

Activities Unlimited

Volume XXXVI Issue I

January, 2022

**Activities Unlimited
General Meeting
Tuesday, January 11, 2022
1:00PM at
VFW Midland Park**

ANTHONY WALSH

PHYSICAL THERAPIST

Anthony Walsh is a licensed Physical Therapist in the state of New Jersey. He currently resides in Ridgewood with his wife, Paige. He received his B.S. in Psychology with a Minor in Business Administration in 2015 from Sacred Heart University in Connecticut. A passion for health, fitness, and significant injuries of his own thrust him into realizing Physical Therapy was his true calling. He received his Doctorate in Physical Therapy from Rutgers University in the summer of 2020. Anthony now works for Professional Physical Therapy in Wyckoff where he primarily treats orthopedic related injuries and conditions for all age groups. He is a part of the company's residency program to become an Orthopedic Certified Specialist which will help enhance his skills and knowledge base for helping patients recover. His aim is to help people feel better, move better and get back to doing what they love through the physical and mental benefits physical therapy can provide.

NOTE FROM THE PRESIDENT

We are entering another tumultuous year in 2022, our 35th year of AU. The pandemic continues and although the number of infections is rising, they appear to be less severe and hopefully they will subside early.

Mark Cohen has led AU through a difficult 2021 and we have resumed many of our live meetings as well as our general meeting at the VFW in Midland Park and in other locations. While the VFW is smaller and more restricted than the WRC hall, it has allowed us to meet face-to-face as well as hybrid with ZOOM.

You have all heard of our issues with finding a more suitable location for the General Meeting. The delay has been due to our lack of Liability Insurance coverage. This obstacle has been overcome and we are now fully insured. Accordingly, we expect to be holding our meetings in a larger facility. We are also approaching other venues to better accommodate our clubs. Our objective for the new year is to ensure we have appropriate meeting spaces for our clubs and gatherings as well as to encourage greater participation as the year becomes a healthier environment.

At this time, I would like to express our thanks to **Bill Mastellon** and **John Murphy** for the incredible job they did in organizing the 2021 Annual Holiday Dinner-Dance. It was a wonderful event at Seasons as a cap to our Renaissance year. The Distinguished Service Award for 2021 was presented to **Al Condon** who has shown dedication and enthusiasm to AU especially in 2021 during our membership drive.

In addition, we made a special presentation to **Rev. David Bach** in recognition of being a part of AU since its inception. Finally, we thanked **Sue Fasano** for her support of AU from the WRC Office as she retired late in the year.

I would like you to welcome the new 2022 Board: **Harry Bennett, 1st Vice President, Jim Atieh, 2nd Vice President, Rich Bernarde, Secretary, Mike Kelley**, our newly appointed **Treasurer, Marty Valerio, Assistant Treasurer**, and **David Voehl as Membership Chair. Jim Mallon** will continue as WRC Liaison.

Lastly, I want to thank **Walt Widmer** for his years as Membership Chair.

Stay healthy and I look forward to seeing you at the General and Club Meetings and other functions.

Doug Cooper, (908) 907-1112, dcoop1025@yahoo.com

Membership Dues

Your Membership Dues for 2022 are now delinquent. Please send your check, **today**, for \$50.00 payable to "Activities Unlimited" and mail to: **Marty Valerio**, 344 Valley Road, River Edge, NJ 07661

The Activities Unlimited website is just a click away.

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

ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2021 OFFICERS



Doug Cooper
President
908-907-1112



Harry Bennett
1st Vice President
201-891-9527



Jim Atieh
1st Vice President
201-315-5346



Rich Bernarde
Secretary
201-337-5238



Mike Kelly
Treasurer
973-839-6470



Marty Valerio
Assistant Treasurer
201-262-8966

COMMITTEES & C LUBS				COMMITTEES & C LUBS			
Click on BLUE Group name to go to it's web page				Click on BLUE Group name to go to it's web page			
GROUP	CONTACT	PHONE	MEETING	GROUP	CONTACT	PHONE	MEETING
AU Guys Band	John DeSantis	201-447-0256	Every Wed 9:30 am Midland Pk VFW	Investment	Al Connelly	973-616-0755	3rd Tue 1:00 pm Midland Pk VFW
Bocce	Walt Widmer	201-562-8666	M,W,F 10:00 am Ramsey Courts, Oak St	Luncheon	John Abrahamsen Mark Cohen	john.abrahamsen.bnp@gmail.com 201-337-4198	Selected restaurants by invitation only
Book Club	Vince Tortorelli Marty Valerio	201-447-3718 201-394-2938	4th Tue 9:30 am Midland PK VFW	Membership	Dave Voehl Dick Hensch	973-227-6981 201-891-1309	
Database Committee	John Abrahamsen Sam Ohan	201-739-8589 201-825-0437		Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Dup. Bridge Rub.	Tom Meloro	201-560-0169	Every Wed 1 pm Midland Pk VFW On Hold	Pickleball	Tim Tracy Tom Martin	201-560-8911 201-891-3185	Tue & Thur. 9:00 Wyckoff Public Tennis Courts
Care-Concern	Marty Valerio	201-262-8966		Project Outreach	Joe Pullaro	201-337-0018	
Chaplain	Rev Andy Kadzban	201-485-8589		Photography	Murry Perl Sam Ohan	201-446-7357 201-825-0437	
Computer Technology	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-825-7541	4th Wed 10:00 am Via Zoom	Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	1st Wed 1:00 pm Midland Pk VFW
Garden	Fred Theile	201-981-1801	1st Tue 1:00 pm Midland Pk VFW	Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Golf	Bill Bryne Jim Webb	201-447-5064 201-337-7982	Tues & Thur. 10:50 Paramus Golf Club	Science	Harry Bennett Jack Yurasek	201-891-9527 201-337-4433	3rd Tue 10.30 am Midland Pk VFW
Long Hiking Short	Don Kirkpatrick Rick Sneyers Fred Theile	201-337-5666 973-248-6625 201-981-1801	Mon 9:00 am WRC-Parking Lot Mon 9:30 am WRC -Parking Lot	Skiing	Bud Brooks	201-327-6649	Snow
Historian	Victor Pizzolato	201-612-0038		Sponsor Liaison	Jim Mallen	201-485-8589	
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Tue 1:00 pm Midland Pk VFW	Stock	Frank Nusspickel John Abrahamsen	201-891-9099 201-848-8037	1st & 3rd Tues. 8:300 am Midland Pk VFW
				Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
				Transportation	Frank Nusspickel	201-891-9099	
				Trips/Tours	John Caikowsky Don Wasson	973-599-1056 201-891-1873	Varies, Contact: John Caikowsky
				Web-Master	Don Kirkpatrick	201-337-5666	



Trips & Tours



Trips, Tours & Special Events Calendar

Monday Feb 14, 2022 VALENTINE DAY LUNCHEON/DANCE, LA NEVE, 276 Belmont Ave. Haledon, NJ. 12 noon - 4 PM. Lunch includes a buffet (6 entrée choices) dessert tray on table, open bar 4 hours, DJ for music & dancing. Price \$56. pp. Wives/Significant Others are invited. Make checks payable to Activities Unlimited and mail checks to: **Larry Restieri**, 105 Fisher Rd. Mahwah, NJ 07430 Questions contact Larry 201-825-5843 or larry9233@yahoo.com

**Wednesday, March 30, 2022 HUNTERDON HILLS PLAYHOUSE
“Sherlock Returns” An All New Interactive Musical-Mystery Comedy**

Buckingham Palace has been robbed and it's up to Sherlock Holmes, Dr. Watson and the audience to solve the crime. A table-served luncheon with outstanding desserts starts at 11:30 am sharp and will precede the show. Please arrive a half hour earlier in order to be checked in and seated. Space is limited and all checks must be received no later than March 1st, 2022. Wives/Significant Others are invited. This is a self drive event. Make checks payable to ACTIVITIES UNLIMITED in the amount of \$75.00 pp and mail to: **DON WASSON** 14 Apert Terrace, Mahwah, NJ 07430. Please include cell phone number with check.
Any questions contact: Don at donwas@verizon.net, 201-891-1873, cell 201-739-7046

Canada Cruise —The cruise aboard Royal Caribbean’s “Oasis of the Seas” will leave from Port Liberty, Bayonne, NJ on Sunday, June 5th, 2022 and return on Friday, June 10th, 2022.

The itinerary: **Sunday**, Cape Liberty, New Jersey, Departs at 4:00 PM ; **Monday**, Cruising, Day At Sea
Tuesday, Halifax, Nova Scotia, From 7:00 AM - 5:00 PM; **Wednesday**, Saint John, New Brunswick (Bay of Fundy), From 9:20 AM - 9:25 PM; **Thursday**, Cruising, Day At Sea; **Friday**, Cape Liberty, New Jersey, Arrives At 6:00 AM

Itineraries are subject to change without notice

The actual rate will be based on the group rate and number of persons for the stateroom you choose at the time of your booking. As of 9/27/2021, the rate for 2 people in an ocean view balcony stateroom is about \$750.00 pp, which includes taxes and fees, Wives/significant others are invited. A deposit is required at time of booking. We strongly recommend that you consider purchasing travel insurance either from Royal Caribbean or a private insurance company. **AU assumes no liability for this trip.**

To make your reservation, call Royal Caribbean directly at **1-800-465-3595 Option 4**. Tell the agent that you are a member of the Activities Unlimited group and give them our group number: **5503842**.

Any questions, contact **John Caikowsky** at johncaikowsky@optonline.net or 973-599-1056
Please email John when you make your reservation, include your stateroom number.

Welcome New Members

Name(Spouse)	Address	Interests	Phones/Email/(Occupation)
Frank E. Yurman	326 Wyckoff Ave Waldwick, NJ 07463	Short Hikers, Computer, Discussion, Luncheon, Transportation, Trips & Tours	H: 201-445-6982 C: 201-970-2909 (Transportation)
Scott Japko (Lisa)	15 Sturbridge Drive Upper Saddle River, NJ 07458	Book, Care & Concern, Short Hikers, Computer, Discussion, Golf, Hiking Long, History, Tennis, Trips & Tours	H: 201-788-5516 C: 201-788-5516 scottjapko@gmail.com (Actuarial Consultant)
Richard C. Burns (Bobbi)	9 N Bayard Lane Mahwah, NJ 07430	Book, Computer, Science	H: 201-884-1044 C: 201-838-5221 rcb@burnslaw.net (Attorney)

Men Are Just Happier People!

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park. Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress - \$5,000. Tux rental - \$100. People never stare at your chest when you're talking to them. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks. A five-day vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack. Two pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original color. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck. You can play with toys all your life. One wallet and one pair of shoes - one color for all seasons. You can wear shorts no matter how your legs look. You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a mustache... You can do Christmas shopping for 25 relatives on December 24 in 25 minutes. **No wonder men are happier!**

EATING OUT

When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back.

When the girls get their bill, out comes the pocket calculators.

MONEY

· A man will pay \$2 for a \$1 item he needs. A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

BATHROOMS

· A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.

· The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

ARGUMENTS

· A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

FUTURE

· A woman worries about the future until she gets a husband. · A man never worries about the future until he gets a wife.

MARRIAGE

· A woman marries a man expecting he will change, but he doesn't.

· A man marries a woman expecting that she won't change, but she does.

DRESSING UP

· A woman will dress up to go shopping, water the plants, empty the trash, answer the phone, read a book, and get the mail.

· A man will dress up for weddings and funerals.

NATURAL

· Men wake up as good-looking as they went to bed. · Women somehow deteriorate during the night.

OFFSPRING

· Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favorite foods, secret fears and hopes and dreams.

· A man is vaguely aware of some short people living in the house.

THOUGHT FOR THE DAY

A married man should forget his mistakes. There's no use in two people remembering the same thing!

Upcoming Club Activities

BOCCE

All A/U members are invited to join the group at the Ramsey Courts, Oak St
Monday, Wednesday, and Friday at 10:00 am.
Questions call: **Walt Widmer** 201-562-8666. It's easy and fun.

Garden Club



2022 Garden Club meeting schedule:

Dates we will meet:

3/1/2022

5/3/2022

7/5-8/2/2022 TBD, maybe only be one midsummer meeting

9/6/2022 TBD, day after Labor Day

10/4/2022

12/6/2022

Dates we will not meet:

2/1/2022

4/5/2022

6/7/2022

11/1/2022

History Club

The History Club meeting is on January 25 at 1:00 PM. Place: VFW Post- 28 Faner Rd, Midland Park, NJ 07430. The speaker is **Michael Rakhlin**. The topic: "The Russian Annexation of Crimea." Mike will discuss briefly the History of Crimea and who are the Crimeans. He will address the differences and commonalities of Russians and Ukrainians, and will expound on historical events, leading to the annexation of Crimea by Russia
Pablo A. Catangay: 201-394-4832; pcata123@optimum.net

Trips & Tours

The next meeting will be held on Monday January 10, 2022, 10:30 am

Joe & Jane Pullaro have most graciously opened their home at 886 Iron Latch Road, Franklin Lakes for this meeting.

If you are not a member of T&T, please contact **John Caikowsky**, before the meeting, at johncaikowsky@optonline.net or 973-599-1056

The Golf club competes all year to win the PAUL (Paramus Activities Unlimited League) Cup. At their annual luncheon, the winner, **Bob DesRosiers**, was presented this year's PAUL Cup Traveling Trophy for the year. In the photo below from left to right: **John Bishop, Roy Peppard, Henry Wasserstein, Nelson Ramirez, Tony Delfico, Bob DesRosiers, Jim Mallen, Tom Donch.**

Jim Webb, 201-337-7982 H, 201-788-9085 C



2022 AU Stock Picking Contest

The Stock Picking Contest for the 2022 calendar year has a \$5 entry fee per portfolio (limit 2 portfolios).

Email your picks to au.club@optimum.net **John Abrahamsen** (deadline market opening on Jan 2). Mail (before Jan 31st) the entry fee (CASH ONLY) to **John Abrahamsen** 759 Peach Tree Lane, Franklin Lakes, NJ 07417. All prizes will be mailed by US post and all reports sent via email.

You have a fictitious \$100,000 to invest. Must pick either 4 or 5 securities as the initial portfolio which will be equally divided into the \$100,000.

Each month the contestant whose portfolio achieves the highest percentage gain from the prior month to the current month shall receive a \$5 prize. **A contestant can only win this prize once.**

A prize will be awarded at the end of year from the remaining pool of entry fees **not paid out** during the year. Paid as follows - - the third largest portfolio gets \$5, the second gets \$10 and the remainder goes to the largest portfolio. If less than 18 players compete, then a reduced package of prizes will be defined based on the final competitor count.

Trading during the year is permitted after January. A contestant may (**but does not have to**) make one SWAP during a particular month (up to a limit of 5 for the year). A swap, in this case, is an exchange of a new stock for one of the current holdings.

If Yahoo discontinues quotes on a security for any reason, the price of that security at the previous month-end is credited to the portfolio's cash position for the remainder of the contest (unless swapped).

TO QUALIFY the security must have had traded at a minimum of **\$10** per share in 2021. EMAIL the following information to John:

	Symbol (Yahoo)*	Name*
1.		
2.		
3.		
4.		
5.		
	(5th is OPTIONAL)	

*Use the symbol & name provided by [Yahoo Finance](#) quote. Only securities quoted by Yahoo are eligible but can be any type of security listed by Yahoo (including ETF's , REITs , and funds).

Splits, spin-offs, dividends (or any other income) will **not** be included in contest results. Only the security closing price is used in calculating the portfolio value.