

# Activities Unlimited

Volume XXVII Issue I

January 8, 2013

## Monthly Meeting

### START THE NEW YEAR OFF WITH A HAPPY NOTE

THE MEMBERSHIP MEETING THIS MONTH IS ON THE SECOND TUESDAY, JANUARY 8TH. After the business meeting we will be entertained by Gus Baxter from Woodside Music Studio with a history of the guitar. The meeting starts at 1pm as usual. Come early and bring a brown bag lunch and enjoy the AU GUYS band music and conversations with your friends at AU.

**A**U Dues are past due. Make your check out to AU for \$50.00 and send it to our Asst. Treasurer:  
**Jim Jeffers, 409 D Bromley Place, Wyckoff, N.J. 07481**

## Food Pantry

At the December meeting, \$246.00 was given as donations to the Food Pantry.

The Deadline for February 2013 Newsletter articles is **January 30, 2013**. Send to:  
Email: [lguarneri03@gmail.com](mailto:lguarneri03@gmail.com)  
Or mail to: Lou Guarneri  
128 MacLeish Court  
Mahwah, NJ 07430

## Note from the President

We wish all our members, family and friends a healthy and prosperous New Year.

If you're like most people, you've probably experienced the sudden burst of motivation that comes in early January, as holiday indulgences make their way to the waistline and New Year's resolutions force a new look at the figure we see in the mirror. "This is the year," so the resolution goes.

We have looked in the mirror and while we like what we see at AU, continuous improvements remains our goal. The primary reason AU is successful is due to the hard work and leadership of the members who chair the 22 activities that are available to our members. Many of these chairmen serve for periods over five and ten years. AU officers serve from two to eight years in various capacities. It is not realistic to expect that any one member will serve continuously. Other members should be expected to take on these positions if we are to continue to provide the environment for fellowship and meaningful activities. In addition, new leadership usually produces new ideas. We encourage member participation and willingness to take on leadership roles.

We will continue to actively seek input from the members as to ideas to improve AU. We are reestablishing the suggestion box at the monthly meetings. In addition, suggestions, comments and ideas can be sent directly to me at [ftnusspickel@aol.com](mailto:ftnusspickel@aol.com) or pick up the phone and call me at 201-891-9099. Verbal communication still works!

## Annual YMCA Veteran's Luncheon





## Duplicate Bridge Results

		1st	2nd	3rd
12/05	NS	Meloro/Wiest	Finn/Hulit	Chapman/Reed
	EW	Gilpatrick/Levin	Boylan/Page	Milcos/Smith
12/12	NS	Green/Wiest	Christie/Warner	Finn/Verdi
	EW	Chapman/Mahmarian	Smith/Foley	Reed/Hausman
12/19	NS	Riccardi/Wiest	Foley/Martin	Meloro/Socolof
	EW	Lewis.Milcos	Green/Levin	Freimuth/Page
12/26		MacDougall/ Freimuth	Coughlin/ Desrosiers	Smith/Wiest

## 2013 AU STOCK CONTEST

We will have a 2013 AU stock picking contest. Entry fee will be \$5 and the winners will receive cash awards.

Contestants use a fictitious \$100,000 and are required to pick up to 5 stocks which will be valued at the December 31, 2012 closing prices.

Rules will be handed out at the December meeting or obtained by email from Don Fairbairn:

[wyyvern51@aol.com](mailto:wyyvern51@aol.com)

2012 winners will be announced at the January meeting and prizes awarded

## The AU Guys Band

The AU Guys Band is again making an appeal to all our fellow members to consider joining our band if you still have your instrument or know of a musician who needs some coaxing. Don't be shy, it's like riding a bicycle and you don't need a helmet.

The only two rules the band has are:

- 1) You must have fun.
- 2) If you make a mistake don't stop playing.

We practice most Wednesdays from 10:00 -12:00 Noon at the Larkin House.

If interested, please contact **John DeSantis** at 201-447-0256.

	OFFICES		MEETING
<b>President</b>	Frank Nusspickel	891-9099	2nd Tue 11am
<b>1st Vice-Pres.</b>	Herb Umland	891-6638	
<b>2nd VicePres.</b>	Ray Casaprima	891-3394	
<b>Secretary</b>	Ed Chanod	891-1995	
<b>Treasurer</b>	Dick Hensch	89—1309	
<b>Asst. Treas.</b>	Ed McGuirk	445-5729	
	COMMITTES		
<b>AU Guys</b>	John DeSantis	447-0256	
<b>Book Club</b>	Joe Clinton Joe Infosino	447-2261 337-5442	Wed after the AU General Meeting 9:30
<b>Dup. Bridge Rub. Bridge</b>	Joe MacDougall Wes Cheringal	891-4048 848-8009	Wed 1 pm M,F 1 pm
<b>Digital Camera</b>	Ed Trerotola	236-1368	
<b>Care-Concern</b>	Joe Clinton Paul Hennion Don Martin	447-2261 891-4716 891-2279	
<b>Chaplain</b>	Rev. D. Bach	891-1782	
<b>Chess</b>	Bill Schultz	891-5327	3rd Thru 9:30
<b>Gardening</b>	Joe Lamela	327-8137	1st Wed.10:00
<b>Golf</b>	Bruno Bissetta Guy Cappello	891-7567 891-0617	Tuesday Thursday
<b>Hiking</b>	Don Kirkpatrick	337-5666	Mon 9:00
<b>Historian</b>	Dom Manobianco	891-7185	
<b>Investment</b>	Herb Umland	891-6638	2nd Thru 9:30
<b>Model RR</b>	Lou Guarneri	847-1981	Wed. 7PM
<b>Membership</b>	Dick Gattoni Walt Widmer	652-0064 562-8666	
<b>Newsletter Distribution By</b>	Lou Guarneri Ed Schlachman	847-1981 973-423-1459	
<b>Project Outreach</b>	Marty McGonigle	529-1941	
<b>Photographer</b>	Chuck Bainbridge	447-2910	
<b>Public Disc.</b>	Walt Widmer	562-8666	4th Fri 9:30
<b>Refreshments</b>	Hank Boucher Frank Turi Andy Grace	445-2633 973-513-9117 337-4360	
<b>Science</b>	Jack Yurasek	337-4433	3rd Tues 10.00
<b>Skiing</b>	Bud Brooks	327-6649	Snow
<b>Sponsor Liaison</b>	Mike Wolff	891-4426	
<b>Stock Market</b>	Ramon Casaprima	891-3394	2nd Tues. 9:00 4th Tues. 9:00
<b>Tennis</b>	Dom Manobianco	891-7185	MWF
<b>Transport.</b>	Ron Miller	891-5734	
<b>Trips/Tours</b>	Lou Guarneri George Lewis	847-1981 891-5883	2nd Tues 10:30
<b>Web-Master</b>	Don Kirkpatrick	337-5666	

## Welcome New Members

Name (Spouse)	Address	Employment	Interests	Home/Email
<b>Peter Aivars (Nora)</b>	69 Lakeshore Dr. Oakland, NJ 07436	Owner Aivars Machinery	Hiking, Skiing and Tennis	H:(201)337-3120 C (201)921-8706 peteraivars@verizon.net
<b>James P Dorrian</b>	303 Bohny Dr. Wyckoff, NJ 07481	Sports Bartender	Computers, Digital Cameras, Golf and Trips & Tours	H: (201)891-2860



Science

## The Science Club

At the December S/C Meeting, Dr. Ronald Cauchard (an Optometrist whose Office is in Wyckoff) gave us an outstanding discussion on the new and current approaches for testing and treating eye issues which are important for seniors. These included Macular Degeneration (both Wet and Dry), Glaucoma, and Diabetes, as well as, Cataract treatment. Central to the detection and control of all of these problems is elimination of Smoking, a Healthy Life Style (exercise and diet), and periodic eye examinations. Dr. Cauchard explained that proper blood flow in the eye is critical, and is maintained and improved by a healthy life style. He also indicated that Glaucoma is now a disease which, with early detection and medication, can almost be considered eliminated. Thank you Dr. Cauchard for you visit.

**January 15, 2013—Jack Yurasek** will give a talk on Gravity and the Fabric of the Universe. It is based on a book and PBS NOVA DVD by Brian Green, and the book 'Gravity' by Brian Clegg. The DVD will be shown along with a discussion on Gravity/Acceleration Equivalency, Warping of the Universe (based upon Einstein's Special Relativity), and Space /Time Diagrams.

**February 19, 2013—Walt Widmer** will give us a talk on how are our Liver and Kidney function, as well as the digestion process. Walt has given us many presentations on our bodies, and they are always excellent.

**March 7, 2013 (Thursday)—Museum of Natural History Bus Trip.** In order to have this Bus trip, it is necessary to take at least 30 people. The trip is open to all AU Members, as well as family and friends. The Trip includes the Planetarium, and an IMAX Movie. Lunch is available in one of several restaurants in the Museum. Please Save the Date, and invite others. The bus will leave WRC at 8:30 AM, and return by 5:00 PM. The cost of the Trip will be \$48, with a \$20 Deposit (pls. mail to me at 136 Manito Ave., Oakland, NJ 07436).

**March 19, 2013—Fred Theile's** presentation will be on WATSON, the IBM Computer which did well on Jeopardy. It should be interesting.

Note that we continue to need volunteers to give S/C talks. Please contact me to discuss ideas for future talks and suggestions to improve the Science Club, as well as information on future meetings. and trips.

**JACK YURASEK** (201-337-4433)

## AARP TAX-AIDE SEEKS VOLUNTEERS FOR 2013 TAX SEASON

We are again seeking the aide of AU members who are willing to serve as volunteers in the AARP Tax Aide Program.

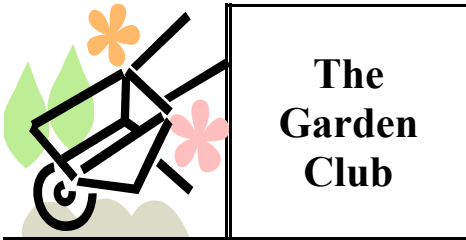
AARP Tax-Aide volunteer run tax preparation and assistance service is seeking volunteers to help primarily low income New Jersey taxpayers who are seeking assistance in preparing and filing their 2012 tax returns.

Volunteers do not need to be an AARP member to participate. Computer proficiency is necessary. Willingness to use your own personal laptop in the preparation of tax returns would be helpful and appreciated.

AARP Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program related expenses. They help taxpayers at various sites in the Passaic County area. This could not be done without the help of volunteers who make an indelible mark on those communities that they help. You will find the work of assisting people of limited means to be rewarding and fulfilling.

For more information on how you can join the Tax-Aide program and be of assistance to taxpayers, contact:

**Ed Schlachman** at 973-423-1459 or at [edandjune@aol.com](mailto:edandjune@aol.com)



## The Garden Club

Our December meeting began with sharing of "Sandy" damage reports. **Jack Elwood** told how he hired a Sussex County contractor who cleared his storm damage very reasonably.

Other members offered recommendations on a variety of related services for possible future needs by our members.

**Art Cappello** has someone who can do minor repairs and carpentry. Fred Theile is happy with someone who installed his Belgium block driveway.

**Don Chucka** intrigued us with the notion of growing tomatoes using a grafting technique..

**Jay Bouton** inquired about a less care intensive rose plant variety. The "Knockout" variety was recommended for him to try.

**Joe Lamela** offered some tips on bulb growing techniques with a special emphasis on the beautiful "Amaryllis".

**Garrett White** suggested a method of apply fertilizer around mulched plantings to gain maximum effect.

PLEASE NOTE: our January MEETING WILL BE HELD AT 10 AM. AT THE WRC CONFERENCE ROOM ON THE SECOND WEDNESDAY, JANUARY 9 TH.

**HAPPY NEW YEAR,**  
**HAPPY GARDENING.**

**JOE Lamela**



## Public Discussion Group

The Public Discussion Group meets the 4<sup>th</sup> Friday at 9:30 am of each month at the Larkin House. We are a congenial group of individuals who enjoy exchanging their views on selected topics from current events. The opinions range sufficiently to stimulate very broad views on any and all topics. Join us for good discussions or just listen and observe. All are welcome.

## Obituaries

**Dolores Roppolo** - My wife Dolores passed away on November 4th due to various medical problems and a month stay in the hospital. She and I as a past President enjoyed many AU activities while we lived in NJ until our move to Florida in 2009. She was 84 years old and loved to read, attend the theater, walk on beach and enjoy being out in the fresh air and sunshine. **Lou Roppolo**

**Dr. Arthur Hartwick, (1927-2012)** - Art died suddenly on December 8th after a brief illness. Within Activities Unlimited, Art will be best remembered as the drummer in the AU Guys band. He leaves behind his beloved wife Judy, and two children. Art was an orthodontist who had his practice in Wyckoff. Undoubtedly, some of your children and perhaps grandchildren, owe their straight teeth to Art's expertise as an orthodontist.

Art grew up in Teaneck, and started to play the drums at an early age. At the age of 16, he was the drummer in the Vic Frazee professional band. Art played professionally during high school and while studying dentistry at NYU, and othrodontics at Northwestern University. Art also served as an officer in the U.S. Navy after graduating from NYU.

Art was the heart and soul of the AU Guys rhythm section. Although he had no formal music training, Art wrote many of the of the arrangements that the band plays, styling them after the big band swing era. His favorite was Count Basie. He used a computer program that only he could understand. Art rarely missed a rehearsal or gig. He will be sorely missed.

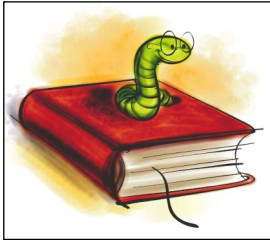


## The Chess Club

The AU Chess Club meets monthly on the third Thursday from 9:30—12 Noon. Due to the small group of chess players we meet at **Bill Schultz's** home 9/10ths of a mile from the WRC. The games are played on an informal social basis and are unhurried and congenial. Unlike bridge, backgammon or gin, the factor of chance or the luck of the draw are not issues in chess. It purely exercises the mind and the cerebellum resulting in improving memory retention thus eliminating the necessity of prescription medicines to counter memory loss and Alzheimer problems. Games are played in front of the fireplace, at the kitchen table in view of several bird feeders or in the family room overlooking the green acres forest trees. Players need not be professional and most are in need rehabilitation and refresher courses. For more information or to schedule a game contact **Bill Schultz** (201) 891-5327.



## Veteran's Luncheon



## The Book Club

The Book Group meeting took place on December 12, 2012 at 9:30 A.M. The 13 attendees included new member Tom Butler. Joe Clinton announced a book swap for the January meeting. Each member is encouraged to bring 2 books in good condition and of merit so each other member may in turn select 2 books home.

**Gerry Hulit** reported on *Boomerang* by Michael Lewis. This book was on the European debt crisis, particularly on Ireland, Iceland and Greece.

**John Oates** reviewed *Civilization, the West and the Rest* by Niall Ferguson. The author believes that the ascendancy of the West which has lasted for about 500 years is most likely going to end soon.

**Joseph Pullaro** told us about *Fahrenheit 451* by Ray Bradbury. Though a 1953 fiction book about the future, the intent was to question trends that favor only fun and amusement over thinking and reading. All 3 books received favorable reviews and led to lively discussions.

The books already selected for January are:  
*Darkness at Noon* by Arthur Koestler,  
*Nothing to be Frightened Of* by Julian Barnes  
*Istanbul Passage* by Joseph Kanon.

The last action was to select 3 books for February. They are:  
*Night* by Elie Wiesel,  
*The Places In Between* by Rory Stewart and  
*Gil Hodges* by Tom Clavin and Danny Peary.

The January meeting will take place on the day after the General Meeting, in other words on Wednesday January 9, 2013 at the Larkin House.

**Joe Infosino**

## Opportunity to Play Racquetball

Tired of paying an outrageous price for a minimal amount of tennis in the winter? Join us and play racquetball! We're a group of 10 (when everyone is there, not injured, snowboarding, or traveling) congenial players that play at the Odyssey Athletic Club in Waldwick. We play year round on Mondays, Wednesdays, and Fridays at 8 a.m. There is no structure and whoever shows up, plays. If it's been a while since you've played, that's ok. We'll help you get up to speed. Also, there is a fair difference in playing ability and so we usually mix it up to make the game challenging and fun for all. The club offers a senior rate which allows you to play an unlimited amount of racquetball and the use of their extensive fitness equipment. To find out more please contact AU members: Chuck Dye – 201-891-5173 [c.dye@verizon.net](mailto:c.dye@verizon.net) or Ed Finn – 201-825-1350 [e.finn@verizon.net](mailto:e.finn@verizon.net) or Herb Steiner – 201-543-7809 [thesteinersnj@yahoo.com](mailto:thesteinersnj@yahoo.com)

## Investment Study Group



**Thursday January 10, 2013 at 9:30AM At WRC –top floor**

Please join us to hear from and talk to **David Dietze, founder of Point View Wealth Management**, located in Summit, NJ.

David is a Phi Beta Kappa graduate of Dartmouth College, and a Registered Investment Advisor(RIA) with the US Securities and Exchange Commission. David is also an attorney licensed in NJ and NY having graduated from the Univ. of Chicago Law School. He is also a Certified Financial Analyst(CFA) and a Certified Financial Partner(CFP).

AU members will enjoy talking with and listening to David talk about his views for the economy in 2013 as we start a second Obama term. We will be able to ask David about his ideas for managing our investments in this current economic environment.

David's background is extensive and impressive and provides him with an understanding of events unfolding around the world and their possible impact on interest rates and our investment ideas and approach.

All AU Members are invited to come talk to and listen to David in an informal setting at the WRC (upstairs) on Thursday, Jan.10 at 9:30AM. Come early and talk with David ! Call with questions  
**Herb Umland** 201-891-6638

# AU's 2012 Christmas Dinner Dance (Our hosts Terry and Mary Gilly)



## Trips, Tours & Special Events Calendar

Checks for these events, payable to Activities Unlimited accepted at the monthly meeting.

**Thursday-Jan 17, 2013 MEN ONLY** Beefsteak dinner will be held at the Brownstone in Paterson from 6 – 10 PM. Beer and soda is included in the \$36 pp charge. We have reserved 50 seats. The seats will be sold on a “first come-first served” basis. Those attending will meet at the WRC church at 5:15 pm and car pool. We plan to have a trivia competition between the tables. Members are also requested to bring a joke to share with the group. It should be a fun night. Make checks payable to AU and send to **George Lewis**, 45 Walnut Street W., Mahwah, NJ 07430 For information contact George Lewis - 201-891-5883 or Jim Webb - 201-337-7982

**Thursday Feb 14,2013—Valentines Day Party** - At **Portobello's** in Oakland from 6:00—10:00 PM. It includes a sit down dinner with choice of Horseradish Crusted Salmon, Stuffed Chicken Breast w/nuts and wild rice, Veal Osso Buco or NY Strip Steak and a 3 hour open bar. There will be music for your listening and dancing pleasure. The cost is \$60.00 pp. make checks payable to AU and send to: **Jack Coughlin**, 187 Paterson Ave, Apt 313, Midland Park, NJ 07432, (201) 251-0198. (Include your choice of entrée with your check.)

**Thursday March 14, 2013 —Museum of Natural History Bus Trip. Sponsored by the Science Club.** In order to take this Bus trip, it is necessary to have at least 30 People. The trip is open to all AU Members, as well as family and friends. The Trip includes the Planetarium, as well as an IMAX Movie. Lunch is available in one of several restaurants in the Museum. Please Save the Date, and invite others. For information and reservation contact **Jack Yurasek** 337-4433

**Monday Mar 11, 2013 St Patrick's Day Party - Brownstone** 11:30-3:30; Dancing, Lunch and Entertainment (My Wild Irish Rose) includes 2 free cocktails pp. Cost \$43.00pp. Checks should be made payable to AU and sent directly to: **Terry Gilly**, 709 Highview Drive, Wyckoff, NJ 07481

**Monday, April 29, 2013 Mt. Airy Casino** featuring a show with the Drifters, a DooWop Group seen on TV. Mt. Airy is offering an excellent package, AU Bus, \$25. Slot Play ( Photo ID Needed), Free Lunch Buffet, and The Drifter Show at 3:30 pm. The cost for this Tour is \$49. pp. We only have 45 tickets to the Drifters show, so send your money in early. The Bus will leave WRC at 10 am and leave Mt. Airy at 6 pm. Make checks payable to Activities Unlimited and send to: **Larry Restieri**, 105 Fisher Rd. Mahwah, NJ 07430, For more information call Larry at 201-825-5843.

**May 21-23, 2013:** Three day, 2 night bus tour of the Finger Lakes of New York, includes: 2 dinners, 2 breakfasts, Finger Lakes Winery Tour, Scenic Lake Cruise and much more. \$365.00pp, (\$99.00 single supplement). Price drops to \$349.00pp with 40+ participants. NOTE: A \$100 refundable deposit per person is necessary for your reservation. Information flyers will be available at our monthly meeting. Make your check payable to AU and send to: **Dick Botta**, 413-D Bromley Place, Wyckoff, NJ 07481, (201) 848-9001

**THURSDAY: June 20th, 2013.** Hold the date open for our Annual Spring Fling Dinner Dance to be held at SEASONS, in Washington Township. Details to follow in the February Newsletter.

**Friday, August 9, 2013 - Westchester Broadway Theatre** -Fresh from its record breaking run in London's West End, one of the most beloved British Musicals ever, OLIVER, will be presented with a local cast at the Westchester Theatre in Elmsford, New York. Due to high demand and continuous interest from our membership in this Dinner/Theatre format, we have successfully secured a limited number of seats (44), all in a prime location in the center section of the stage. The cost is the same as last year; \$81.00 pp which includes bus, lunch (choice of five different entrees) and a matinee performance. Don't miss out on being part of this exciting afternoon. To ensure availability we encourage prompt payment. Make checks payable to AU and send to **Ramon Casaprima**, 46 Walnut Street West, Mahwah, New Jersey 07430 For information call Ramon: 201-891 3394.

**Sep** AU's Annual Wine Tasting Party

**Sep San Gennaro In NYC** - The 87th Annual Feast of San Gennaro , Inc. will take place in Little Italy for 11 days, on the streets of historic Little Italy, the lower Manhattan neighborhood which served as the first home in America for hundreds of thousands of Italian immigrants who came here seeking to improve their lives beginning in the early part of the 20th century.

### Other Thoughts:

Villa Roma in the Catskills, Oktoberfest, Christmas Party



**First-Class Mail**