

**Activities Unlimited
General Meeting
May 10, 2016
Indian Trail Clubhouse
Franklin Lakes NJ**

Food Pantry

At the April meeting \$112.50 was collected for the food pantry.

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

Note from the President

All members should be aware that the WRC will be closed for all AU activities from July 5, 2016 through July 22, 2016. The club chairmen will be responsible for cancelling or rescheduling any meetings during this three-week period. The **July AU General Meeting** that was originally scheduled for July 12, 2016 **has been rescheduled for Tuesday, July 26, 2016**. There will be no monthly meeting in August, as usual.

Starting immediately AU will be sending out an email, two days before our General Meetings, reminding all members of our monthly meeting. These meetings help our members get together at least once a month, be entertained with good speakers, and allows our new members to meet new people and learn more about Activities Unlimited.

Remember, the AU Annual Luncheon Meeting is at the Indian Trail Clubhouse in Franklin Lakes, is Tuesday, May 10, 2016 at Noon. So, please send your check to Jim Webb, so he can submit a final head count.

Someday everything will make perfect sense. So for now, laugh at the confusion, smile through the tears and keep reminding yourself that everything happens for a reason.

George Lewis
President



The Luncheon Club

New AU Club Activity

A Luncheon Club activity has been organized by **John Abrahamsen** to provide an ongoing frequent opportunity for our members to enjoy a dining experience that will allow them to socialize with other AU members. It is our desire to show AU club support of local restaurants while helping our members widen the list of restaurants that they frequent.

Luncheon club events will typically be limited to 20 or less members and be members only. The focus is on member-only interaction at locations of interest which are not capable of hosting larger AU groups but yet are of great interest to the membership.

The club chairman, and co-chairmen, will manage the RSVP from members, collect any advance payments and settle with the restaurant at the luncheon. A list of restaurant events will be published in the AU website calendar. Members are encouraged to contact the club chairman to reserve a seat. Seven days before the event the list will be finalized and the restaurant reservation booked. At events where money is collected in advance, unused money will be donated to the Food Bank program rather than returned.

Please call **John Abrahamsen** (201-739 -8589) if you have any interest in participating in this new club activity.

	COMMITTEES		
AU Guys	John DeSantis	201-447-0256	
Book Club	Joe Clinton Vince Tortorelli	201-447-2261 201-447-3718	Wed after the AU General Meeting 9:30
Dup. Bridge Rub. Bridge	ED Foldessy Wes Cheringal	201-327-5767 201-848-8009	Wed 1 pm M,F 1 pm
Care-Concern	Joe Clinton Paul Hennion Don Martin	201-447-2261 201-891-4716 201-891-2279	
Chaplain	Rev Andy Kadzban	201-485-8589	
Chess	Bill Schultz	973-525-0979	3rd Thru 9:30
Computer	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-625-7541	3rd Wed. 10:00
Gardening	Joe Lamela Rick Sneyers	201-327-8137 923-248-6625	1st Wed.10:00
Golf	Bruno Bissetta Bill Bryne	201-891-7567 201-447-5064	Tuesday Thursday
Hiking	Don Kirkpatrick Rick Sneyers	201-337-5666 923-248-6625	Mon 9:00
Historian	Dom Manobianco Victor Pizzolato	201-891-7185 201-612-0038	
History	Pablo Catangay	201-684-1217	
Investment	Al Connelly Herb Umland	973-616-0755 201-891-6638	Thru after the AU General Meeting 9:30
Luncheon	John Abrahamsen	201-848-8037	
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri	201-847-1981	
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Ed Trerotola Mike Hurd	201-236-1368 201-891-1374	
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	3rd Fri 9:30
Refreshments	Jim Forbes Howard Vogel	201-825-0523 201-612-2237	
Science	Jack Yurasek	201-337-4433	3rd Tues 10.00
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Don Kirkpatrick John Abrahamsen	201-337-5666 201-848-8037	2nd Tues. 9:00 4th Tues. 9:00
Tennis	Dom Manobianco Dave Burleigh	201-891-7185 201-485-8923	MWF
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	Lou Guarneri Don Wasson	201-847-1981 201-891-1873	2nd Tues 10:30
Web-Master	Don Kirkpatrick	201-337-5666	

	OFFICES		MEETING
President	George Lewis	201-891-5883	2nd Tue 1am
1st Vice-Pres.	Tom Butler	201-934-8161	
2nd VicePres.	Jim Webb	201-337-7982	
Secretary	Edwin Schlachman	973-423-1459	
Treasurer	Mike Hurd	201-891-1374	
Asst. Treas.	Mark Cohen	201-337-4198	



Duplicate Bridge Results

		1st	2nd	3rd
4/6	NS	Cheringal/Lewis	Anand/Riccardi	Meloro/Sweetgall
	EW	Gilpatrick/Martin	Peck/Spence Coughlin/Warner	---
4/13	NS	Riccardi/Rock	Gattoni/Peck Anand/Page	---
	EW	Martin/Wiest	Cheringal/Warner	Freimuth/Meloro
4/20	NS	Lewis/Smith	Gattoni/Rock	Cheringal/McAdam
	EW	Foldessy/Warner	Gilpatrick/Wiest	Coughlin/Freimuth
4/27	NS	Freimuth/Rock	MacDougall/Smith	Anad/Wiest
	EW	Lewis/Warner	Levin/Yampell	Coughlin/Foldessy

The Photography Club



The Photography Club May meeting will be on Friday morning, May 13 in the upper level meeting room of the WRC starting at 10:00 AM.

This month we will be reviewing bird photographs submitted by our members as a learning exercise. We have some real expert photographers in the Club who are excellent at pointing out good techniques and helping people like me (less skilled "wannabes") in understanding what we could have done better to improve our work.

The first two meetings have been great. They might have been even better if you--yes, you---had come to join us. Don't miss another opportunity to learn!!

The deadline for June, 2016 Newsletter articles is 5 PM May 30, 2016. 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
Arthur Nalven (Rami)	973 Caldwell Drive Wyckoff, NJ 07451	Management	Gardening, Investments, Science and Stock Market	201-447-2778 Email: arthurnalven@optonline.net
Bob J Macksoud (Phyllis)	37 Buckingham Place Glen Rock, NJ 07452	Self Employed	Bridge and Stock Market	H: 201-444-2766 C: 201-314-1266



The History Club

At the May 23 meeting, **Tom Butler** will present:
"The Zulu Nation: From Shaka to Cetshwayo and the Anglo-Zulu War of 1879."

Tom will be discussing the peopling of Southern Africa, looking at the migrations of native Africans and the arrival of European peoples. These movement created dynamics between different African tribal groups as they competed for land and resources and then subsequently, a similar competition as colonial peoples sought land and resources. The history of the period forms a very complicated mosaic and Tom will necessarily take a broad brush approach. The experience of the Zulu people from about 1800 to 1879 reflected the interplay of these various currents and in part exemplifies a process that characterized much of the African experience during the colonial period.

Pablo A. Catangay: 201-684-1217; pcatangay@optonline.net

Activities Unlimited

Spring Luncheon

May 10, 2016, 12 Noon, \$25 pp
Indian Trail Club



Make checks payable to: **Activities Unlimited**
Mail to: **Jim Webb**, 970 Pines Terrace, Franklin Lakes, NJ 07417



The Golf Club

2016 Annual Memorial Golf Outing

Tuesday....June 21, 2016

Apple Greens Golf Course, Highland, NY.

18 Holes of Golf with cart on a well maintained course, shotgun start at 9 AM. Continental Breakfast served before tee off. Barbecue Lunch served after golf. Prizes & Awards

Cost....\$85.00 per person

Form your own foursome or just sign up and we will put you into a group. Please note to be eligible for any of the Team scoring prizes the foursome must have at least three current AU members, only 1 guest is allowed per foursome.

Please make your checks payable to Activities Unlimited and send to:
Bruno Bissetta, 553 Lee Court,
Wyckoff, NJ 07481



The Book Club

Books for May:

- * THE LOVERS - Rod Nordland
- * THE NINE - Jeffrey Toobin
- * THE LONGEST WINTER - Alex Kershaw

FOREVER FRANK (Nancy Horan) an historical novel recommended by **Vince Tortorelli**, tells the story of Mahmah Borthwick Chaney and her shocking love affair with famed architect Frank Lloyd Wright. The story takes place in the early 1900's when FLW's career was starting to take off. Both were married with children, both were complex and accomplished people. They started living together in Germany and France but eventually returned to the U.S. where the press hounded them and painted them as immoral people. Defying convention had its price leading to a tragic ending.....THE OREGON TRAIL (Rinker Buck) recommended by **Jerry Hulis** is a fascinating true story about the author and his quirky brother who recreate a journey over the 2100-mile Oregon Trail. Buck relates every aspect of the trail and its history. He describes the development of the mule and the covered wagon, and how cholera killed thousands of settlers and many Indians as well. A book well written and highly recommended.....BEING MORTAL (Autl Gawande) recommended by **Ed O'Keefe** discusses a subject we tend to avoid: dying and end of life care. The author contends that too many doctors are more concerned with extending life at all costs at the expense of quality of life. Gawande discusses assisted living, nursing home and hospice care. This book generated a great deal of discussion, some personal experiences with elderly parents, and the need to change how we think about aging and how we make choices as we proceed through it to death.

Books for June:

- * THE BILLION DOLLAR SPY - David Hoffman
- * IMBECILES: THE SUPREME COURT, AMERICAN EUGENICS, AND THE STERILIZATION OF CARRIE BUCK - Adam Cohen
- * TRIED BY WAR - James McPherson

Our next meeting is May 11 at the Larkin House (380 Godwin Ave. Wyckoff).
All AU members are welcome to attend, whether or not you've read any of the books.

Joe Clinton
bhagan185@aol.com



Public Discussion Group

On April 15, 2016, the group met at its new location on the 3rd floor of the Wyckoff Reformed Church building, above where we meet monthly. There was an extensive discussion about the impact of Islam on American life and responses to extreme forms of Islam. The experience of global terrorism, even second-hand, elicited strong views and there was vibrant back and forth about the risks of terrorism in the US, whether the seeds of terrorism were embedded in the Koran, and what steps should be taken to deal with Muslim culture when it is at odds with mainstream, popular culture. There was heated discussion as well about the extent of Sharia law's penetration within the Muslim community in America.

The group next turned its attention to the question of whether Europeans enjoyed greater personal freedom than Americans. This was an interesting discussion that highlighted different ideas about what "freedom" entails. For most Americans, it's about freedom from government controls and restrictions, e.g. freedom of speech, religion, etc. For Europeans, it's largely about freedom from government surveillance and state collection of personal data. Thus, for Europeans, EU controls on whether you use pounds or kilos, or can open stores on a Sunday are not so important. On another level, Americans tend to be more pragmatic in defining freedom while Europeans take a more academic and philosophical approach. This naturally led into some discussion about the trade-offs between security in an age of terrorism, which may necessitate government collection of personal data, e.g. iPhone conversations and fundamental, personal freedoms. Members shared a variety of views which highlighted the issues, but did not produce any consensus. The May meeting will be on Friday, May 20th at the new venue, 3rd floor, of the Church Administrative building (the same one as Haneveld Hall) at 9:30 am. The topics will be: Cuba-US Relations; and The Role of Women in the Military.



The Science Club

Thank you to our club member **Barry Ginsberg** (PhD, MD) who gave us a professional level presentation on diabetes at the April meeting. He detailed both Type 1 (primarily affecting young people up to 38 years), and Type 2 which affects adults. He noted the improvements in control of the disease, with injections and the introduction of oral medication.

At the Tuesday, May 17 meeting (10AM), **Bob Talan** will return and speak to us on the 'Periodic Table'. We all could use an update on our chemistry.

On June 21, **Dave Ingersoll** will speak on 'Sense of Smell'. it should be interesting. Note that no Science Club meetings take place in July or August.

In the fall, Gene Ingrassia has offered to give a talk on his experience in the Fire Prevention field.

Again, I would like to thank those who were at the February meeting and offered to give the talks above, as well other talks planned for the fall. Also, thanks to those who attend our meetings; hopefully, someone who has not yet done so, could give a talk in the future.

Since there was not sufficient interest in a return trip to the Museum of Natural History, NY at this time, we may plan a Car Pool trip in the fall to see the new exhibit on Dinosaurs, featuring the Titanosaur, the fossils of which were found in the Patagonian Desert in Argentina in 2014.

Finally, thank you to our Co-Chairmen, **Ed Schlachman** and **Bob Talan**, as well as **Don Fairbairn** who has done our Attendance, Records and Member contacts.

Jack Yurasek (201-337-4433) Email--JYURASEK@AOL.COM

The Lighter Side



A couple goes into a therapist's office:

When asked what the problem was, the wife goes into a tirade, listing every problem they had ever had in the 35 years they had been married. On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow.

The woman shut up and quietly sat down in a daze.

The therapist turned to the husband and said, "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays... but I fish on Fridays..."

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, May 10, 2016 — Annual Spring Luncheon/Dance at Indian Trails Club

Doors will be open at 12:00 noon and a buffet lunch served at 12:30. Please sign up well in advance of May 10th, so we can plan the buffet and number of tables required. **Checks for \$25 per person should be made payable to Activities Unlimited and sent directly to: Jim Webb, 970 Pines Terrace Franklin Lakes NJ 07417. (201) 788-9085**

Thursday, June 23, 2016 — “Men’s Beefsteak Dinner” — Brownstone, Patterson

Starts at 6:00 pm and ends 10:00 pm. The cost is \$48 pp and includes all food, beer, soda and gratuities. Any AU member who wants to tell GOOD jokes will have their opportunity. Drive or car pool to the Brownstone. **Your check for \$48.00 per person should be made payable to Activities Unlimited and sent directly to: Jack Coughlin, 187 Paterson Ave, Apt 313, Midland Park, NJ 07432**

JULY 13, 14 & 15, 2016: AMISH COUNTRY TOUR, 3 days, 2 nights. Includes the Show Samson @ the Sights & Sounds Theater in Lancaster, PA & a visit to the Strasburg Museum RR Station & a Train Ride. A guided Tour of the Amish Countryside including a Smorgasbord Dinner at the Shady Maple. 2 nights lodging, Dinners, Bus & Gratuities. Bus leaves WRC at 8:30 am on July 13. Cost \$360. pp. **Make checks payable to “Activities Unlimited” and mail to: Larry Restieri, 105 Fisher Rd. Mahwah, NJ 07430, Tel: 201-825-5843**

NOTE: This trip is open to family and friends of AU members.

THURSDAY, August 18, 2016 - Viva Las Vegas at the Stony Hill Inn, Hackensack, "The King is Back and Better than Ever!" Join us for a special tribute to "Elvis", plus the Joe Zisa Band along with their great Las Vegas Review. Family style luncheon (three entries), two comp drinks, salad, dessert, coffee, tea, soda. Show starts at 11am and ends at 3pm. Your check for \$47.00 pp should be made payable to Activities Unlimited and sent to:

Don Wasson, 14 Appert Terrace, Mahwah, NJ 07430. Tel. 201-891-1873. Dance, dine and enjoy an exciting afternoon. **Don't be left out. Send your checks in ASAP.**

SEPT Wine Tasting party—September 15, 2016

THURSDAY, October 6th- German Festival- Ehrhardt's -Hawley, Pa. Tap your toes or sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics. Heidi the Bavarian Beer Girl will be back along with Marty Keller and his Alpine Horn & Bavarian act. The fun never stops. Trip includes Transportation, Dinner, Dancing and German Show. Bus leaves WRC at 8:30am and departs Ehrhardt's at 3:30pm. Coffee and Apple Streusel cake on arrival. Strudel making demo. Open Bar (beer, wine, soda). Family Style German Meal (3 entries) and Apple Strudel a la Mode. **Cost of trip is \$60 pp.** Send your check payable to Activities Unlimited to **Don Wasson, 14 Appert Terrace, Mahwah, NJ 07430.** Questions contact Don at 201-891-1873.

THURSDAY, November 17, 2016-Westchester Broadway Theatre Luncheon and Matinee Show- SATURDAY NIGHT FEVER. Dust off your hip-hugging flares, your platform shoes and warm up your disco dance moves! Saturday Night Fever is one of the most loved dance stories of all time. Packed with over twenty legendary hits from the Bee Gees including the classics *Stayin' Alive*, *Night Fever*, *Jive Talking*, *You Should Be Dancing* and *How Deep is Your Love*, to name a few. The cost is \$80.00 per person and includes Show, Luncheon, Bus Transportation, Tips for bus driver and waiter. We are using a 49-passenger bus, therefore, we will limit participation to 45 or 46 people. The bus will leave the Wyckoff Reformed Church at 9:45am sharp and return by approximately 5:00pm. **Last date for receipt of paid reservations is 10/15/16.** Please send your check made payable to ACTIVITIES UNLIMITED to: **Bob LaSalvia, 80 Glasgow Terrace, Mahwah, NJ 07430 Tel 201-529-4784**

Monday, December 12, 2016 Christmas Party Note: Reservation forms, checks and seating requests are due no later than November 25, 2016. Look for the reservation forms starting in the September, 2016 Newsletter

The AU Guys Band



Upper: The Veteran's Home

Lower: The River Dell High School





First-Class Mail