

Activities Unlimited

Volume XXXV Issue II

February, 2021

Activities Unlimited

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

**Activities Unlimited
General Meeting
Tuesday, February 9, 2021
1:00 PM via ZOOM**

NOTE FROM THE PRESIDENT

The heart of winter is now upon us. The next 2 months is usually where we get a couple of severe snowstorms. But nowadays we continue to have to still also deal with the pandemic keeping us inside. We continue to try to find opportunities for interaction. The last 10 months feels like and is a long time.

Hopefully, we are beginning to see a light at the end of the tunnel. Most of us are looking forward to hearing about vaccine availability so we can begin to put this nightmare behind us.

We continue to communicate and running our clubs/activities via Zoom. I really urge you to take advantage of participating. If you have stayed away from being active because you are concerned about your Zoom abilities, please don't be. Contact the Club Chairman, myself or any Board Member and we will make sure you get the support needed. You can easily find the contact info right within this Newsletter or on the AU Website.

If you are a golfer, the season is going to be starting up shortly. It gets you out of your house and gives you well needed exercise as well as some interaction with other members. The same holds true for the Hiking Club (they even venture out in the cold too). Please don't hold back, join in.

Make sure you read **Doug Coopers** column to the left where he tells you about our speaker for the February General Meeting on the topic of Cyber Security. A continued concern in the fast paced internet world we live in today.

Remember, we can all succeed if we all participate.

Mark Cohen, President
201-337-4198
mark.cohen6222@gmail.com

FEBRUARY SPEAKER – Curtis Springstead
FRAUD WATCH CYBER SAFETY

Curtis Springstead is a member of the AARP NJ Speakers Bureau. During his 38 years in the Information Technology industry, he held many of the roles available from programmer to strategic consultant. He led the design and implementation of business process change and supporting technology in a variety of industries. He has also served a number of diverse non-profit organizations in many roles. Curt was a trainer and professor part time for 30 years. He and his wife of 47 years, Anne, live in northern Passaic County near their 2 daughters and 4 grandchildren.

Scammers steal billions of dollars from unsuspecting consumers every year. The impact on victims and their families can be financially and emotionally devastating, especially for older Americans.

AARP created the Fraud Watch Network to empower consumers to spot and avoid scams, and to provide support and guidance to victims and their families when fraud happens.

The program will introduce you to the major risks you face for online scams and fraud. You will be educated on six basic steps you can take your personal information secure when online. Duration: 20 or 40 minutes

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



ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2021 OFFICERS



Mark Cohen
President
201-337-4198



Doug Cooper
1st Vice President
908-907-1112



Harry Bennett
2nd Vice President
201-891-9527



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
Patrick R. Cafaro (Chris)	91 Briar Ct. Hamburg, NJ 07419	Hiking Club	H: 908-494-5779
Robert Stevenson (Kathrine)	23 Bellgrove Drive Mahwah, NJ 07430	Book Club, Computers, Discussion Group, History Club, Photography Club, Investment Study Group	H; 201-818-5228 C: 201-6151202 Email: robertStevenson@hotmail.com

2021 Activities Unlimited Dues

**About two-thirds of our membership have paid their 2021 dues, Thank You.
Reminder to those who haven't - They are now are past due.**

Dues for 2021 have been reduced from our normal \$50.00 to \$30.00. Send your check for \$30.00 made out to **Activities Unlimited to:**

Jeffrey Mohn, Treasurer, 499 Hobart Road, Paramus, NJ 07652.

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	
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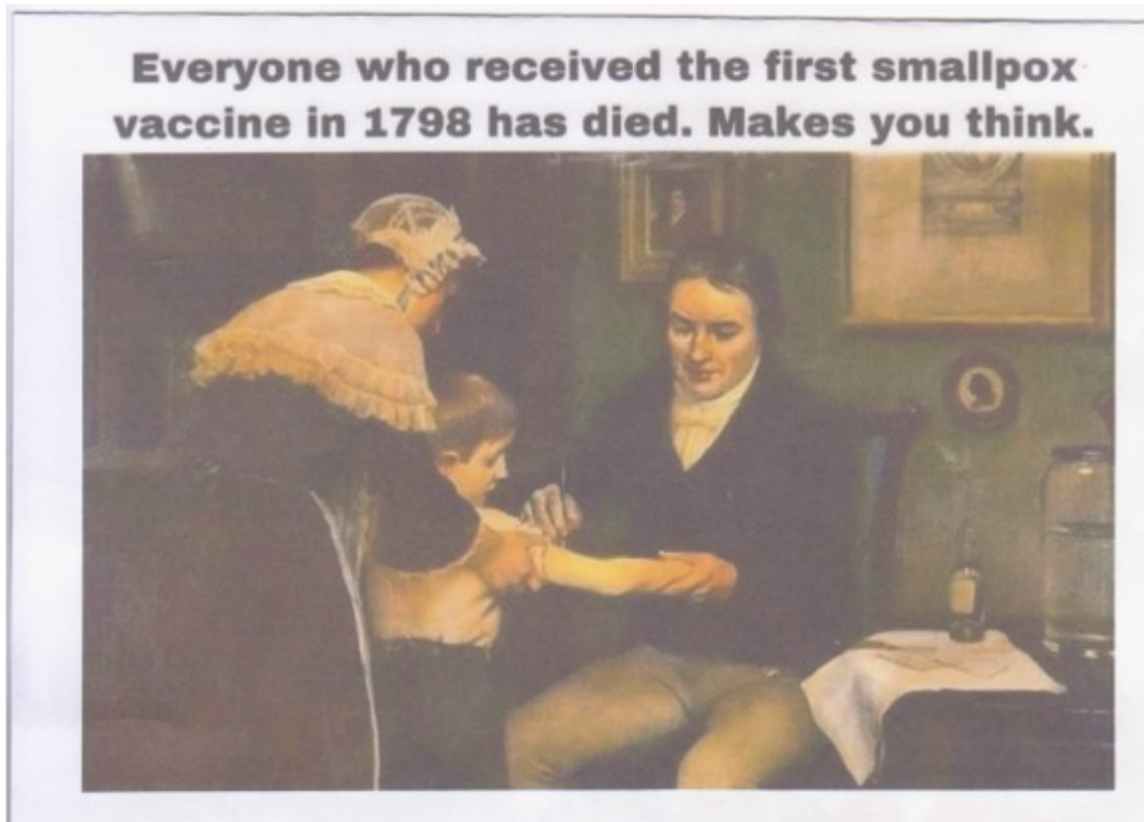
Trips, Tours & Special Events Calendar

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

2021 Trips and Tours are On Hold

We hope to see all of you soon.



"How Lucky We Are"

So how difficult is your life during Covid-19 & otherworldly stuff in the 21st century?

IT'S WORTH A LOOK.

<https://www.youtube.com/embed/P-IzlygRxA8>

Enjoy!

Meet Our Clubs



Stock Market

Are you interested in investments in publicly traded stocks? The AU Stock Market Club provides a forum for both novice and seasoned investors to share investment ideas and to participate in the stock market for fun and profit. We presently have 23 members, some with little or no investment experience, who meet twice monthly, currently via a Zoom meeting. Market conditions are discussed as well as individual stocks for trading. While 2020 was not a good year in many respects, it was a good year for our investments. With a stock portfolio of approximately \$190,000 we earned \$2,300 in dividends and \$58,700 in capital gains. Our Net Asset value in 2020 increased by 22.1%, besting the S&P by 5.9%

All AU members are invited to join and more information can be found on the AU Website under "Activities".

You are welcomed to call **Frank Nusspickel**, Senior Partner, at 201-739-5773 (Cell) or 201-891-9099 (Home) to discuss our activities.



The History Club

Our goal in the History Club is to inspire more people to interact with the past. This is a fun way to share your interest in history with other likeminded individuals. We started this History Club 6 years ago and it has become one of the most popular club in the AU. We presently have 92 members and averaged 40 to 50 attendees in the monthly meeting pre-Covid-19 down to 28-38 with Zoom teleconferencing. Our presenters/speakers emanates from the group who presented fascinating, informative and provocative subjects. The subject matters vary widely from economic, war and peace, politics, revolution, medicine and science, cultural struggle, arts, religion and rise and fall of empire.

The topics to be presented for the next three months are as follows: For February, **Pete Macaluso** will be presenting "The First Global Economy." How the discovery in South America of the largest mountain of silver ore revolutionized world trade and affected every nation for centuries, and even us. How this exploitation swallowed eight million or more people. In March, I am presenting -"The Electoral College": How it was created, how it works, how it endured for more than two and quarter centuries of attacks and, its relevance to the Contemporary America. In April, **Jeff Mohn** will be presenting "Extremism in America - Left to Right - Communism to Nazism. He would take a look at the history of Communist Party in America, as well as early Nazis, the German "Bund" and its offspring of far right militant groups.

So, I am imploring the collective talents of the AU members to come forward and volunteer your knowledge and flair of "history." The choice of subject matter is yours.

For more information contact:

Pablo A. Catangay, Chairman, pcata123@optimum.net



Trips & Tours



During the year, trips and tours plans one-day trips to various interesting places in the tri-state area. These trips are for both members and their wives/companions.

The trips are organized by our T&T members. A few examples of some of our past trips are liberty park science, NYC stage shows, ball games, botanical gardens, music and dance luncheons etc. We have also taken extended trips to Europe, south America and the united states, both land and cruise

We welcome all old and new au members to join us in planning these trips. We meet once a month in the morning on the second Tuesday.

For more information contact:

John Caikowsky, johncaikowsky@optonline.net, or **Don Wasson**, donwas@verizon.net

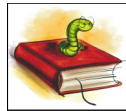


The Golf Club

Our AU golfers play at the Paramus Golf Course every Thursday morning during the season. They are preparing for the Spring season which starts on April 15. Golfers of any ability are welcome to join. They follow all the COVID 19 rules.

If you would like to join or just to hear more about AU Golfing, please call:

Jim Webb (201 788 9085 or jimwebb970@gmail.com).



The Book Club

The Book Club is an activity for those who enjoy reading books of any or all subjects, fiction or non-fiction. We meet on the 3rd Wednesday of each month at 9:30 AM. Our usual meeting place is the Memorial Room at the Wyckoff Reformed Church, but until the Covid-19 pandemic passes we have been holding Zoom meetings on the same schedule. We send out an email to our list of members with a Zoom invite link a day before each meeting so members can participate.

Our format is casual but has a certain structure. At each meeting we cover two books that have been selected 2 months previously, allowing sufficient time for members to read them. The meeting starts with a summary of the book delivered by the member who has recommended it. That is followed by the chairman opening discussion by members present of its content, the writing style of the author, the subject matter itself, or anything else a member wishes to contribute on its subject. The format is the same for the second book to be discussed. Following that members select 2 other books to be presented and discussed 2 months hence. Books may be either fiction or non-fiction.

It is important to note that it is not required that participants at the meeting read both or any of the books, and degree of participation in the discussion is at the sole discretion of each one present. After each meeting a summary of the meeting and listing of selected books for the next 2 meetings is written by the chairman and emailed to all Book Club members. We usually have about a dozen or so members who are able to attend each meeting, although total membership is higher.

Should you have any questions or would like more information, please contact:

Vince Tortorelli at 201-316-2961 (cell) or email at carvince@aol.com.