cotton is arguably the world's most important nonfood crop. Cotton was once called white gold. Cultivation of cotton using black slaves brought huge profits and wealth to the owners of large Southern plantations prior to civil war.

The History Club meeting is on January 27. Our speaker is **Al Connelly**. His topic of presentation is "The Weather Shapes History." Empire rise and fall with the changing weather. The empire that cannot deliver daily bread will soon be dead. Throughout history, fierce wind, raging monsoons and other adverse weather condition have changed the tides of entire civilization that affect our lives. Another important aspect of weather that has a tremendous effect on our lives is extreme weather events, such as hurricanes, droughts, floods (tsunami), fires (forest fires), cold snaps and winter storms and heat waves.

Pablo A. Catangay, Chairman

Tony Mastandrea, Co- Chairman



Public Discussion Group

The meeting began with a summary and comments on the General Meeting speaker who had described his experience escaping the Twin Towers on 9/11 despite being above the crash site. Everyone who had attended agreed it was an exceptional presentation. We then turned to more recent events, the assassination of Soleimani and the impeachment of the President. There was universal agreement that Soleimani was a terrorist who had masterminded attacks for more than a decade. Some speakers felt that the killing contravened US “treaty” law, which justifies assassination only in case of an immediate threat to human life. The changing explanations for the timing of the strike created confusion on this point. Regardless of the legal question, most members felt the law was irrelevant since Soleimani was on the terrorist list and was clearly responsible for many deaths. Turning to impeachment, the group discussed the House hearing and the delay in delivering the charges to the Senate (Pelosi’s rationale and whether it was justified); and then turned to whether the charges, even if true, met the standard of “high crimes and misdemeanors.” On this point there were differing views, understandable in light of the Constitution’s ambiguity.

The group then looked at the field of Democratic candidates and tried to assess their suitability to serve as President. Principle criticism was a lack of any coherent program and cost of suggested proposals. Others countered that the candidates’ websites contained detailed policy statements, including costs of implementation. More discussion arose around the issue of health care and whether the existing insurance system was the best one for the country. Those who favored changes emphasized the number of uninsured and the increase since the rollback of Obamacare as well as the cost to taxpayers of caring for the uninsured. Among the candidates, Mayor Pete was singled out because of his age and there was some back and forth around what made him an attractive candidate.

The final topic was the question of “civility in politics. Everyone agreed that the country was experiencing a low point in political rhetoric and behavior (although it was pointed out that from the earliest days of the Republic politics were rough and tumble and in 1856 Charles Sumner was almost beaten to death on the floor of the House for declaiming anti-slavery views). What was different now? Members highlighted the impact of the internet and social media as sources of information/misinformation, the example of the White House in terms of the national model presented, and a reorientation of education at secondary and college levels from “critical thinking” and shared cultural views to a self-contoured curriculum and “vocational” preparation both of which provided immediate gratification to the detriment of the open exchange of ideas.

The next meeting is on 12 February at 9:30 am at Larkin House. Topics are: Results of the Iowa caucuses; and Significance of the “Secure Act.” All members are welcome to attend.

Tom Butler



The Science Club

At the January meeting, Franko Diaz spoke to us on ‘Authentication’- the topic has to do with assuring that products and services we purchase or receive, are truly what we are lead to believe they are. Approximately 10% (billions of dollars) of the imports received in the country are ‘fake’. Also apparently, anyone can register and sell products on Amazon, and other Internet sites- they may not be as advertised. Franko presented many examples Labels for products which are very difficult to counterfeit –examples are currency and credit cards etc. Thank you Franko!!

Since the December 17 meeting was canceled because of weather concerns, **Murray Perl** will speak to us at the Tuesday 10 AM, February 18 meeting. His talk will be ‘Evolution beyond Darwin’-it has been over 150 years since the original theory was proposed. Murray points out that ‘Public health, disease control and agricultural technology are directly related to our understanding of modern evolutionary theory and population genetics’. Promises to be outstanding.

At the Tuesday 10 AM, March 17 meeting, **Marc Bernhardt** will speak to us on LEDs (Light Emitting Diode). 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 April Meeting. His talk will be on Technology and Manufacturing in the Paper Industry.

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

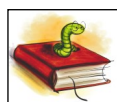
Harry Bennett (201-803-1475) Email-harry.bennett@bennett.com



The Hiking Club

On January 10th, The AU Short Hikers took a NEW exciting and historic hike, from the old railway Depot Station in Piermont, NY up to Nyack, NY. We hiked on the old Erie railroad line from 1873, cut into the Hudson River mountainside, 4.2 miles roundtrip. We had beautiful views of the mansion houses and long Piermont Pier, as well as the new Tappan Zee Bridge. Then we had a great lunch at the Brick House in Nyack!

Join us Monday's 9:30am in WRC parking lot!
Or email Fredtheile@gmail.com to be added to the weekly hike announcements.



The Book Club

JANUARY 2020 BOOK CLUB MEETING

Tony Mastandrea started the meeting with a summary of Mario Puzo's early novel *The Forbidden Pilgrim*. He used maps of Italy as a reference to set the stage of the story, which focuses on the lives of a southern immigrant mother who raises her family in the 1920's in the lower west side of Manhattan. Widowed twice Lucia Santa Angeluzzi-Corbo struggles to hold her family of 6 children, 3 by each husband, in a strange land. Each of the children have their own personality but the family unit stays close as they grow up together and experience a closeness in the Hell's Kitchen community. Lucia's strength and firmness prevails and the family survives years of sometimes comic, poignant and violent events until they all leave together to resettle on Long Island. The novel was Puzo's personal favorite because he related to it but it was never a commercial success so he turned to what the public really was interested in, crime and the Mafia, thus creating the Godfather series which made him a lot of money. The story gave rise to some nostalgia and discussion among members of the Book Club since it opened memories that they could relate to of their own heritage.

Joe Pullaro then reviewed *The Two Income Trap* by Elizabeth Warren. This non-fiction work deals essentially with middle class families who chose to "move up" by relocating to a larger house in another locale that had better schools with the conviction that having the wife change her role from housewife to gainfully employed would enable them to handle the mortgage payments. The book was first published in 2003 but a lot of it remains relevant today as it discusses how the increased income usually does not adequately cover increased expenses such as child care, an additional wardrobe, transportation (possibly another car) leaving many families into bankruptcy which Warren states has risen over the years. She places much of the blame not on the families themselves for getting into this bind but on policies and the banking industry that fosters such predicaments. The subsequent discussion focused on this aspect of the book and whether such experiences might result in more disciplined decisions by homeowners and/or governmental policies for protection.

Books for February are:

Infamy by Richard Reeves (non-fiction). A description of the internment of the Japanese in America in evacuation centers during World War II.

In the Wake of the Plague by Norman Cantor (non-fiction). A look at the Black Death in 14th century Europe and its effects.



Proposed By-Laws Change

The following is a proposal to change the By Laws and add an item to the Policies, Practices and Procedures document.

The present wording in our By Laws does not allow a member to use our membership list for economic gain. Therefore, a member could not sell an item on the AU Network.

In accordance with the By Laws this proposed change must be printed in the Newsletter in January and February. We will vote on the change at the March meeting

The existing wording under **MEMBERSHIP, Section 4**, is as follows "No member is permitted to use the "Organization" or its membership list to solicit for economic gain in any way."

Proposed Wording

A member is only permitted to use the "Organization" and its membership list to sell an item to another member through the AU Network, provided the sale complies with the Policies, Practices and Procedures, Item 20.

Proposed new section to the Policies, Practices and Procedures

20. The AU Network is a digital message board where a member can contact other members with a request for information or an announcement that the member has something to give away or sell. This "contact of other members" is done through an email to all members on the mailing list.

Posting of an item **for sale** is subject to the following restrictions:

- The item must be personally owned by the member.
- The sale is done on a one-time basis.
- A member may not post his personal business enterprises.
- Commercial ventures cannot be posted.
- No advertising of public companies is allowed.

An AU member shall be appointed by the Board to screen all items offered for sale for compliance with the above rules. If an item is rejected for posting, the member may appeal to the Board for a final decision.