



## AU General Meetings

### AU Luncheon June 9, 2015

See page 3 for details

The WRC building will be closed to any outside activities on the following dates:

The entire weeks of July 6 – 10 and July 13 – 17. Also, the entire week of August 3 – 7.

**The AU July monthly meeting will be held on Tuesday, July 21, 2015.**

## RAMON'S REFLECTIONS

Time passes and another month to celebrate a patriotic theme, as June 14th is "Flag Day", when we commemorate the adoption of the Flag of the United States, which happened that day in 1777 by resolution of the Second Continental Congress. We actually and happily repeat this celebration every month at AU, when we start our General Membership Meetings with the Pledge of Allegiance.

My family and I extend our thanks and appreciation to our AU colleagues for their compassionate help during our recent difficult times. This support which we see evident every day is one of the reasons why the AU Fraternity is such a beautiful and comforting one. It makes life's troubles a little easier to overcome so we can move on. Again thanks to all.

Hope to see you all at our June 9th Indian Trail Country Club Luncheon. Till then "Happy Trails".

## Meetings for new AU members

Before the last AU General Meeting we held our first meeting for new members at 12:30 PM. It lasted less than ½ hour, then, we all moved to the General meeting that started at 1:00 PM.

Eight members confirmed that they would attend, but 15 actually showed up, which was great. It turned out to be a very productive welcome to AU meeting. Going forward, we will continue doing these sessions at the same time.

Information was disseminated, and new members asked questions. It was a great way to learn more about AU and it's activities.

Please help spread the word to all new members, so we can help them enhance their AU experience. This provides a good opportunity to meet their fellow new members and a great start to making new friends.

George Lewis

## AU ANNUAL MEMORIAL GOLF TOURNAMENT

**TUESDAY — JUNE 16TH, 2015 — APPLE GREENS GOLF COURSE — HIGHLAND, NY**

Play 18 holes of golf with cart, shotgun start at 9am. Continental breakfast before starting & barbecue lunch after finishing golf. Awards & Prizes — **Cost \$83.00 per person**

Form your own foursome or just sign up and we'll pair you up. However, please note that to be eligible to win the low net team competition the foursome must include 3 current AU members, only 1 nonmember guest is allowed.

**Send your check payable to Activities Unlimited to: Bruno Bissetta, 553 Lee Court, Wyckoff, NJ 07481**

Any questions, contact Bruno at 201-891-7576

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

### Food Pantry

At the May meeting \$200 was collected for the food pantry.



## Duplicate Bridge Results

	OFFICES		MEETING
<b>President</b>	Ray Casaprima	201-891-3394	2nd Tue 11am
<b>1st Vice-Pres.</b>	George Lewis	201-891-5883	
<b>2nd VicePres.</b>	Ed Chanod	201-891-1995	
<b>Secretary</b>	Edwin Schlachman	973-423-1459	
<b>Treasurer</b>	Mike Hurd	201-891-1374	
<b>Asst. Treas.</b>	Tom Butler	201-934-8161	
	COMMITTEES		
<b>AU Guys</b>	John DeSantis	201-447-0256	
<b>Book Club</b>	Joe Clinton	201-447-2261	Wed after the AU General Meeting 9:30
<b>Dup. Bridge Rub. Bridge</b>	Joe MacDougall Wes Cheringal	201-891-4048 201-848-8009	Wed 1 pm M,F 1 pm
<b>Care-Concern</b>	Joe Clinton Paul Hennion Don Martin	201-447-2261 201-891-4716 201-891-2279	
<b>Chaplain</b>	Rev Andy Kadzban	201-891-1782	
<b>Chess</b>	Bill Schultz	201-891-5327	3rd Thru 9:30
<b>Computer</b>	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-625-7541	3rd Wed. 10:00
<b>Gardening</b>	Joe Lamela	201-327-8137	1st Wed.10:00
<b>Golf</b>	Bruno Bissetta Guy Cappello	201-891-7567 201-891-0617	Tuesday Thursday
<b>Hiking</b>	Don Kirkpatrick	201-337-5666	Mon 9:00
<b>Historian</b>	Dom Manobianco	201-891-7185	
<b>Investment</b>	Herb Umland	201-891-6638	2nd Thru 9:30
<b>Membership</b>	Walt Widmer	201-562-8666	
<b>Newsletter Distribution By</b>	Lou Guarneri Ed Schlachman	201-847-1981 973-423-1459	
<b>Project Out-reach</b>	Marty McGonigle	201-529-1941	
<b>Photographer</b>	<b>OPEN</b>		
<b>Public Disc.</b>	Walt Widmer	201-562-8666	3rd Fri 9:30
<b>Refreshments</b>	Jim Forbes Howard Vogel	201-825-0523 201-612-2237	
<b>Science</b>	Jack Yurasek	201-337-4433	3rd Tues 10.00
<b>Skiing</b>	Bud Brooks	201-327-6649	Snow
<b>Sponsor Liaison</b>	Rev. David Bach	201-891-1782	
<b>Stock Market</b>	Don Kirkpatrick	201-337-5666	2nd Tues. 9:00 4th Tues. 9:00
<b>Tennis</b>	Dom Manobianco	201-891-7185	MWF
<b>Transport.</b>	Frank Nusspickel	201-891-9099	
<b>Trips/Tours</b>	Lou Guarneri Don Wasson	201-847-1981 201-891-1873	2nd Tues 10:30
<b>Web-Master</b>	Don Kirkpatrick	201-337-5666	

		1st	2nd	3rd
5/6	NS	Foley/Wiest	Riccardi/Spence	Lewis/Meloro
	EW	Gilpatrick/Warner	Hausman/ Mahmarian	Page/Smith
5/13	NS	Levin/Rock	Gilpatrick/Milcos	Boylan/Riccardi
	EW	Foley/Lewis	Warner/Wiest	Meloro/Wong
5/20	NS	Spence/Riccardi	Gattoni/Wiest	Foldessy/Hulit
	EW	Rock/Foley	Milcos/Page	Smith/Lubicich
5/27	NS	Meloro/Warner	Freimuth/Gattoni	Milcos/Wiest
	EW	McGuire/Verdi	MacDougall/ Yampell	Foley/Smith

## Obituaries

Natalie Patterson, wife of **George Patterson** passed away May 1st, 2015 after a long battle with cancer.

**John Piersa** has passed away on May 11, 2015. He is savvied by his wife Dolores Piersa.

Our AU President, **Ramon Casaprima's** wife, Genie, has passed away May 13,2015

**Howard Jeffers** passed away May 15, 2015. He is savvied by his wife Rosemarie.

Any member requesting a change of their; Phone number, address, and or e-mail must send the information to Membership:

[whwidmer@optonline.net](mailto:whwidmer@optonline.net).

Thank you **Walt Widmer**

**The deadline for June 2015 Newsletter articles is 5:PM May 24, 2015. When submitting articles please use font: Times New Roman 11 pt. (not bold).**

Email: lguarneri03@gmail.com

Or mail to: **Lou Guarneri**  
128 MacLeish Court  
Mahwah, NJ 07430

## Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Abraham P Cruz (Victory)	450 Island Rd Ramsey, NJ 07446	Accountant	Computers, T&T and Hiking	H: 201-760-6341 C: 404-840-1051 Email: cruzabe@yahoo.com
Ted M David (Diane)	12 North St Ramsey, NJ 07446	Lawyer	Book Club, Public Discus- sion, Newsletter, T&T, Stock Market and Hiking	H: 201-818-9106 C: 732-245-3142
Mike Kondrat (Virginia)	24 Beehive Ct Mahwah, NJ 07430	Executive	Golf, Public Discussion and Science	H: 201-512-0275 C: 201-788-5332 Email: iggykosto@yahoo.com
David Kampschmidt (Susan)	228 Hidden Pond Path Franklin Lakes, NJ 07417	Executive	Book Club, Bridge, Golf and T&T	H: 201-405-2043 C: 201-362-9977 Email: david@kampschmidt.net
Vincent R Oltremare (Barbara)	101 East Oak St F-4 Oakland, NJ 07436	Executive	Golf, Refreshments, Invest- ments, T&T and Stock Market	H: 201-651-0818 Email: voltremare@verizon.net
Louis A Schwarz (Carole)	923 Cherokee Ln Franklin Lakes, NJ 07417	Doctor	Bridge, Computers, garden- ing, Investments and Stock Market	H: 201-848-9559 Email: schwarzvk@aol.com
Grandon E Voorhis (Kathleen)	47 Coles Ct River Edge, NJ 07661		AU GUYS Band	H: 201-343-8041 Email: voorhis@gmail.com

### AU & HOBBYISTS SET DATE FOR ANNUAL MATCH

The Activities Unlimited and Ridgewood Golf groups have scheduled their Annual Match Play Tournament for Tuesday, August 11th, 2015. The match will again be played on a neutral course, Apple Greens Golf Club in Highland, NY. Details regarding the match and team selections will be worked out by the respective Golf Committee of each group. We look forward to a friendly competitive match.

Contact **Bruno Bissetta** at 201-891-7567

### Public Discussion Group



The discussion group enjoyed a lively May meeting. The topics touched on international relations (the Iranian Nuclear Agreement); cultural issues (Family Values); and a local topic dealing with sports (Should there be a separate league for the private schools that recruit across school lines as they have become so good that the public schools generally cannot compete?). Many different views were expressed on each of these topics. Not only was the discussion enjoyable, but we all came away wiser as a result. I encourage you to go to the AU website for a "blow by blow" summary of the different views. The next meeting will be at Larkin House on June 19<sup>th</sup> at 9:30. All members are welcome and it's ok to just sit and listen!

**Tom Butler**

### AU Spring Luncheon

This year the Spring Luncheon will be held on June 9, 2015. We are again returning to the Indian Trails Club in Franklin Lakes, New Jersey. We have previously held the luncheon in May, but extensive renovations at the club necessitated rescheduling to June. The lower level dining area has been raised to be level with the old dining area. Which has been converted to a lounging area with the bar as it's focal point. The new dining area provides panoramic views of the lake and has a new dance floor and band stand..

The cost is \$24 per person (the same as last year) with spouses and/or guests welcome. The AU guys will be playing for your enjoyment and dancing pleasure. This is a wonderful opportunity to socialize with friends and make new acquaintances. There will be open seating (no reservations in advance) or you can make your own seating arrangements with other members .

Doors will be open at 12:00 noon and a buffet lunch served at 12:30 at both ends of the new dining area. Please sign up well in advance of June 9th, so we can plan the buffet and number of tables required.

**Checks for \$24 per person should be made payable to Activities Unlimited and sent directly to: Ed Chanod, 29 Vanderbeck Lane, Mahwah, NJ 07430. (201) 891-1995**

## The History Club



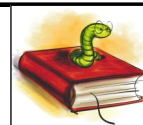
The first meeting of the "New History Club" will be held on Monday, June 22 at 1 PM at rear of the Heneveld Hall. The subject matter is "The Philippine-American War, 1899-1902. This was a brutal, nasty and very costly war in terms of loss of human lives and destruction of property. This historical event propelled America as a world power and the fulfillment of some of our politicians imperial dream. This event is a closed chapter in American history. Every one interested in history is invited.

For more information contact **Pablo Catangay**: 201-684-1217

## Books for June:

- \* ISLAND IN THE CENTER OF THE WORLD - Russell Shorto
- \* THE CHARMER - Richard Muti
- \* PERSONAL REFLECTIONS OF AN HISTORIAN - Stephen Ambrose

## The Book Club



GUANTANAMO DIARY (Mohamedou Slahi) recommended by George Ekel is the diary of a terrorist in Guantanamo who alleges his innocence and further alleges many episodes of torturous interrogation since his arrest in 2001. The Lt Colonel assigned as his prosecutor declined to do so saying the detainee had been tortured making his confessions of guilt inadmissible. However, this prosecutor also believed Slahi was guilty.....A THOUSAND SPLENDID SUNS

(Khaled Hosseini) a novel recommended by Tom Butler focuses on the lives of two Afghan women. This is a story about unhappy families, abusive marriages, oppressive governments and repressive cultural mores. Although these two women endure much physical and mental suffering their spirits are not broken and in the climax to the story one of the women commits an act of enormous self-sacrifice to aid the other in a promise of a new and better life.....

THE STORY OF THE HUMAN BODY (Daniel E. Lieberman) recommended by Ed O'Keefe is a discourse on evolutionary biology. The author discusses our evolution from hunter-gatherers to the advent of agriculture to the Industrial Revolution and posits that many of today's health problems (obesity, Type2 diabetes, myopia, lower back pain) have arisen out of an evolutionary mismatch. In other words, our diet and activities today are not in tune with our bodies as they have evolved. His solution is to reorder our priorities re diet and physical activity to match our evolutionary bodies as best we can.

## Books for July:

- \* THE CHILDREN ACT - Ian McEwan
- \* NO PLACE TO HIDE - Glen Greenward
- \* A BATTLE FOR THE SOUL OF ISLAM - Zuhdi Jasser

Our next meeting will be June 10 at the Larkin House (380 Godwin Ave. Wyckoff). We welcome new members. Give yourself a treat and come to one of our meetings.

**Joe Clinton**

[bhagan185@aol.com](mailto:bhagan185@aol.com)



The AU hikers are active September - June. A hike is planned every Monday, depending on the weather. We meet in the Wyckoff Reformed Church parking lot at 8:45 AM. Our hiking sites are within the local area that require an hour drive or less. There are two hikes planned each week the short hike is under 4 miles and is rated easy to moderate the long hike is typically 5 to 7 miles and is rated moderate to strenuous. Appropriate dress for the season, hiking boots (cramp-ons for the winter), a day pack, lunch (in the winter we eat many time at a local Pub), bug spray and plenty fluids are necessary equipment. A walking stick or trekking pole(s) can be a welcome addition. Hikes with exceptional views are routine making cameras and binoculars also welcome additions.



Some examples of the types of hikes we take are; Walkway over the Hudson, The NYC Highline, Alpine Boat basin, Lake Minnewaska, and many of the trails in Harriman State Park. Each Wednesday we post the next weeks hike on the AU Web-Site and email to all hikers a detail write-up. All AU Members are welcome to come join us for a future hike and experience a wonderful day on the many hiking trails in the NJ/NY area.

On Wednesday, May 13<sup>th</sup> we held our initial Dinner/Social at The Plum and The Pear Restaurant in Wyckoff. We had 29 hikers and spouses or significant others in attendance ... it was a fun filled evening at a great local restaurant. We showed a continuous slide presentation of pictures from our many hikes that were thoroughly enjoyed by all especially the women in attendance as they could see where we hike and get a sense of appreciation of the outdoors that the AU Hikers experience each Monday on their weekly hikes. You can see all of the hikes that we take plus view the pictures shown during our Dinner/ Social on the AU Web-Site ... [www.activitiesunlimited.org](http://www.activitiesunlimited.org) and go to the hiking web pages.

**Donald A. Kirkpatrick (201-759-3795) or [dakirkpt@verizon.net](mailto:dakirkpt@verizon.net)**

## Computer Technology Club – May 20, 2015 Meeting



There were 25 AU Members in attendance at the Wednesday, May 20, 2015 meeting of the Computer Technology Club which included one new member. The meeting topic was the use of technology in medicine ... from an update on the use of the Microsoft Band in the real world through a view of healthcare today. The entire presentation utilized Power Point as its medium to demonstrate some of the things discussed in our last meeting.

The presentation kicked off with an update on my use of the Microsoft Band which included a review of the past 4 weeks of actual data that included a look of the statistics accumulated during my workouts at the Y, hikes with AU, my weekly bowling and how I slept over this past month. You can get an overview of the Microsoft Band by clicking the following link <https://www.youtube.com/watch?v=CEvjulEJH9w> which highlights some of the uses for the Microsoft Band.

The rest of the presentation continued with a look at Electronic Medical Records, a Patient Portal and the effect of technology on the entire field of medicine. And, it ended with a review of a book entitled “**The patient will see you now**” by Eric Topol. The full presentation has been posted on the AU Web-Site under the reference section of the Computer Technology Club page. During the presentation there were two technical difficulties regarding the Patient Portal access and easily getting information on Medical Devices entitled MedGadget ... both will be presented at the beginning of next month’s meeting.

As no specific topic was selected for next month’s meeting I am open to suggestions, so please forward to me your ideas and or questions which I can address. If I don’t get suggestions I will make our meeting in June a recap meeting on key topics that were discussed during this past year. Also, as a reminder the Computer Technology Club will be taking the summer off and will be back in full swing when we return in September 2015. Thus, all should try to look at some of the ideas as outline in the next paragraph to provide me with insight as to various topics we can cover in future meetings.

Also, keep in mind that the list of potential topics for future meetings is out on the AU Web-site on the Computer Technology Page. Thus all CTC members should review the list and come-up with some areas that they would like to see presented in the next three (3) months. Also, at our meeting in October 2014 we agreed to a format of our future meetings that included a section for the main topic, a section for current technology and a section for questions/answers. Therefore, the CTC Members should think about current technology questions that could also be reviewed at future meetings.

Thanks, I look forward to our next monthly meeting which will be held on Wednesday, June 17, 2015 at 10AM. I hope to see a good turn-out for this meeting.

**Donald A. Kirkpatrick (201-759-3795) or [dakirkpt@verizon.net](mailto:dakirkpt@verizon.net)**

## 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 till it's too late.**

### **Tuesday, June 9, 2015 — Annual Spring Luncheon/Dance at Indian Trails**

Doors will be open at 12:00 noon and a buffet lunch served at 12:30 at both ends of the new dining area. Please sign up well in advance of June 9th, so we can plan the buffet and number of tables required. **Checks for \$24 per person should be made payable to Activities Unlimited and sent directly to: Ed Chanod, 29 Vanderbeck Lane, Mahwah, NJ 07430. (201) 891-1995**

### **Thursday, July 16, 2015 — Baseball at Provident Stadium**

Not the World Series, it's an enjoyable evening watching the **New Jersey Jackals** battle it out with the **Rockland Boulders**. **They are planning a fireworks show with a band.** Hot Dog in one hand and cool drink in the other. Time 7:00 PM and the cost is \$13.00 3rd base box seating, payable at stadium. Stadium is located in Pomona, NY, Exit 12, Route 202, off the Palisades (about 30 minute drive) or take Route 202 from Suffern. Contact **Don Wasson 201-891-1873** if you are interested in going. The plan is to meet at WRC, 5:45 PM, and car pool from there.

### **Thursday, August 20, 2015 — "Twist and Shout" — Hunterdon Playhouse**

Presents the music of the sixties from Burt Bacharach to the Beatles -- the Four Seasons to the Four Tops. Come and listen to the music that reflected the many societal changes taking place in that decade. A sit down luncheon will precede the show followed by their famous dessert buffet, coffee or tea. Bus leaves WRC at **10:00 am**. **Your check for \$70.00 per person should be made payable to Activities Unlimited and sent directly to: Dick Neuman, 276 Barnstable Drive, Wyckoff, NJ 07481. Tel: 201-445-9550.**

**Thursday September 17, 2014—Wine and Appetizer Social** — Brookside Manor Club- house (Storms Drive, Mahwah), which is about 5 minutes from the WRC (Wyckoff Reformed Church). There will be some wine tasting and plenty of appetizers (Shrimp, Chicken, Swedish Meat Balls, Pigs in a Blanket, just to name a few). No one will leave hungry. It will run from 6:00 PM to 9:00 PM. This social will be limited to 50 people because of the size of the clubhouse. Please sign up ASAP to reserve your place for this party. **Your check for \$33.00 per person should be made payable to Activities Unlimited and sent, no later than August 25th, directly to: George Lewis, 45 Walnut Street West, Mahwah, NJ 07430. (201) 891-5883**

**Saturday, September 26, 2015 —Cruise to New England and Canada.** Contact: Lou Guarneri 201-847-1981

### **Tuesday, October, 20, 2015 — "Memories of the Meadowbrook" — Stoney Hill Inn, Hackensack**

This is a musical trip down memory lane when Frank Dailey's Meadowbrook in Cedar Grove hosted all the big bands (Glen Miller, Tommy Dorsey, Benny Goodman, etc.) in the 40's and 50's. Joe Zisa will provide the music for your listening and dancing pleasure. Dan Yates will serenade you with songs from Damn Yankees, Man of La Mancha, Hello Dolly and other great shows. A family style luncheon includes all food, 2 drinks, soda and gratuities. Show starts at **11:00 am** and ends 3:00 pm, driving instruction will be given out prior to the event. **Your check for \$45.00 per person should be made payable to Activities Unlimited and sent directly to: Don Wasson, 14 Appert Terrace, Mahwah, NJ 07430 (201-891-1873) Please using the form on page 7, send your check in ASAP to guarantee your reservation.**

### **Tuesday, November 17, 2015 — Murder Mystery — Brownstone, Paterson**

A day of dining, dancing and "MURDER at the DISCO". Audience participation? Lunch includes: 2 Comp Drinks, Salad, Ziti, Choice of Roast Beef, Roast Chicken, Potatoes, Veggies, Dessert, Coffee, Tea and Soda. 11:30 - 3:00. **Your check for \$44.00 per person should be made payable to Activities Unlimited and sent directly to: Dick Botta 413-D Bromley Place, Wyckoff, NJ 07481. 201-848-9001.**

**Monday, December 21, 2015 — AU Christmas Party**

**IMPORTANT REQUEST FOR ALL MEMBERS**

Using the US Mail to send the newsletter to members costs the AU about \$1,500 per year. Sending it as an email attachment costs nothing. We want all of our members to receive the newsletter, but if you are receiving it by US mail and can convert to electronic receipt, the savings to the Club is significant.

If you are receiving the newsletter via the postal service and need to continue that service, you **MUST** cut out this notice, enter your name and telephone number on the space provided below, and return it to Walt Widmer before August 31. If you no longer need the surface mailing--both email attachments and viewing on the AU website are available to you--simply ignore this notice and the mailing will stop in September.

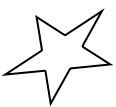
IF YOU NEED TO RECEIVE THIS VIA US MAIL, YOU MUST SEND THIS REPLY COUPON TO:


MR. WALTER WIDMER  
38 HAMILTON STREET  
ALLENDALE, NJ 07401


My name is \_\_\_\_\_ and I need the hard copy mailed to me. My telephone number is \_\_\_\_\_.

*Remember, to stop receipt by regular mail, simply do nothing and that costly service will cease in September.*

**2015**









**\$45.00 pp**

**THE JERSEY DREAMERS & BARBARA NOLAN**

PRESENT

**“MEMORIES OF THE MEADOWBROOK”**  
(World’s First Music Theater in the Round)





**Tuesday, October 20, 2015 at the Stony Hill Inn of Hackensack, 231 Polifly Road, Hackensack, NJ 07601**  
The Meadowbrook was where we heard Glen Miller, Tommy Dorsey, Benny Goodman and saw stars such as Howard Keel, Imogene Coca, Tony Martin and other greats. It was one of the finest entertainment establishment of the times. Barbara Nolan was a big part of this wonderful venue. Dan Yates will serenade you with songs from Gypsy, Damn Yankees, the Fantastics, Man of LaMancha, Kiss Me Kate, Hello Dolly and South Pacific. The Stony Hill Menu: 2 comp glasses of wine, Salad, Pasta, Chicken Marsala, Roast Beef w/gravy, Vegetable & Potato, Dessert, Coffee Tea and Soda. Please arrange to car pool and meet at Stony Hill Inn by 11:00 AM show ends about 3:00 PM.

Cut Here: .....

<b>Send to: Don Wasson</b> 14 Appert Terrace Mahwah, NJ 07430 (201) 891-1873	Name(s) of attendees: _____ _____ _____ _____
Amount _____	

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Visit AU’s website: [www.activitiesunlimited.org](http://www.activitiesunlimited.org)



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