

Activities Unlimited

Volume XXXIV Issue III

March, 2020

Activities Unlimited General Meeting Tuesday, March 10, 2020 1:00 PM at WRC Heneveld Hall



Our speaker, Joe Lennox, attended La Guardia Aeronautical College and is a retired senior banking officer for a major New York financial institution based in Canada. In addition, he is a Space program historian who has been a student of space exploration for over 55 years. He is the creator/curator of an extremely extensive private space history museum that has been called “the largest and most complete collection in the country.” It will eventually belong to The Astronaut Hall of Fame at Kennedy Space Center.

(<http://teachspace.smugmug.com/>)

He has presented to children and adults of all ages for the past 35 years. Joe is on the staff of BRAINYAKID and was a presenter for Project Impact. He has been the space consultant/advisor for museum and planetarium functions and has worked with NASA Astronauts and NASA Teacher Resource Specialists on numerous occasions.

He is also a member of The National Space Society, The Space Explorers Network, The Space Foundation, The National Science Teachers Association, The Planetary Society and was a former member of the selection committee for The Astronaut Hall of Fame. In addition, Joe was the former President of the New Jersey Aviation Hall of Fame and Museum, as well as serving as their Director of Educational Programs, and served as the curator of their space artifacts and exhibits. He has also worked with the local Challenger Center, and has assisted the space curator at The Intrepid Air and Space Museum.

Joe was featured in two MSNBC-TV news programs, has written articles for The Gifted Child Society, the “collectSPACE” web site, “Quest Space History” magazine, and is the author of “Vision For Space”, a memoir of how his life inter-twined with the space program.

NOTE FROM THE PRESIDENT

Spring will soon begin and our golf, tennis, pickle ball, bocce and hiking clubs will benefit from the improved weather.

I would like to thank all of the Club Chairmen and Vice Chairmen for their time and efforts to ensure members get full enjoyment out of their clubs. It is not an easy task but very much appreciated.

All of those members that attended the Orientation during our February 11th General Meeting at the YMCA came away with new found knowledge on what the Y has to offer and how it can support improving senior men’s health and overall enjoyment. We will continue to work with the Y on a regular basis. The next event will be a Men’s Wellness day on Tuesday, April 28. We will update you with details via the newsletter and e-mail as we approach that day.

Finally, I would like to mention that we will be adding another location to where our clubs meet - the Franklin Lakes Ambulance Corp building. There will be an e-mail announcement providing details on which clubs will be affected and more information about the building.

Thanks for your continued support, and see you all outdoors soon!

Obituaries

Former AU member **Hank Hansen** passed away in Florida on February 3, 2020

AU Band member **Ed Skurna** passed away on February 9, 2020

At the February meeting, \$129.00 was collected for the Wyckoff Reformed Church Food Pantry.

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



ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2020 OFFICERS



Bob Dauer
President
201-327-9247



Mark Cohen
1st Vice President
201-337-4198



Doug Cooper
2nd Vice President
908-907-1112



Dave Voehl
Secretary
973-227-6981



Jeff Mohn
Treasurer
201-261-1219



Marty Valerio
Assistant Treasurer
201-262-8966

COMMITTEES & C LUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys Band	John DeSantis	201-447-0256	
Book Club	Vince Tortorelli Marty Valerio	201-447-3718 201-394-2938	4th Wed. 9:30 am WRC-Memorial Rm
Dup. Bridge	ED Foldessy	201-327-5767	Wed 1:00 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 am WRC-2nd Floor
Gardening	Joe Lamela Rick Sneyers	201-327-8137 973-248-6625	1st Wed. 10:00 am WRC-Memorial Room
Golf	Bill Bryne Jim Webb	201-447-5064 201-337-7982	Tues & Thur. Paramus Golf Club
Hiking	Long Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00 am WRC-Parking Lot
	Short Fred Theile	201-981-1801	Mon 9:30 am WRC-Parking Lot
Historian	Victor Pizzolato	201-612-0038	
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Mon 1:00 pm WRC-2nd Floor
Investment	Al Connelly	973-616-0755	2nd Thur. 9:30 to 10:30 am WRC-Memorial Rm Exp. July & August
Luncheon	John Abrahamsen	john.abrahamsen.bnp@gmail.com	
	Mark Cohen	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 Tom Martin	201-560-8911 201-891-3185	Tue & Thur. 9:00 Wyckoff Public Tennis Courts
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-446-7357 201-825-0437	1st Tue 10:00 am WRC-2nd Floor
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	Wed after General meeting @ 9:30 am Larkin House
Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Science	Jack Yurasek Harry Bennett	201-337-4433 201-891-9527	3rd Tue 10.00 am WRC-2nd Floor
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Frank Nusspickel John Abrahamsen	201-891-9099 201-848-8037	2nd Tues. 8:30 am 4th Tues. 9:30 am WRC-2nd Floor
Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	John Caikowsky Don Wasson	973-599-1056 201-891-1873	2nd Tue 10:15 am Heneveld Hall
Web-Master	Don Kirkpatrick	201-337-5666	

The deadline for Newsletter articles is no later than 5 PM, on the 25th of each prior month. 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, April 1, 2020- HUNTERDON HILLS PLAYHOUSE **SOLD OUT**

" Sherlock Holmes Returns" - An All New Interactive Musical- Mystery Comedy.

Buckingham Palace has been robbed and its up to Sherlock Holmes, Dr. Watson and the audience to solve the crime. A sit down luncheon with outstanding dessert tables starts at 11 am sharp and will precede the show. Wives/significant others are invited. Space is limited and all checks must be received no later than March 1, 2020. This is a carpool event. Make checks payable to ACTIVITIES UNLIMITED for \$65pp and mail to:

John Caikowsky 26 Donna Drive East Hanover, NJ 07936. Please include cell phone number with check.

Any questions contact John @johncaikowsky@optonline.net or call 973-599-1056

MONDAY, April 27, 2020, Tour of the Shore—Sea Girt to Long Branch **SOLD OUT**

Stories of Storms, Springsteen, Sharks, Shipwrecks and Seven Presidents. Magnificent Mansions, Amazing Hotels and a Great Auditorium. Short strolls on the Spring Lake and Asbury Park Boardwalks. Shop in Spring Lake's Quaint Downtown. **Lunch at the Breakers**, the oceanfront hotel's extraordinary buffet is highlighted by: Salmon, Chicken Scampi, and panko Crusted Flounder. The bus will leave from WRC at 9:00 am sharp. Wives/Significant others are invited! Cost is \$ 84.00 per person. Mail checks payable to Activities Unlimited to: **Dick Botta**, 413D. Bromley Place, Wyckoff, NJ 07481. Please include your cell phone number with check. Questions call Dick: 201-848-9001.

WARNING: NARRATION SO FUNNY, WE CAUTION YOU NOT TO ROLL IN THE AISLE.

Presented by Stage Right, the same folks that gave us the Food Tasting Trip last October.

TUESDAY, May 12, 2020 Annual Spring Luncheon/Dance at Indian Trail Club,

Franklin Lakes, NJ. 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 is \$29.00 per person. Wives/significant others are invited. Make checks payable to: Activities Unlimited and mail to: **Doug Cooper**, 15 David Alan Way, Montville, NJ 07045. Any questions contact Doug at 908-907-1112 or dcoop1025@yahoo.com. We look forward to seeing you there.

Tuesday, June 2, 2020 - AU WINE TASTING **SOLD OUT**

We will hold the AU WINE TASTING event, from 5:30 PM – 8:30 PM at **TOTAL WINE, 1001 Main Street, River Edge, NJ**, (right off Route 4). It will be a fun AU social gathering with pizzas being served (soda & water is also available). Wives/significant others are invited. This event sold out very fast last year. We only have room for 40 people, so send in your checks for \$15 pp ASAP payable to Activities Unlimited to:

George Lewis, 45 Walnut Street West, Mahwah, NJ 07430

September, 2020, AU Annual Social

Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Richard Olejarz (Rose)	40 Deerfield Lane Upper Saddle River 07458	Engineer	AU Guy Band, Investments, Golf, Science, Hiking Long, Hiking Short, Tennis	Cell:201-887-6585 Email:rgolf359@yahoo.com
Jim Angus (Sue)	69 Jacquelin Avenue Ho-Ho-Kus. NJ 07423	Self Employed	Bridge Duplicate	Phone: 201-444-4578 Cell: 201-926-0409 Email: nbeech2003@yahoo.com



Duplicate Bridge Club

	NS	EW
	January 29,2020	
1	Don Martin & Lee Warner	George Lewis & Ed Wong
2	Dennis Cheeseman & Harold Mahmarian	Dick Freimuth & Ari Spence
3	Brij Anand & Art Rock	Sal Barbera & Bob Yampell
	February 5,2020	
1	Brij Anand & Ed Foldessy	Dennis Cheeseman & Dick Freimuth
2	Bob Desrosiers & Bob Groesbeck	Frank Altamuro & George Lewis
3	Don Bidwell & Don Randolph	Don Martin & Tom Meloro
	February 12,2020	
1	Don Bidwell & Ed Zelhof	Brij Anand & Tom Meloro
2	Ed Foldessy & Lee Warner	Sal Barbera & Art Rock
3	Harold Mahmarian & Don Martin	Bill Milcos & Ed Wong
	February 19,2020	
1	Bill Auer & Ed Zelhof	Paul Levin & Lee Warner
2	Sal Barbera & Don Randolph	Bob Groesbeck & Bill Milcos
3	Don Bidwell & Ed Wong	Brij Anand & Bob Yampell



The Short Hikers Club





The Computer Technology Club

There were 25+ AU Members in attendance at the Wednesday, February 19, 2020 meeting of the Computer Technology Club. The meeting topics included a variety of items with the focus of the meeting being the discussion of using a password manager specifically Dashlane.

Then we looked at several technology-oriented videos. The first was a look at a video New iPhone App ... this first video looked at a unique use of the iPhone as a gun. The next video titled Techno Water takes-a-look at a unique device that allows you to control water coming out of the faucet. And, the last video titled Evolution of height shows the height of buildings over the past 150 years.

Then we looked at several items included on the AU's website, new items added to the Computer Page Reference section and/or to the Helpful Tips section. We also, explored several other sections of the AU Website to let those in attendance know what is out on the AU Website. Specifically, we looked at the AU Facebook page and the omitted item on the reference section entitled "Our Favorite Web-sites" and a new item a glossary of computer terms.

Next, we discussed an email from Fred regarding a number of questions ... we provided answers to most of the questions with two of the questions being deferred till next month's meeting. One item that has been asked many time (how to put the AU Roster on your desktop) ... it was pointed out that in The Ask John section there is a detailed explanation of how to do this. We also, showed the two main ways to accomplish this task. We then spent some time looking at sample scam emails and how to handle these type emails.

We then looked at and discussed at length the feature topic of this month's topic ... the use of a Password Manager and then we had a presentation on Dashland one of the better password managers available. As this topic is very large and somewhat complex ... we will continue this topic at next month's meeting in March 2020. All relevant information presented will be placed on the website ... all members were asked to review it and provide questions to me prior to the next meeting so that we can have answers ready for presentation at next month's meeting.

The "Ask John" segment was not covered as **John Abrahamsen** is away for this month and next. Please submit questions for the Ask John segment and I will have John address them before the February Meeting and I will present his answers as well as have them posted to the AU Website Ask John section.

The topic of Cutting The Cord will be presented in April as this month's topic of Password Manager was not complete

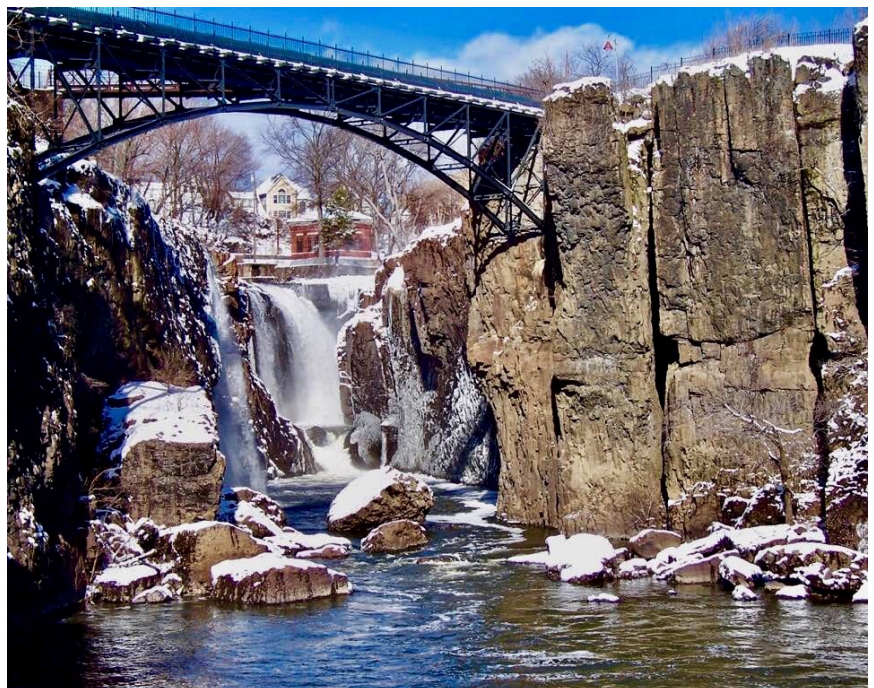
As with most items we discuss at our CTC Meetings key items discussed are posted to the AU Website on the Computer Technology Page (reference section) or under Helpful Hint / Ask John section.

Our next meeting is on March 18, 2020 at 10AM. I will send out the meeting agenda prior to the next meeting. Thanks,

Donald A. Kirkpatrick (201-759-3795) or dakirkpt@verizon.net

The Great Paterson Falls

Photo taken by **Barry Glick**





Public Discussion Group

The first topic dealt with the Iowa caucuses and it began with a summary of how caucuses came about and their role in American politics. The term itself has its roots in the Caucus Club, an early 18th century group of influential Boston citizens, who came together to agree on the names of candidates to be considered for political appointments by the King or to run for local election. The notion was that gentlemen rather than the “mob” should ensure reputable gentlemen hold office. From 1796 to 1824 members of either of the two parties in Congress would meet in a “party caucus” to nominate their candidates for President and VP. Similar caucuses met at the respective state level to select Gov.’s and Lt Gov.’s (the legislative nominee caucus). As political parties emerged that had no elected legislative members, those parties began to hold party nominating caucuses. This practice continued through the 19th century, but the rise of the Progressive Era introduced a more open system of voting for candidates, rather than selection by insiders. Florida held the first “presidential primary in 1905. Gradually, more states adopted nomination by voting (primary) and abandoned the party caucus. There were 20 caucus states in the 1920’s, but only 12 in the period 1936-1968. After the Chicago convention riots of 1968, the DNC introduced more stringent rules for nominating by caucus and the number of caucus states further shrank. Currently, six states nominate by party caucus (Iowa, Nevada, Kansas, N. Dakota, Wyoming and Maine). In light of the operational problems of the 2020 Iowa caucus and strong arguments against their use, particularly the low number of participants, there is a strong probability that the caucus system will disappear by 2024.

Following many comments about the Iowa fiasco, talk turned to Bernie and the issue of how to pay for his various proposed social programs. Once again, the topic of Medicare for all prompted wide participation and discussion. There was broad consensus that even if he were elected Congress would be unlikely to legislate his program. The general view was that if there were any change it should be incremental rather than revolutionary.

The group then turned to the new law governing IRA’s. The main points were that anyone not yet in the MRD phase could postpone starting drawdowns to age 72 and inherited IRA’s would have to be fully drawn down within 10 years of inheritance. It was useful information to have shared among the group.

The next meeting will be on Wednesday, March 11, at 9:30. **PLEASE NOTE: The meeting will be at the Franklin Lakes Ambulance Corp building, located at the corner of Pules Ave and Franklin Ave.**



Science

The Science Club

Murray Perl’s talk at the Tuesday 10 AM, February 18 meeting, was a professional level presentation on ‘Evolution beyond Darwin’, plus much more! Several important ‘take-aways’: (1) Species can be modified/’evolved’ in several ways, in addition to ‘natural selection’—random mutations, breeding etc.- (2) the Spanish Flu did not have much to do with Spain. Apparently, it started in the US from Asian workers brought into replace military age American men being trained and sent to Europe during WW1. They carried the flu, which spread to all countries in the war where its effects were considered ‘Military Secrets’—neutral Spain accurately reported the information, and was effectively blamed for it!! Antibiotics were not available. (3) Antibiotic abuse is rampant; while 80% are used in agriculture and farming, until recently their distribution was not controlled – check labels for ‘NO ANTIBIOTICS ADDED’. Diseases are mutating and rendering antibiotics ineffective-use as prescribed and throw away extras. Thank you again Murray!

At the Tuesday 10 AM, March 17 meeting, **Mark Bernhardt** will speak to us on LEDs (Light Emitting Diode). He has does development and supervised manufacture of the many color LEDs we use, and are contained in Flat Screen TV and Smart Phone displays.

Curt Koster will speak at the April Meeting. His talk will be on Technology and Manufacturing in the Paper Industry.

As was noted in the handout given to everyone during the November General Meeting, the Science Club is open to everyone who has an interest in Science and Technology—

ALL ARE INVITED!! Thank you again to everyone who has given talks previously, and we hope that additional members will be able to do so—please contact us for information and help etc.

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

Harry Bennett (01-803-1475) Email-harry.bennett@bennent.com

The History Club



On February 24, **John Steen** presented "The History of Cotton." John traced the origin of cotton going back to the ancient times. The first evidence of cotton was found first in India dating back more than 5000 years ago and was cultivated in that region of the world. During Alexander the Great conquest of India, he mentioned that Indians wore clothes made of cotton. India became very successful in cultivating cotton and making it their main fabric for clothing and developed expertise in manually weaving, spinning and dyeing the fabric. Cotton is also found in other parts of the world; Egypt, Peru, Mexico and the Middle East. Cotton Manufacture was introduced to Europe during the Muslim conquest of Iberian Peninsula and Sicily. The knowledge of cotton weaving was also spread to northern Italy in the 12th century. The China silk road was soon replaced by cotton trade.

John also discussed the different types of cotton and its attributes. Cotton played a major role in the economic development of India, the British Empire and the United States. Cotton was introduced to Great Britain by the East India Company in the 1600 and by 1664 the East India Company was importing large quantities of cotton fabric. By the 18th century, the middle class had become more concerned with cleanliness and fashion, and there was more demand for easily washable and colorful fabric.

In 1791, the U. S. cotton production was small. Several factors contributed to the growth of the cotton industry in the U.S.: the increasing British demand; innovations in spinning, weaving and steam power; inexpensive land; and a slave labor force. The modern cotton gin, invented in 1793 by Eli Whitney, tremendously grew the American cotton industry, which was previously limited by the speed of manual removal of seeds from the fiber, and helped cotton to surpass tobacco as the primary cash crop of the South. By 1830s the United States produced the majority of cotton in the world. Cotton also exceeded the value of all other United States exports combined. The need for fertile land conducive to its cultivation lead to the expansion of slavery in the United States. By 1850s, there were 4 million slaves in the United States. Slaves were the most important asset in cotton cultivation, and their sale brought profits to slaveowners outside of cotton-cultivating areas. Thus, the cotton industry contributed significantly to the Southern upper class's support of slavery. After the civil war ended in 1865, the future of cotton land remained under white Southern control. By 1870, sharecroppers, small farmers and plantation owners in the American south continued to produced cotton.

On personal note, John was in textile/cotton business. Great presentation- John.

Pablo A. Catangay, Chairman

Tony Mastandrea, Co-Chairman



The AU Guys Band At the YMCA, Feb 11, 2020



Many of us are over 65. This is an excellent list for aging.

01 – It's time to use the money you saved up . Use it and enjoy it . Don't just keep it for those who may have no notion of the sacrifices you made to get it . Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital . Warning : This is also a bad time for investments , even if it seems wonderful or fool-proof . They only bring problems and worries . This is a time for you to enjoy some peace and quiet .

02 – Stop worrying about the financial situation of your children and grandchildren , and don't feel bad spending your money on yourself . You've taken care of them for many years , and you've taught them what you could . You gave them an education , food , shelter and support . The responsibility is now theirs to earn their own money .

03 – Keep a healthy life , without great physical effort . Do moderate exercise (like walking every day) , eat well and get your sleep . It's easy to become sick , and it gets harder to remain healthy . That is why you need to keep yourself in good shape and be aware of your medical and physical needs . Keep in touch with your doctor , do tests even when you're feeling well . Stay informed .

04 – Always buy the best , most beautiful items for your significant other . The key goal is to enjoy your money with your partner . One day one of you will miss the other , and the money will not provide any comfort then , enjoy it together .

05 – Don't stress over the little things . You've already overcome so much in your life . You have good memories and bad ones , but the important thing is the present . Don't let the past drag you down and don't let the future frighten you . Feel good in the now . Small issues will soon be forgotten .

06 – Regardless of age , always keep love alive . Love your partner , love life , love your family , love your neighbor and remember : *A man is not old as long as he has intelligence and affection .*

07 – Be proud , both inside and out . Don't stop going to your hair salon or barber , do your nails , go to the dermatologist and the dentist , keep your perfumes and creams well stocked . When you are well-maintained on the outside , it seeps in , making you feel proud and strong .

08 – Don't lose sight of fashion trends for your age , but keep your own sense of style . There's nothing worse than an older person trying to wear the current fashion among youngsters . You've developed your own sense of what looks good on you – keep it and be proud of it . It's part of who you are .

09 – **Always** stay up-to-date . Read newspapers , watch the news . Go online and read what people are saying . Make sure you have an active email account and try to use some of those social networks . You'll be surprised what old friends you'll meet . Keeping in touch with what is going on and with the people you know is important at any age .

10 – Respect the younger generation and their opinions . They may not have the same ideals as you , but they are the future , and will take the world in their direction . Give advice , not criticism , and try to remind them that yesterday's wisdom still applies today .

11 – Never use the phrase *In my time* . Your time is now . As long as you're alive , you are part of this time . You may have been younger , but you are still you now , having fun and enjoying life .

12 – Some people embrace their golden years , while others become bitter and surly . Life is too short to waste your days on the latter . Spend your time with positive , cheerful people , it'll rub off on you and your days will seem that much better . Spending your time with bitter people will make you older and harder to be around .

13 – Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice , that is) . Sure , being surrounded by family sounds great , but we all need our privacy . They need theirs and you need yours . If you've lost your partner (our deepest condolences) , then find a person to move in with you and help out . Even then , do so only if you feel you really need the help or do not want to live alone .

14 – Don't abandon your hobbies . If you don't have any , make new ones . You can travel , hike , cook , read , dance . You can adopt a cat or a dog , grow a garden , play cards , checkers , chess , dominoes , golf . You can paint , volunteer or just collect certain items . Find something you like and spend some real time having fun with it .

15 – Even if you don't feel like it , try to accept invitations . Baptisms , graduations , birthdays , weddings , conferences . Try to go . Get out of the house , meet people you haven't seen in a while , experience something new (or something old) . But don't get upset when you're not invited . Some events are limited by resources , and not everyone can be hosted . The important thing is to leave the house from time to time . Go to museums , go walk through a field . Get out there .

16 – Be a conversationalist . Talk less and listen more . Some people go on and on about the past , not caring if their listeners are really interested . That's a great way of reducing their desire to speak with you . Listen first and answer questions , but don't go off into long stories unless asked to . Speak in courteous tones and try not to complain or criticize too much unless you really need to . Try to accept situations as they are . Everyone is going through the same things , and people have a low tolerance for hearing complaints . Always find some good things to say as well .

17 – Pain and discomfort go hand in hand with getting older . Try not to dwell on them but accept them as a part of the cycle of life we're all going through . Try to minimize them in your mind . They are not who you are , they are something that life added to you . If they become your entire focus , you lose sight of the person you used to be .

18 – If you've been offended by someone – forgive them . If you've offended someone – apologize . Don't drag around resentment with you . It only serves to make you sad and bitter . It doesn't matter who was right . Someone once said : *Holding a grudge is like taking poison and expecting the other person to die* . Don't take that poison . Forgive , forget and move on with your life .

19 – If you have a strong belief , savor it . But don't waste your time trying to convince others . They will make their own choices no matter what you tell them , and it will only bring you frustration . Live your faith and set an example . Live true to your beliefs and let that memory sway them .

20 – **Laugh A Lot** . Laugh at everything . Remember , you are one of the lucky ones . You managed to have a life , a long one . Many never get to this age , never get to experience a full life . But you did . So what's not to laugh about ? Find the humor in your situation .

21 – Take no notice of what others say about you and even less notice of what they might be thinking . They'll do it anyway , and you should have pride in yourself and what you've achieved . Let them talk and don't worry . They have no idea about your history , your memories and the life you've lived so far . There's still much to be written , so get busy writing and don't waste time thinking about what others might think . Now is the time to be at rest , at peace and as happy as you can be !



Proposed By-Laws Change

The following is a proposal to change the By Laws and add an item to the Policies, Practices and Procedures document.

The present wording in our By Laws does not allow a member to use our membership list for economic gain. Therefore, a member could not sell an item on the AU Network.

In accordance with the By Laws this proposed change must be printed in the Newsletter in January and February. We will vote on the change at the March meeting

The existing wording under **MEMBERSHIP, Section 4**, is as follows "No member is permitted to use the "Organization" or its membership list to solicit for economic gain in any way."

Proposed Wording

A member is only permitted to use the "Organization" and its membership list to sell an item to another member through the AU Network, provided the sale complies with the Policies, Practices and Procedures, Item 20.

Proposed new section to the Policies, Practices and Procedures

20. The AU Network is a digital message board where a member can contact other members with a request for information or an announcement that the member has something to give away or sell. This "contact of other members" is done through an email to all members on the mailing list.

Posting of an item **for sale** is subject to the following restrictions:

- The item must be personally owned by the member.
- The sale is done on a one-time basis.
- A member may not post his personal business enterprises.
- Commercial ventures cannot be posted.
- No advertising of public companies is allowed.

An AU member shall be appointed by the Board to screen all items offered for sale for compliance with the above rules. If an item is rejected for posting, the member may appeal to the Board for a final decision.