

Activities Unlimited

Volume XXXIII Issue III

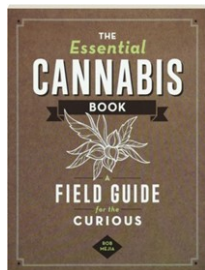
March, 2019

Activities Unlimited General Meeting Tuesday, March 12, 2019 — 1:00 PM at the WRC, Heneveld Hall

Our speaker for the March 12 general membership meeting at 1 PM will be Rob Mejia. Rob is an entrepreneur, author, and avid tennis player. Like many, Rob experimented with cannabis (marijuana) in college but didn't think much about it until his sister Theresa got sick. Watching her struggle with pain and eventually lose her battle with cancer led Rob to begin his own cannabis journey. From dispensaries in Denver, to private grows in Uruguay to edibles bakeries in Oregon, Rob has spent years studying research, products and people of the cannabis community. Recently his first book was published titled *The Essential Cannabis Book: A Field Guide for the Curious*. Rob writes a monthly Q and A cannabis column for the *Spokesman-Review*, gives seminars and has lectured at Stockton University. His educational cannabis company is called Our Community Harvest and can be found at www.ourcommunityharvest.com.

This subject presently is of particular interest to many in New Jersey since the state legislature is currently working on a bill to legalize recreational marijuana in the state to augment the current legalization of sale and use of medical marijuana. Rob has followed this process and will be able to bring us up to date on the latest developments. It should be a very provocative session.

Come join us all at 12 noon for coffee and cookies, mingle with fellow members, and enjoy the music of the AU Guys Band before the presentation.



NOTE FROM THE PRESIDENT

Winter finally caught up with us as we had to cancel the February General meeting. It is the first time we had to cancel in over 25 years so I guess New Jersey winters are not that bad.....at least on the 2nd Tuesday of the month, Please make every effort to attend our March meeting which will be on March 12th at the usual time starting at noon in Heneveld Hall. We cannot be snowed out twice! We will be presenting the results of the survey we sent out regarding the possibility of changing the starting time to the morning. We will explain it in detail but let me give you the results. We had 105 responses which I think is great. 63 or 60% are in favor of a trial run and 41 are not. Note I said *trial run* as that was all that was proposed. We want to evaluate with you the pros and cons of changing the times and expect to know a lot more after we have an am meeting

We have talked to many of you about why our attendance at the monthly meetings is declining. In the survey we noted that we are averaging 88 members whereas a few years ago it was at least 100. One recurring comment is the selection of the speakers. The Board discusses the selection of speakers always attempting to attract those that all will like but as we know it is impossible to please everyone. We have always listened to suggestions by the membership and ask again for your recommendations. We want the speaker to be acceptable to as many as possible so please contact **Vince Tortorelli** who is this year's program chairman if you have suggestions for speakers.

Finally, we are continuing with clubs presenting before the meeting. This month we will have **Al Connelly**, chairman of the Investment club and **Vince Tortorelli**, chairman of the Book club at tables in the back of the hall. These are two great clubs. Check them out if you are not familiar with them.

Joe Pullaro, President
201-337-0018
josephpullaro@hotmail.com

ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2019 OFFICERS



Joe Pullaro
President
201-337-0018



Vincent Tortorelli
1st Vice President
201-447-3718



Bob Dauer
2nd Vice President
201-327-9247



Dave Voehl
Secretary
973-227-6981



Doug Cooper
Treasurer
908-907-1112



Jeff Mohn
Asst. Treas.
201-261-1219

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys Band	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	Jeff Mohn Paul Hennion	201-261-1219 201-891-4716	
Chaplain	Rev Andy Kadzban	201-485-8589	
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	Bill Bryne Jim Webb	201-447-5064 201337-7982	Thursday
Hiking	Long Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00
	Short Fred Theile	201-981-1801	Mon 9:30 WRC
Historian	Victor Pizzolato	201-612-0038	
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thru after the AU General Meeting 9:30
Luncheon	John Abrahamsen Mark Cohen	201-848-8037 201-337-4198	

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Pickleball	Tim Tracy	201-560-8911	Tues,& Thus. 9:00 am.
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	John Caikowsky Don Wasson	973-599-1056 201-891-1873	Morning of AU General Meeting 10:30 am
Web-Master	Don Kirkpatrick	201-337-5666	

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

There was no **Feb** collection for the Wyckoff Reformed Church Food Pantry, meeting was canceled.

The deadline for April 2019 Newsletter articles is 5 PM, Sunday, March 24, 2019. 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

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.

Wednesday, March 13, 2019 St. Patrick's Day at the Brownstone

ACE IN THE HOLE PRESENTS MY WILD IRISH ROSE

Well it's that time of year again when the Irish spirit captures your heart!! And what better way than a sweet Irish Colleen to steal yours. Award winning movie actress and singing sensation Ryan Kelly will sing some of your Irish favorites and get you feeling the joy of St. Patrick's Day! Enjoy comedian, Dale Grand Esq. and bagpiper Brendon Rigler. Family Style Menu: 2 complimentary drinks, warm rolls, fresh salad, Irish pea soup, corned beef & cabbage, roasted chicken, Irish soda bread, baked potatoes, buttered carrots, deserts, coffee, tea. Free soda on the table all day. The event is at the Brownstone, 351 W. Broadway, Paterson, NJ. **It starts at 11:30 am and lasts until 3:30 pm.** Wives/Significant others are invited. Cost: \$52.00pp including tip. Mail check made payable to ACTIVITIES UNLIMITED to: **Bob LaSalvia**, 80 Glasgow Terrace, Mahwah, NJ 07430. Questions, call Bob 201-529-4784

Thursday, April 11, 2019 Cherry Blossom Time in Newark

Join us for a trip though Branch Brook Park where our guide will delve into the history of the park and its extensive collection of Cherry Trees. After the park tour we will visit The Cathedral Basilica of the Sacred Heart. Then on to Don Pepe's for lunch. Should be easy trip with little walking. Enjoy soup or salad, your choice of Paella, Chicken or NY Shell Steak and dessert; Wine, Sangria, Beer and Soda is included during Lunch. **The bus will leave WRC at 9:30 am.** Wives/significant others are invited. Mail your check for \$70 pp payable to Activities Unlimited to: **Louis Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430. Questions, call Lou (201-847-1981)

Tuesday, May 14, 2019 Annual Spring Luncheon/Dance at Indian Trail Club, Franklin Lakes, N.J. **Doors open at 12:00 noon.**

Buffet lunch served at 12:30pm. Music by the AU Guys Band. Please sign up as early as possible so we can set the number of tables required. The price, **\$27.00 per person.** Wives/significant others are invited. Make checks out to Activities Unlimited and mail to: **Bob Dauer**, 15 Birchwood Lane, Ramsey, NJ 07446. Any questions contact Bob at 201-327-9247 or bobdauer@gmail.com. We look forward to seeing you there.

June — Lake Hopatcong — Cancelled

Thursday, July 11, 2019: Bus trip to Banquet & Event Center at the

High Point Golf Club in Montague, NJ. within site of the High Point Tower and Monument. **The bus will leave the Wyckoff Reformed Church parking lot at 8:15 am.** The event will include a full breakfast, followed by an Activity Hour and ending with a full course dinner prior to boarding the bus for home. A 4-hour "Open Bar" is included.

There will be double featured entertainment which includes a comedian and a 12 piece Jazz Band. In addition, the facility has a Putting Green, Driving Range and Golf course. Some of their listed activities are Bingo, Giant Jenga and Horse Racing for Dollars. There are scenic views and nature walking paths.

THIS IS A NEW VENUE.....SOUNDS INTERESTING.....LET'S GIVE IT A TRY!

Wives/Significant others are invited!.

Cost is \$ 70. 00 per person and all checks need to be received no later than May 15, 2019. Mail checks payable to Activities Unlimited to:

Dick Botta, 413D. Bromley Place, Wyckoff, NJ 07481. Questions call Dick: 201-848-9001

Notice of Proposed Changes to Article VI (Nominating Committee) of the AU By-Laws

Explanation:

The Executive Committee is recommending some timing changes to Article VI of the club's by-laws in order to move up the election of officers from December to November. The reason for the change is to ensure that the election takes place before the annual December Holiday Dinner Dance. The club has often presented the new officers and "passed the gavel" before formal voting for new officers took place. The recommended changes will avoid this situation. New officers will still enter into their office on January 1st.

Approval of the changes noted below will be by majority vote of members at the General meeting on June 11th.

ARTICLE VI: NOMINATING COMMITTEE

Section 1. *No changes to the existing text.*

Section 2.

The Committee shall select a slate of officers to be presented at the October meeting. Members may make additional nominations from the floor at this meeting.

Section 3.

The nominated slate of officers shall be presented again at the November meeting. Additional nominations may be made from the floor at this time, after which nominations will be closed. The election of new officers by voice vote shall proceed. However, if there is more than one nominee for a particular office, voting shall be done by ballot.

Section 4.

The slate of duly elected officers shall be presented at the December meeting (the Annual Meeting) and will take up office effective January 1.

Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Andrew S Safina (Jeannie)	27 Manor Rd Mahwah, NJ 07430	Executive	Discussion Group, History Club, Investments and Stock Club	H: 201-828-9040 C: 914-714-3438 Email: asafina@optonline.net
Dennis M Hogan	436 Green Mountain Rd Mahwah, NJ 07430	Heavy Equipment	Cares & Concern, Hiking Short, Discussion Group, Golf, Luncheon, Project Outreach and Trips & Tours	C: 201-638-3396 Email: dennishogan25@yahoo.com
Anthony M Cataldo (June Ann)	5 Adams Rd Saddle River, NJ 07458	Executive	Hiking Short, Investments, Luncheon, Tennis and Trips & Tours	H: 201-825-7341 Email: acata10666@aol.com
Joseph R Torelli (Patricia)	422 Brittany Dr Wayne, NJ 07470	Executive	Book Club, Hiking Short, Computers, Discussion Group, Golf, History Club, Investments, Luncheon and Project Outreach	H: 973-472-8252 Email: tango32@optonline.net
Michael Glicksman (Rose)	418 Carlton Rd Wyckoff, NJ 07481		Hiking Short, Gardening Club, Golf, Hiking Long, History Club, Pickleball, Tennis and Trips & Tours	H: 201-805-9069 Email: mikeglicksman@gmail.com
Fred Steinberg (Judith)	242 Navajo Dr Wyckoff, NJ 07481	Physician	Discussion Group, History Club, Luncheon and Trips & Tours	H: 201-891-6730 C: 201-739-4493 Email: fredsteinberg@optonline.net



The Bridge Club

		1st	2nd	3rd
1/30	NS	Lewis/Meloro	Bidwell/Foldessy/ Bartlett	Freimuth/Gilpatrick
	EW	Anand/Warner	Desrosiers/Hulit	Randolph/Yampell
2/6	NS	Bidwell/Yampell	Anand/Smith/ Groesbeck	Barbera/Foldessy
	EW	Desrosiers/Meloro	Freimuth/Martin	Altamuro/Spence
2/27	NS	Spence/Warner	Yampell/Bidwell	Anand/Zelhof
	EW	Martin/Rock	Desrosiers/Altamuro	Milcos/Levin



The Science Club

At the February meeting, an outstanding video “The Beginning and the End of the Universe” by Professor Jim Al-Khalili was viewed, and enjoyed by all.

This video is available on Netflix and You-Tube. There are several excellent PBS NOVA videos also available on NETFLIX on Einstein’s Life and his Theories, as well as a DVD by Professor Brian Greene of Columbia on Quantum reality—some of these may be shown at future meetings.

A Car Pool trip to the American Museum of Natural History in NY on Tuesday, March 19 (weather permitting) is being considered. Drivers are needed- parking is available in the basement of the Museum, with Lunch in one of the several cafeterias. A large new exhibit on T-rex is starting on March 10. The Senior Ticket (\$27) includes the Planetarium, and an IMAX, as well as all of the permanent exhibitions. Car expenses (Parking, Tolls, and Mileage) are shared at \$10, with trip leaving WRC at 9 AM and returning by 2:30 PM. **Please contact me by March 5 if you are interested,**

At the February meeting, we also reviewed the Questionnaire submitted in September, where it was noted that it is extremely difficult and time consuming for an individual person to produce an hour long presentation. The consensus was that several shorter presentations at each meeting would be desirable. It was also requested that we review personal material from previous meetings and other available information (talks, DVDs, videos, etc.) that might be of interest and to discuss them at the March or April meeting.

Thanks again to those whose gave talks this past year. We are always trying to have additional people make presentations, and suggestions to improve our group are always welcome.

Jack Yurasek (201-337-4433) Email--Jyurasek@aol.com

Apolitical Aphorisms

We hang the petty thieves and appoint the great ones to public office.

~Aesop~

Politicians are the same all over. They promise to build a bridge even where there is no river.

~Nikita Khrushchev~

Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel.

~John Quinton~

Politics is the gentle art of getting votes from the poor and campaign funds from the rich by promising to protect each from the other.

~Oscar Ameringer~

I have come to the conclusion that politics is too serious a matter to be left to the politicians.

~Charles de Gaulle~

The History Club



At the February meeting **Murry Pearl** presented:

The American Eugenics Movement and the Nazi Final Solution

The presentation began with a discussion of the social and scientific influences leading to the establishment of the Eugenic Record Office (ERO) by Charles Davenport in Cold Spring Harbor NY. Davenport and his assistant, Harry Laughlin began keeping tens of thousands of records of family trees to track individuals with defective traits that might be passed on to future generations.

Laughlin travelled the country promoting the sterilization of ‘criminals, idiots, imbeciles and rapists’ to prevent the procreation of undesirable persons. In 1907, Indiana became the first state to conduct involuntary sterilizations.

Positive eugenics was also promoted by encouraging potential mates to pair with only those without ‘degenerate’ characteristics.

Henry Goddard, the superintendent of the New Jersey Home for the Education and Care of Feeble-Minded Children in Vineland New Jersey, introduced intelligence testing in the US. Immigrants and army conscripts were tested and the data was collected to categorize the intelligence of various racial and ethnic groups. Goddard also followed the family tree of the Kallikak family illustrating how degenerate traits were passed from generation to generation.

In 1916, the Superiority of the Nordic race was proposed by Madison Grant, who saw the influx of ‘Mediterranean’ blood as a threat to the racial purity of earlier Anglo-Saxon immigrants. He also aggressively pursued a sterilization policy in California.

Pressure was put on Congress to curtail immigration from southern and eastern Europe leading to the Immigration Restriction Law of 1924.

Laughlin turned his efforts to secure judicial support for sterilization in 1927. In the precedent-setting case of *Buck v. Bell*, Supreme Court Justice Oliver Wendell Holmes, Jr., upheld the Virginia sterilization law.

As scientific knowledge advanced, many scientists, physicians, and political leaders began to denounce the eugenic work of the ERO publicly. After considerable reflection, the Carnegie Institution formally closed the ERO at the end of 1939.

In the early 1930s Germany adopted American measures to identify and selectively reduce the presence of those deemed to be “socially inferior” through involuntary sterilization.

Adolph Hitler adapted the work of Madison Grant and incorporated his thoughts into his manifesto, *Mein Kampf*. The Nazis escalated their policy of eliminating defective genes from the population from sterilization to ‘euthanasia’ with project *Aktion T4* by killing 300,000 mental patients. In 1935 Hitler passed the *Law for the Protection of German Blood and Honor* forbidding marriage extramarital intercourse between Jews and Germans, leading to the ‘final solution to the Jewish problem’ in 1941.

The presentation concluded with an analysis of how the eugenics movement perverted science in an effort to promote political, social and racial goals.



The Lighter Side

An old physician, **Doctor Gordon Geezer**, became very bored in retirement and decided to re-open a medical clinic.

He put a sign up outside that said:

"Dr. Geezer's Clinic. Get your treatment for \$500 - if not cured, get back \$1,000."

Doctor **Digger Young**, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to **Dr. Geezer's** clinic.

Dr Young: **"Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"**

Dr Geezer: "Nurse, please bring medicine from the box 22 and put 3 drops in **Dr. Young's** mouth."

Dr Young: 'Aaagh! -- This is Gasoline!'"

Dr Geezer:

"Congratulations! You've got your taste back. That will be \$500."

Dr Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I have lost my memory, I cannot remember anything."

Dr Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr Young: "Oh, no you don't -- that is Gasoline!"

Dr Geezer: **"Congratulations!** You've got your memory back. That will be \$500."

Dr Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr Young: "My eyesight has become weak --- I can hardly see anything!"

Dr Geezer: "Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).

Dr Young: "But this is only \$10!"

Dr Geezer: **"Congratulations!** You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off.

Enjoy your day!!