

Activities Unlimited

Volume XXXII Issue I

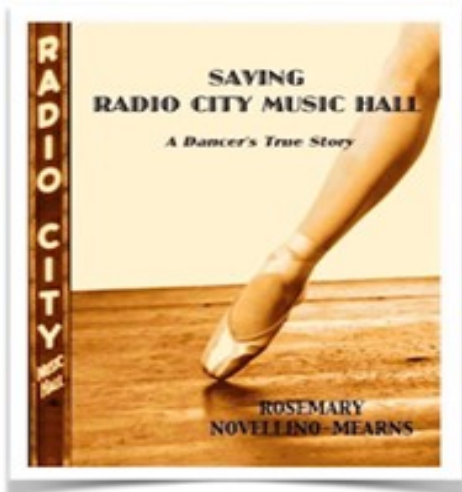
January 2018

Activities Unlimited General Meeting January 9, 2018

1:00 PM at the WRC Heneveld Hall

We have invited Rosemary Novellino-Means to be our speaker at the January meeting. She is the author of "Saving Radio City Music Hall, A Dancer's True Story." In the book, she reveals how Radio City Music Hall, Art Deco masterpiece and New York City's premiere tourist attraction for generations, was saved from demolition. After years of struggling with intense, sometimes painful memories, "Rosie" tells the honest, fact-filled, emotionally charged, and often humorous story of how she organized the gargantuan effort to save Radio City Music Hall in the Spring of 1978. Against all odds, and in only four months, she succeeded.

She became President of "The Showpeople's Committee to Save Radio City Music Hall" and motivated fellow workers, friends, thousands of Radio City fans around the world, New York and national media, cultural leaders and politicians to support the cause. As a result of these efforts, the Art Deco palace was declared a National Historic Landmark.



Note from the President

First of all, I want to wish each and every member a very happy and healthy new year 2018, I look forward to serving as your president.

Tom Butler did an excellent job as president in 2017, and I want to thank him for his service and all of his efforts to continue to grow and improve the Club.

Activities Unlimited is only as vibrant as the members themselves. I encourage each of you to use the suggestion box or simply state your opinion and ideas at the monthly meetings. Please come to the general meetings with any thoughts that will improve the Club

We all enjoyed a wonderful Christmas Dinner Dance at Seasons, and I wish to extend special thanks to Committee chairmen **John Murphy** and **Bill Mastellon** for orchestrating this annual highlight of the AU calendar.

Joe Lamela was awarded the Distinguished Service Award for 2018 at the Dinner Dance. No one deserves it more! Joe has served for over 15 years as the chairman of the Garden Club and continues to do an excellent job

Jim Webb, President 2018

Membership Dues

Membership dues of **\$50.00**, for 2018 were due **December 31, 2017**. If you have forgotten, Please send your check as soon as possible, payable to "Activities Unlimited":

Douglas Cooper, 15 David Alan Way,
Montville, NJ 07045

ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2017 OFFICERS



Jim Webb
President
201-934-8161



Joe Pullaro
1st Vice President
201-337-7982

Vincent Tortorella
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 201-825-7541	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
	Fred Theile	201-981-1811	Mon 9:30 WRC
Historian	Victor Pizzolato	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

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Luncheon	John Abrahamsen	201-848-8037	
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 John Gannaway	201-825-0523 201-485-7881	
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	

At the December meeting \$83.00 was collected for the Wyckoff Reform Church Food Pantry.

Please remember that WRC is a smoke-free environment. This includes E-Cigarettes.

The deadline for February 2018 Newsletter articles is 5 PM Friday January 26, 2017. 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

welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
John Ciano (Carol)	14 Walnut Street Oakland, NJ 077436	Company Owner		Phone C:201-481-8669 Email: jciarlo102@optronline.net
Thomas Ellwood	69 From Court Mahwah, NJ 07430	Paralegal	Luncheon, Trips & Tours, Discussion Group, Newsletter, Tennis	-Phone C: 347-229-2976
Fred Meyer	6-16 John Street Fair Lawn, NJ 07410	Retired	Luncheon, Hiking Short, Trips & Tours	Email: fredbmyr@yhoo.com
John M. Schweighardt (Linda)	14 Canton Road Wayne, NJ 07470	Management	Science, Golf, Investments, Trips & Tours	Phone H: 973-616-8388 P C: 976-632-1058 Email: jms937@optronline.net



Duplicate Bridge Results

		1st	2nd	3rd
11/29	NS	McDougall/Yampell	Desrosiers/Peck	Sweetgall/Warner
	EW	Altamuro/Lewis	Boylan/Milcos	Foldessy/Levin
12/6	NS	Groesbeck/Spence	Boylan/Smith	Desrosiers/Foldessy
	EW	Freimuth/Gilpatrick	Martin/Milcos	Anand/Meloro
12/13	NS	Rock/Sweetgall	Hulit/Smith	Bartlett/Groesbeck
	EW	Anand/Altamuro	Douma/Meloro	Boylan/Warner
12/20	NS	Martin/Lewis	Altamuro/Smith	Desrosiers/Milcos
	EW	Meloro/Warner	Anand/Peck	Gilpatrick/Zelhof



Obituaries

We are sad to report that long time AU Member **Allan Harriman** of Mahwah passed away on Nov 29th ,2017.

We are sad to report the death of **Ann Becker** the widow of deceased AU member George Becker



The Golf Club



The 2017 Golfing season ended with the golfers' lunch in December. Pictured above are the winners of the Thursday, Paramus Golf Club league Frank Nuss-pickel 3ed place, Jim Webb 4th place, Bob Desrosiers 1st place, Ralph Corallo 2nd place, and John Bishop 4th place (tied with Jim Webb)''



Investment Study

Report of Investment Study Group Meeting of Nov 10, 2016

The December ISG meeting featured Mr. David Dietze & Mr. John Petrides from Point View Wealth Management. Mr. Dietze expects the main beneficiary of tax reform to be corporations. The money not taken by the government will be available for business, and employment, expansion. He is expecting markets to continue to rise with a 6 – 8% earnings growth while P/E growth flattens. The FOMC forecast is very modest inflation in 2018 and flattening thereafter.

Mr. Petrides likes GE as a turn around play under their new CEO John Flannery. Before becoming CEO he led the turn around of GE Healthcare. Some people expect a big revenue and stock price rise by 2019. ASIDE: GE training volume has been up sharply over the last month, though prices have been mostly flat.

Mr. Petrides sees Bank of America (BofA) as a pure play on America. 72% of its business is in America, and it is second only to UBS in assets under management. BofA is exploring the use of blockchain & has filed more than 30 patent applications on its use in financial transactions. If BofA develops a blockchain based financial product that is widely used outside of BofA there is potential for a substantial income stream. When it would produce income is another matter.

Other stocks favored by Mr. Petrides are XOM, CVX, & PFE. PFE has been flat due to a lack of new product. Nonetheless, it has a 3.5% yield and is cranking up product development.

ASIDE: All of these stock selections are examples of value investing. The November Tek Rek dampens extreme growth investing.

Mr. Dietze advised us to avoid bit coin, noting that it is outlawed in China.

Our next meeting will be on January 11th at 9:30 AM in the WRC business office/kindergarten, 3rd floor. A panel from the Stock Club will talk about how they select stocks.



The History Club

On November 27, **Tom Butler** presented the "History of Muslim Brotherhood." He traced the origin of the Muslim Brotherhood. It originated in Ismailia, Egypt and was founded by Hassan-al-Banna in March 1928 to promote implementing traditional, religious, Islamic sharia law into government, in opposition to what he believed as political and social injustice to British imperial rule. The group spread to other Muslim countries but has its largest, best organized disciplined political opposition force in Egypt. It turned into staunch anti-west, anti-democratic, promoting a vigorous conception of Islam that attempted to restore broken links between tradition and modernity. They were involved in murder, assassination plots in Egypt and in 1948, Hassan al-Banna was killed by government agents. Sayyid Qutb, Egyptian author, poet and education was a very influential thinker. He argued that Muslim society was no longer Islamic and must be metamorphosed by an Islamic vanguard through violent revolution. To restore Islam from modern jahiliyya (ignorance), Muslim states must be overthrown. Qutb was accused of assassinating the president (Gamal al-Nasser) and overthrow the government, he was found guilty and hanged in 1966. The 2011 Revolution (Arab spring), witnessed the overthrow of Hosni Mubarak, the Brotherhood was legalized and emerged as the most powerful group. In April 2011, it launched a new party called the Freedom and Justice Party. The party won 235 out of 498 seats in the parliament. In June of 2012, Mohammed Morsi former member of the Brotherhood was elected president. Egypt has become increasingly divided between two camps, with President Morsi and Islamist allies on one side and an opposition made of moderate Muslims, Christians and other liberals. On July 3, the head of the Egyptian Armed Forces, General Abdel Fattah el-Sisi, removed President Morsi from power, suspended the constitution, outlawed the Muslim Brotherhood as terrorist organization and arrested high profile members.



Public Discussion Group

Discussion Club, December 2017. We enjoyed a lively discussion at our December meeting. Our topics for the day were: “the opioid crisis” and “guns and mass shootings.” We were fortunate that one of our members, a retired pharmacist and long time pharmaceutical industry consultant who audited pharmacies for DEA compliance had volunteered to walk the group through some of the drug crisis issues.

He gave a thorough and insightful overview touching on the significant aspects. See his full presentation below. The biggest factor has been the overprescribing of pain prescriptions, which can very quickly lead to addiction. Drug companies misrepresented the side effects of drugs like Oxycontin; medical education elevated the relief of pain as a primary goal of treatment; doctors didn’t realize how dangerous the drugs were; and drug distributors had no incentive to reduce a very profitable business. At the local level, some corrupt pharmacists enabled the sale or theft of hundreds of thousands of these tablets for illegal street sale. The current status seems to be that “Narcan” has been made widely available to treat overdoses, while the regulators seem reluctant to go after the big distributors (e.g. McKesson) because of litigation costs. Medical schools are now teaching about the risks associated with painkillers and many states have introduced restrictions on how controlled drug painkillers can be prescribed. However, since states make their own rules in this area there is no standard way to regulate the prescribing of these drugs. The likelihood is that the crisis may not yet have peaked! This was such an interesting discussion with wide participation that little time was left for our 2nd topic on guns.

The group did exchange views on the illegal trade in guns, the role of gun safety training, the impact of lobbying on legislation, and the complexities of legislating in light of the 2nd Amendment. The main conclusion of the group apropos mass shootings was, “If you see anything odd, report it!”

Our next meeting is on Wednesday, January 10th at Larkin House at 9:30. Topics are: Legalization of marijuana in NJ; and the White House travel ban and recommended visa changes.

It should be an interesting one and all members are welcome to join us. Just listening is allowed

My name is John Paxos. I graduated from St. John’s University, College of Pharmacy in 1962. I’ve worked in hospital pharmacy, retail pharmacy owning a pharmacy in Teaneck, NJ for 9 years and mail service pharmacy. The only pharmacy related job I didn’t do was work for a pharmaceutical company. I started in mail service (Medco Containment) as a staff pharmacist in February 1986. I became Pharmacist in charge in early 1988. At that time the pharmacy was dispensing approximately 85,000 prescriptions a week utilizing a 25,000 square foot facility. There were 70 pharmacists, 130 technicians and a total of 450 employees. To give you a comparison, a very busy retail pharmacy, dispensing 300 prescriptions a day, dispenses approximately 100,000 prescriptions a year. I became vice president of operations in 1990. The pharmacy moved to a 200,000 square foot facility in 1995. There were 150 registered pharmacists and a total of 850 employees. The prescription volume grew to approximately 180,000 prescriptions a week. I retired from Medco in 1997 and became a consultant. If anyone remembers or used the AARP pharmacy in the mid 90’s, I was on the team that prepared that pharmacy to be sold. I’m also a DEA Compliance Consultant for the same companies.

Substance abuse is not limited to opioid abuse or addiction. Many people of all ages are dependent on medications other than opioids. Sleeping tablets, tranquilizers, mood elevators and anti-anxiety medication are just a few types of medications where dependency can occur. Almost all control substances are potential medications that could cause dependency. Today I’m going to talk about opioid dependency.

Opioids

Opioid over prescribing by MD’s is the major cause of addiction in the US. Oxycodone and Hydrocodone are the most sought after opioid medications on the street. Before a formulation change Oxycontin tablets, which is oxycodone, could be crushed and snorted through the nose to get high. The formulation of the drug was changed and the medication was put into a gummy base that could not be crushed up into powder. Each 80mg tablet could cost \$80 dollars on the street. When addicts couldn’t afford the prescription opioids they went on to use Heroin. Today’s heroin is much more potent and of better quality than the heroin of the 60’s and 70’s. North Jersey has the purist heroin in the country. Some heroin found on the street is laced with a synthetic fentanyl. Fentanyl is 50 to 100 times more potent than heroin. The combination of both drugs is usually fatal when injected.

In 2016 there were more than 64000 overdose deaths in the United States. Approximately 175 a day. There were 1901 opioid deaths in New Jersey in 2016 and 900 Fentanyl deaths. And this year as of November 12th there were 318 opioid overdoses reported to the Bergen County Prosecutors office resulting in 104 fatalities. Two hundred fourteen people were revived with Narcan (naloxone), the only treatment for a heroin overdose. That was the number reported to the Prosecutors office. The overdoses that went directly to hospitals were not included in that number. The majority of these overdoses were white males, ages 18 to 31 years old. 84% were heroin/opioid related.

CONTINUED ON NXT PAGE

In February of this year a new State Law was enacted in New Jersey making it unlawful to prescribe more than a five day supply of acute opioid pain medication on an initial prescription. And it must be the lowest effective dose of an immediate release opioid drug. The physician must ask the patient if they've received a prescription for a pain medication in the past year. The physician should also review the New Jersey Prescription Monitoring Program which is an on-line program for monitoring the prescriptions written by New Jersey physicians to patients filling the medications in New Jersey. The only problem with this is, patients going to out of state physicians and getting prescriptions filled out of state do not always show up on the system. Multiple injuries to the same athlete in high school or college sports could cause addiction to pain meds (legal pharmaceuticals). As an athlete gets hurt and a pain med is prescribed for the injury, a tolerance is built up in the body and higher doses of medication are necessary to achieve the same level of pain relief for subsequent injuries. When the tablets run out and the athlete can't get prescription medication or the cost is too high to get prescription opioids on the street, they turn to heroin. Heroin is much cheaper than illicit prescription medication. You can buy heroin on the street for \$4.00 a bag. Today's heroin is laced with many different diluents. Synthetic Fentanyl is one of them. The combination of heroin and fentanyl is usually lethal. 75% of opioid abusers started with prescription opioids.

Heroin addiction has no demographics. High school and college students and athletes, lawyers, doctors, pharmacists and many allied medical personnel, to people on the street. Everyone using controlled substance medications is susceptible to becoming addicted to that medication. As of early November the DEA was cracking down on synthetic opioids in the United States. Heroin, Fentanyl and synthetic Fentanyl. They are using emergency measures to categorize new fentanyl like drugs as controlled substances. Chemists change molecular structures of known drugs which are classified as opioids to get around drug laws. These new drugs are known as "designer drugs".

In 1986 a law was passed to allow the DEA to classify these new drugs as illegal. The DEA has used this law at least six times in the last two years to go after variants of fentanyl. Most of the world's illegal fentanyl is produced in China and smuggled into the United States via mail or through our borders. The majority of the insurers in the United States are now saying that opioid and prescription opioid addiction needs the same urgency as cancer. Insurance companies are saying that opioid addiction should be treated as a chronic disease requiring long term treatment and monitoring. They are adopting new health measures that would reward proven, evidence based treatments. This would improve the quality of care available. The goal is to make sure patients don't cycle in and out of treatment, causing relapse back into substance abuse. Substance abuse and opioid addiction are chronic diseases of the brain, not a character flaw. There are twenty one million people that suffer from substance abuse in the United States and only one in ten is in treatment. Opioid addiction and substance abuse is a public health crisis.

Most patients are first introduced to opioids in the hospital emergency room. There is an ongoing study, testing over the counter pain medications for fractures of the arms and legs in a New York City hospital emergency room. Results were published in the Journal of the American Medical Association. Long term opioid use often begins with prescription pain medication for short term pain. Use of opioid pain medication in emergency rooms has risen in the last few years. Studies have shown that opioids were prescribed for one third of emergency room visits and one out of five patients were sent home with an opioid prescription. The study involved four hundred eleven adults treated in two emergency rooms in Montefiore Medical Center in New York City. The patients injuries were arm and leg fractures or sprains. Patients were given a combination of acetaminophen (Tylenol) and ibuprofen (Advil) or one of three different opiate medications. Oxycodone (Oxycontin, Percocet), hydrocodone (Vicodin) or codeine. They were given the standard dose and not told which medication they were given. Prior to medication administration, each patient was asked to rate their pain levels. The same question was asked two hours after the medication was administered. On average, pain scores dropped from a nine on a ten point scale to about a five. There was a negligible difference, but nothing earth shattering.

Ibuprofen and acetaminophen combination are available in other countries, but not in the United States. Each drug works on different pain receptor sites, therefore making a combination drug more powerful than each medication individually. These findings are similar to findings in Canada and Australia, where a medication containing these two pain killers is available on the marketplace.

In conclusion there are major problems with opioid and substance abuse in the United States. With a concentrated effort from Medical practitioners, the DEA, state and local governments and the enlightenment of the people, we will find our way to curtail this crisis.



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.**

THURSDAY, January 18th, 2018---LUNCH AT SAVINI'S. Join us for an afternoon of good food and fellowship. A four course lunch will be served with pasta, soup or salad. choice of veal, chicken or fish, dessert. coffee, tea and soda. A cash bar is available. Cost \$26,00 pp. Open to all members, spouses and guests. Time 12:30 pm. Mail checks payable to Activities Unlimited to:

Larry Restieri, 105 Fisher Rd. Mahwah, NJ 07430.

Tel: 201-825-5843 NOTE: Snow date, Jan 25, 2018

Love is in the air on Valentine's Day, Wednesday, February 14, 2018. Time: 11am-3pm. Come and enjoy the things you love.....people, food, entertainment and dancing, at The Stony Hill Inn with music by Joe Zisa and "Friends." Luncheon menu includes two drinks, soup, salad, chicken Francese, baked glazed ham, vegetable, potato, dessert, coffee, tea, soda. Cost is \$46 pp. Mail checks payable to Activities Unlimited to:

Bob LaSalvia, 80 Glasgow Terrace, Mahwah, NJ 07430, Tel: 201-529-4784

Tuesday, March 20th, 2018: Trip to Liberty Science Center in Jersey City. We will carpool for WRC to the center. Admission and one show \$21.00 pp. All family and friends are invited. Details to follow in the February Newsletter.

April: Trip to the new American Revolution Museum in Philadelphia

Tuesday, May 8th, 2018: — Annual Spring Luncheon/Dance at Indian Trails

Other trips and events in the planning stage for 2018:

NYC tour

Lake Hopatcong boat tour and lunch

Multi-day trip to Blue Ridge Mountain area

Wine Tasting

Oktoberfest

Christmas Dinner/Dance

**A-U GUYS BAND Performing at the
Veteran's Hospital Holiday Party.
12/22/2017**



The Short Hikers Club

Hiking up along the Hudson River, at
Nyack Beach State Park, December 4th, 2017



2017 Christmas Dinner Dance

