



## Activities Unlimited General Meeting

**TUESDAY MAY 9, 2017**

**ANNUAL SPRING LUNCHEON/  
DANCE AT INDIAN TRAIL CLUB,  
FRANKLIN LAKES, N.J.**

Doors open at 12:00 noon.  
Music by the AU Guys band.



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

## Note from the President

As we get into warmer weather I want to encourage members to join in the outdoor activities that AU sponsors. These include hiking, walking/short hike, tennis and golf. They are a great way to “socialize” while keeping fit and they are open to every level. So, give one a try! There are also club social events coming up over the next few months. In particular, on May 9<sup>th</sup> we have our annual club luncheon at Indian Trail Country Club. Spouses are welcome and it’s a great opportunity to get to know other members. Details are on the last page of the Newsletter. I would also like to ask members to reach out to their acquaintances who are not members and ask them to join. More members means everyone has the chance to widen his own circle of friends. Finally, I want to thank the club chairmen and co-chairs for the work they put in every month to keep the activities going smoothly. Their efforts ensure we have a vibrant, growing and fun club.

Take advantage, enjoy the club and stay well.

Tom

## Obituaries

Celebration of the life of F Dolores Barker, wife of Activities Unlimited member **Bob Barker**.

A memorial service will be held on Saturday May 6, 2017, at St Alban’s Episcopal Church # 1 Church Lane in Oakland, N.J. Service will start at 10:30 AM.

Internment, is at CHRIST THE KING Cemetery in Franklin Lakes, N.J. This is limited to Family members only.

**A**t the April general meeting \$174.00 was collected for the Wyckoff Reform Church Food Pantry.

## Wyckoff Reform Church Parking

All club chairmen and members are reminded that if you have any activity in the church including parking in the church lot and/or loading a tour bus to please check with Sue (and the church calendar) for any conflicts *before* arrangements are made.

**G**eneral membership meetings are normally held the 2nd Tuesday of the month at Heneveld Hall adjacent to the Wyckoff Reformed Church, Wyckoff, NJ at 1:00 PM. Arrive at 12 Noon and brown bag it with other AU members



# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 2017 OFFICERS



**Tom Butler**  
President  
201-934-8161



**Jim Webb**  
1st Vice President  
201-337-7982



**Joe Pullaro**  
2nd Vice President  
201-337-0018



**Howard Vogel**  
Secretary  
201-612-2237



**Mark Cohen**  
Treasurer  
201-337-4198



**Doug Cooper**  
Asst. Treas.  
908-907-1112

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys	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	Wes Cheringal	201-848-8009	M,F 1:00 pm Franklin Lakes Ambulance Building
Care-Concern	Doug Cooper Paul Hennion	908-907-1112 201-891-4716	
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 973-248-6625	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 973-248-6625	Mon 9:00
Historian	Dom Manobianco Victor Pizzolato	201-891-7185 201-612-0038	
History	Pablo Catangay	201-684-1217	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thursday after the AU General Meeting 9:30
Luncheon	John Abrahamsen	201-848-8037	

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	
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 Howard Vogel	201-825-0523 201-612-2237	
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	Dom Manobianco Dave Burleigh	201-891-7185 201-485-8923	M,W,F
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	Lou Guarneri Don Wasson	201-847-1981 201-891-1873	Morning of AU General Meeting 10:30 am
Web-Master	Don Kirkpatrick	201-337-5666	

The deadline for June, 2017 Newsletter articles is 5 PM May 26, 2017. When submitting articles please use font: Times New Roman 11 pt. (not bold).  
 Email: [lguarneri03@gmail.com](mailto:lguarneri03@gmail.com) and [jrhensch62@gmail.com](mailto:jrhensch62@gmail.com)  
 or mail to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430

## Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Harold B Conant	63Stoney Ridge Rd Saddle River, NJ 07458	Executive	Computers, Bridge (Dup), Golf and Trips & Tours	H: 201-760-1628 C: 201-693-8240 Email: hbconant@aol.com
Guy A Colaneri (Carol)	5 Winding Ridge Oakland, NJ 07436	Executive	Book Club, Gardening Club, Stock Club and Investments	H: 201-337-1543 C: 201-788-4325 Email: guycolaneri@gmail.com
Frederick D Hoff	5213 Promenade Blvd Fairlawn, NJ 07410	Sales	Investments, Luncheon, Stock Club and Trips & Tours	C: 201-803-3383 Email: fdhoff@opronline.net
Noel Friedland (Ruth)	496 Fairfield Rd Wyckoff, NJ 07481	Physician	Bridge Social, Computers, Hiking Short, Science, Skiing and Tennis	H: 201-891-0830 C: 201-693-2245 Email: nrfriedland@icloud.com



## The History Club

On March 27, I presented the History of Medicine. The topic covered more than 4000 years of its evolution from Ancient Egypt and the well documented medical practices and belief of the ancient Egyptian physicians as recorded in the Egyptian Medical Papyri, and to Ancient Greece and Hippocrates considered father of the Western Medicine.

Hippocrates Humoral Theory of disease, the Hippocratic Corpus and Hippocratic Oath was briefly discussed. The role of Galen, the most famous physician in the Roman Empire and physician to Emperor Marcus Aurelius was presented. Galen dominated the medical thoughts and knowledge that lasted to the Medieval period. The black death epidemic in the 14th century that killed more than 75 millions in Europe was discussed as well as other infectious and contagious diseases. The medical practice and beliefs in the Islamic world as well as Asia was also discussed. The Germ Theory of disease discovered by Louis Pasteur and Robert Koch in the 19th century was one of the greatest achievement.

Then came the development of vaccines, arrival of new drugs, the antiseptis in surgery, improvement of surgical techniques and new breakthrough in cancer treatment, immune therapy and organ and tissue transplantation. There are so much more to be done to improve our human health.

**Pablo A. Catangay** 201-684-1217

Please note, I will be away for the month of April, May and June. In my absence, **Dom Manobianco** will be in-charge of the History Club. If anyone would like to be presenter at these months, please get in touch with Dom.

## NBC Back Stage Tour (more on page 5)







## Duplicate Bridge Results



## The Golf Club

The Au Golf group began the 2017 Season play at Wallkill Golf Club in Middletown, NY on Tuesday, April 18th. The group meets in the WRC Parking Lot to form carpools to drive up to the course. For information on play on Tuesdays at Wallkill contact **Bruno Bissetta** at 201-891-7567.

Golfers began play at Paramus Golf Course on Thursday, April 13th. For information regarding Thursday play at Paramus contact **William Byrne** at 201-447-5064.

The following Special Events have been scheduled; Annual AU Memorial Golf Outing at Apple Greens Golf club on June 20th and our Annual AU/Hobbyist Golf Match for August 8th.

Details for these events will be announced later.

		1st	2nd	3rd
4/1	NS	Altamuro/Riccardi	Coughlin/Page	Milcos/Yampell
	EW	Freimuth/Lewis	Peck/Spence	MacDougall/Martin
4/12	NS	Sweetgall/Yampell	Smith/Warner	Gilpatrick/Page
	EW	Lewis/Wong	Douma/Spence	Levin/Martin
4/19	NS	Barbera/Lewis	Meloro/Riccardi	Freimuth/Peck
	EW	Altamuro/Martin	Spence/Warner	Anand/Yampell



## The Computer Technology Club

### March 29 and April 19, 2017 Meetings

There were 27 AU Members in attendance at the Wednesday, March 29th meeting and 32 AU Members at the April 19<sup>th</sup> meeting of the Computer Technology Club. The meeting topics included a variety of items with no single item being the focus of the March 29<sup>th</sup> meeting whereas the April 19<sup>th</sup> meeting focus was on Social media IE: Twitter, Instagram and Facebook.

The meetings kicked off with a look at a number of very interesting new technology videos. They included **SNGL Strap** – a wireless phone ... this is an intelligent phone strap that facilitates taking a phone call using only your finger. Next was a video on **Robots** ... this provided an update on the advances in Robot Technology. Ironically, this same video was just posted on my Facebook page with a caption that indicated this is where we are going to lose jobs, through the use of robots not to overseas countries. Also, at the April 19<sup>th</sup> meeting we viewed videos on **Pinch Safe Outlet**, **Rocket Book Everlast** a new kind of information capturing device and lastly a look at **Laser Projector Keyboards** ... the ultimate portable input device.

Then we looked at several items included on the AU's Web-site, new items added to the Computer Page Reference section and to the Helpful Tips section. We also, explored several other sections of the AU Web-Site to let those in attendance know what is out on the AU Web-Site. To highlight some recent additions to the Helpful Hints section of the web-site we added articles on **Tech Support for Caregivers** and two articles on **Computer Fraud Protection** plus a write-up on **Windows 10 PC Made to start in Windows 7** ... all AU Members should review the Helpful Hints page routinely as there are some very informative and timely articles posted.

Then at the March 29<sup>th</sup> meeting we explored several areas ... we first took a look at a recent agenda from PCMAC Technology who provided a free seminar to some AU CTC Members. In particular, we looked at using the File Explorer feature of Windows and next the backing up of your data through the use of an external hard drive. After that we explored again the basic principles of Photo Management.

And, at the April 19<sup>th</sup> meeting we had a very informative and instructional presentation on Social Media by Betsy Sabatini Coyne from PCMAC Technology a local computer training and repair organization. The basic presentation material has been added to the Computer Technology Page under the Reference Section. Betsy's presentation covered Twitter, Instagram and Facebook.

**I would like all to think about future topics as we need to pin down our topics for our meetings for May and June 2017. I have received several topics but could use more please send your thoughts to me by email.**

Our next meeting will be held on Wednesday, May 17, 2017 at 10AM. The main topic for this meeting has not been determined. I will send out the agenda for this meeting prior to May 17th. Thanks,

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



# Investment Study Group

## Investment Study Group Meeting March 16th - Hybrid Insurance

For a person over age 65 there's about a 50% chance (various experts have different numbers) that a person will need long term care (LTC) & so LTC insurance. This is totally unlike life insurance; it will be used. So a hybrid insurance product combining LTC, Life, and a cash out option sounds pretty good. This what Mr. Andrew Wrigley of Lincoln Financial told us about in our Investment Study Group meeting. The Lincoln Financial hybrid is sold only through investment advisors. The local contact is RLA Group at Morgan Stanley.

## Investment Study Group Meeting April 13th - Museum of American Finance

It was a great trip on a beautiful day. The Museum is in what had been the Bank of New York which had been established in 1784 by Alexander Hamilton who was the first Secretary of Treasury of United States. It is a beautiful building with lots of great exhibits. We had a very knowledgeable docent to guide us.



Then we lunched at **Frances Tavern.**

The **Oculus at the World Trade Center PATH station** is a beautiful tribute the 2,977 murdered by the jihadi in 2001.



Our next meeting will be on Thursday, May 11<sup>th</sup> at 9:30 AM at the WRC Office 3<sup>rd</sup> floor.

Topic: Filling Out the Picture of Bonds:

Learn about the ins and outs of bond taxes, callable & non-callable, original issues, and much more.

Our speaker will be **Art Gilman.**







## Public Discussion Group

April 12, 2017

The group had another fruitful and friendly discussion of its agreed topics. However, before starting, there was a brief review of the political history of the filibuster in light of its exclusion from voting on Supreme Court appointments and then a short discussion about the Cruise Missile assault on Syria. Turning to the topics of the day, we first examined voting in the US, touching on its expansion over the last 100+ years, especially during the Civil Rights movement and then turning to the issues of voter fraud and the use of technology. There seemed to be general agreement that having different standards among the states and using different technologies ranging from paper ballots to internet voting made it extremely difficult to improve the system. The group also discussed whether creating gerrymandered districts that effectively make most Congressional districts uncontestable was a factor in low voter turnout. The group next looked at whether college should be free. Questions of fairness to taxpayers, free tuition to support “trade study and training programs” as well as the effectiveness of free programs were all discussed. There was no general consensus on whether this was a good idea, but all agreed that the NY State program of free college for residents (with restrictions) was worth monitoring. The final topic dealt with US trade policy. There was considerable focus on the example of China, the role of tariffs and predatory pricing to drive competitors out of business as well as on the use of border taxes. The main problem identified was that machinery is relatively uniform globally and offers little competitive advantage. The deciding factor is labor cost and the migration of production initially to China and later to South Asia and other areas has reflected those changing input costs. US consumers currently benefit from low cost, overseas production and restricting imports could easily lead to increased costs for Americans or trigger harsher restrictions on US exports. The general consensus was that the Commerce and Treasury Depts. needed to carefully manage the country’s trade policy. Public Discussion’s next meeting will be on Wednesday, May 10 at 9:30 at Larkin House. The topics will be: Muslim immigration; Robotics; and Trump’s first 100 days.



## The Science Club

Science Club, May 16, 2017

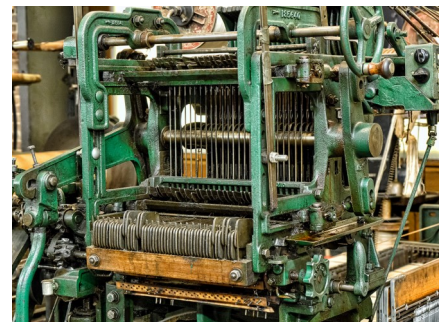
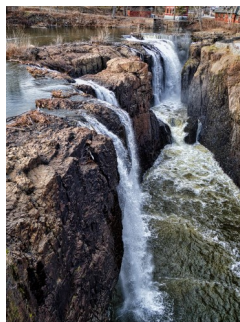
At the April 18, 2017 Meeting, we viewed and discussed the Showtime documentary DVD 'Zero Day' It is available on Netflix, and is about the Stuxnet virus which was used to delay the Iranian Nuclear program by damaging the centrifuges. In addition to the DVD, my P/P presentation on 'Codes' was reviewed.

May16, 2017- Car pool trip to the Edison Museum -- the Museum has been reopened and is now part of the National Park System. Since no cafeteria facilities are available, lunch at a local restaurant will be considered. Drivers needed-leaving WRC, 10AM.

While no S/C meetings are scheduled for the Summer,  
I recommend everyone read Simon Singh's, The Code Book.

Thanks to those whose gave talks this past year. We are always trying to have additional people making presentations, and suggestions to improve our group are always welcome.  
Jack Yurasek (201-337-4433) Email--JYURASEK@AOL.COM

## The Great Falls and Museum at Paterson



## 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.**

**TUESDAY MAY 9, 2017- 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 band. Please sign up as early as possible so we can set the number of tables required. Price is the same as last year, **\$25/person**. Wives/significant others invited. Checks should be made out to Activities Unlimited and mailed to:

**Joe Pullaro**, 886 Iron Latch Road, Franklin Lakes, N.J. 07417. Any questions contact Joe at 201-337-0018

**WEDNESDAY –THURSDAY, June 14-15, 2017, : Sight & Sound Millennium Theater presentation of “Jonah and the Whale”.** Fabulous Buffet at the Shady Maple Smorgasbord Restaurant (Beef Steak Night) and Overnight Accommodations lovely Country Living Inn with included Breakfast at their 1950 Diner next door (enjoy the fabulous “plate-sized Pancake). After Breakfast we depart for home. Cost is \$234.00 per person double occupancy and \$309.00 for a single. **Sign up now and pay in full no later than March 31, 2017.** We made it an overnight because a 7 hour round trip Bus Ride is a real pain. Open to members, spouses or significant other and friends. Time TBD. The Productions at Sight & Sound are so unusual and interesting with the Stage Effects of live animals and spectacular theatrical scenes. I wonder how it will present water effects. For more information Contact: **Dick Botta**, 201-848-9001

**THURSDAY, June 22, 2017- Spirit of New Jersey Luncheon Cruise.** When Sunshine, Good Company and the NYC Sky-line views combine, there is no better place than a 2 hour cruise on the Hudson and East Rivers. Delicious Lunch Buffet, Unlimited Coffee/ Hot & Iced Tea and Onboard Entertainment with D.J. Music. A La Carte drinks (soda, beer, wine and cocktails are available). Open to members, spouses or significant other. Time TBD. We will carpool from WRC to Lincoln Harbor, Weehawken, NJ. THIRTY (30) reservations will be purchased and will be offered on a first come, first serve basis. The Cost is \$60.00 per person. Please send your check payable to “Activities Unlimited” to:

**Don Wasson**, 14 Appert Terrace, Mahwah, NJ 07430.

Any questions about this event, contact Don at 201-891-1873 or [donwas@verizon.net](mailto:donwas@verizon.net).

**THURSDAY, July 13, 2017: Summer Picnic at Krucker's Picnic Grove in Pomona, NY.** Arrive at 10:30 a.m. Biscuits & Coffee followed by Hamburgers, Cheeseburgers, Sausage& Peppers, Manhattan Clam Chowder, French Fries, Garden Salad and Clams on the 1/2 Shell. Watermelon and Ice Pops. Dinner at 4 pm of Sliced Roast Beef and Roast Chicken Breast, Corn on the Cob, Potatoes, Peas & Carrots & Ice Cream. Soft Drinks, Coffee, Beer & Wine until 5:00. Music & Dancing, Bocce, swimming, Horseshoes, Bingo and More. All this for \$ 52. per person. We will drive to Pomona, about a 30 minute drive from Wyckoff (directions to follow). For more information Contact: **Dick Botta**, 201-848-9001

**WEDNESDAY, August 23, 2017- "On the Boardwalk"** at The Stony Hill Inn, 231 Polifly Ave. Hackensack, NJ 11:00am-3:00pm. What better way to end the summer then with the "JERSEY DREAMERS". Music, dancing, great food and entertainment. Luncheon family style, 2 comp. drinks, salad, pasta, BBQ chicken, roast beef, dessert, coffee, tea and soda. All for \$46 pp. Open to all members, spouses or significant other. Please send your check made payable to Activities Unlimited to: ;

**Bob LaSalvia**, 80 Glasgow Terrace, Mahwah, NJ 07430 Tel 201-529-4784.

**September, 2017 Wine Tasting Party**

**October, 2017 TBD**

**November, 2017 TBD**

**December, 11, 2017 Christmas Party**