

Activities Unlimited

Volume XXXI Issue XI

November, 2017

Activities Unlimited General Meeting November 14, 2017 1:00 PM at the WRC Heneveld Hall

Our entertainment at the November General meeting will be the **William Paterson University Jazz Orchestra**. It was founded in 1965 and is one of 25 ensembles which form the core of the Jazz Studies Program. The musical foundations of the Jazz Orchestra match those of the Jazz Studies Program, providing a true jazz environment in which students learn firsthand about the jazz world and the requirements for becoming successful professional musician. Members come from 27 states and six foreign countries. **Wives and significant others are invited to join us and listen to this unique orchestra.**



Note from the President

We'll soon be voting for next year's Board members and I'd like to briefly outline procedures for the upcoming election. A Nominating Committee met in October to nominate officers for 2018. The names will be presented at the November meeting, but additional names may be nominated from the floor at that time. The nominees will be voted on at the December meeting although members may put forward additional names from the floor before we vote. Serving on the Board is a privilege, but also a lot of fun. You get to know a lot of members and make new friends. Of course, it also involves some work, but serving is well worth it. If you'd like to be more involved, please let one of the current Board members know. With respect to serving the club, the Distinguished Service Award will be presented at the Christmas Dance event. If you feel a member has contributed to the club in a special way, please e-mail the name to me or any Board member and describe the reason for your recommendation

With just one more month in my term, I want to give a shout out to the two members organizing our Xmas Party, Bill Mastellon and John Murphy. This is our biggest event and managing the reservations and seating is not easy. They do a superlative job and we can't thank them enough for taking on this work. I also want to thank Don Kirkpatrick for stepping up and handling the A/V for the speaker at the Brick House breakfast. I'm sure he would have preferred sitting at a table enjoying the talk on Cuba instead of clicking buttons and advancing the power point. But he's always there to do it and he does it willingly and without complaint. "Better man than I am!"

Finally, please note that the reservation deadline for the Xmas Dinner Party is November 18th, much earlier this year because of a Seasons' requirement. ... Latecomers may simply miss the party, so please don't delay.

Membership Dues

Membership dues, \$50.00, for 2018 are due no later than **December 31, 2017.**

Please send your check for \$50.00 payable to "**Activities Unlimited**" to:
Douglas Cooper, 15 David Alan Way, Montville, NJ 07045



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	Bob Mulligan Dave Kampschmidt	201-447-8837 201-405-2043	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	Victor Pizzolato	201-612-0038	
History	Pablo Catangay	201-684-1217	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thru 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 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	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	

At the October Breakfast meeting \$77.00 was collected for the Wyckoff Reform Church Food Pantry.

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

The deadline for December Newsletter articles is 5 PM Monday November 25, 2017. 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

Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Dennis Barnes *Carol)	523 Hopper Ave. Wyckoff ,NJ 07481	Engineering Sales	Chess, Hiking Long, Discussion Group, History Club, Golf, Tennis	H: 201-447-6453 C: 201-819-6009 Email: denbarnes74@gmail.com
Donald R. Becan (Eileen)	66 Helen Ave. Paramus, NJ 07652	Executive	AU Guys Band, Golf Hiking Long, Hiking Short Book Club, Computers	H: 201-843-6051 201-314-5132 Email: donald.becan@verizon.com



Duplicate Bridge Results

		1st	2nd	3rd
10/40	NS	Barbera/Martin/ Spence	Freimuth/Peck	Sweetgall/Pasquariello
	EW	Lewis/Zelhof	Milcos / MacDougall	Boylan/Meloro
10/11	NS	Spence/Yampell	Desrosiers/Page	Sweetgall/Freimuth
	EW	Lewis/Peck	Martin/Mahmarian	Milcos/Altamuro
10/17	NS	yampell7Milcos	Peck/Sweetgall/ Levin	Altamuro/Page
	EW	Freimuth/Martin	Lewis/Spence	Anad/Desrosiers
9/27	NS	Altamuro/Freimuth	Sweetgall/Yampell	Lewis, Smith/ Desrosiers
	EW	Meloro/Spence	Groesbeck/ MacDougall	Anand/Milcos

Obituaries

It is sad to report the death of long serving AU member, **Fred Michel**, who passed away at his residence on Thursday, October 12th. Fred was a charter member of AU. Private services were held.

We regret to announce that AU member **Jack Coughlin** passed away the morning of Oct. 19

We regret to announce that Noreen Mastel-
lon, daughter of AU member **Bill Mas-**
tellon, passed away on Oct. 19 .

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Investment Study Group

Due to our speaker having to cancel at the last minute, we did a good job of having an open meeting. The highlight of the meeting was **Don Fairbairn's** talk about preferred stocks. Preferred stocks are relatively secure and a non-volatile source of continuing income. There are preferred stock exchange traded funds (ETFs)

Our next meeting is on November 16th. The speaker is Greg Plechner with Kelly Henning of Modera Wealth Management. He is one of Financial Times top 300 Financial Advisors. His topics include:

- Is the stock market currently over-valued or fairly priced?
- Learn about portfolio "tilts" – Are you missing an almost free lunch?
- Should you adjust your bond investments, mortgages, and cash accounts in light of current interest rates trends?
- How can you maximize Social Security benefits?
- What are key estate planning considerations specific to New Jersey residents?
- How can you avoid important mistakes with IRA beneficiaries?
- Are Donor Advised Funds an appropriate way to fund your charitable contributions?
- Medicare: Are you aware of IRMAA changes in income and premiums?
- What can you do to protect yourself from the Equifax breach
- ?How do you save for college utilizing 529 plans?



The Science Club

The first October meeting was a carpool trip to Lamont-Doherty Labs in Alpine on Saturday, October 7, 2017. Seven members took the trip and enjoyed lectures and demonstrators.

Also on October, the 17th of a DVD series called 'Modern Physics for Non-Scientists', course by Professor Richard Wolfson of Middlebury College was shown. This program from the Great Courses Series, reviews the fundamental ideas of physics starting in the year 1900 and leads to relativity and quantum physics. Each of the 24 Lectures is 30 minutes with the first entitled 'Time Travel, Tunneling, and Tennis'. The plan is to use the DVDs at several meetings during the year when other activities are not scheduled. While the lectures build on one another, they will be presented such that continuity is maintained. Response to the DVD was very positive, with members anxious to attend future DVD presentations.

On Tuesday November 21st at 10 AM, DR. Cauchard will return and update us on conditions of the eye. He will explain the operation of the new Digital Camera system which is now being used as part of his testing procedure.

Later in the Fall or Winter we may plan a Carpool trip to either the Liberty Science Center in Jersey City, NJ or the American Museum of Natural History in NYC (which includes the Planetarium-updates on Dark Matter and Dark Energy).

Thanks to those who 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



Public Discussion Group

We began by discussing the Gubernatorial debate televised the night before. Only a few members had watched it, but there seemed to be a consensus that the candidates spent most of their time "blasting" the other rather than explaining their policies and vision for NJ's future. Overall a disappointing debate.

The group then turned to the assigned topics. First up was the question of "how to feed the world facing a population of over 10 billion in 30 years." Interestingly, much of the discussion dealt with better, more efficient land use as well as advancing technology. Holland, which achieves the highest production per acre in the world, was brought up as an example of managing the agricultural environment better. Another idea was more use of hydroponic agriculture, which allows multiple harvests per year. Local supermarkets are already carrying salad greens grown in water tanks in New York City. There were no solutions, but some interesting ideas pointing to possible future breakthroughs. On a related topic, we then turned to the issue of "food additives." Discussion focused on the power of large food companies and how through advertising they can influence popular taste. In addition, there is often a revolving door between regulators (FDA and Dept. of Agriculture) and industry with an obvious connection to lobbying. In short, most felt that profits came before public health although there was also some concern about the broader role of government regulation, e.g. efforts to down-size sugary drinks.

Finally, we turned to the challenge of "caring for an aging population." With families often living widely apart because of work and with general mobility and longer life expectancy, the country is entering the opposite end of the "baby boom." And this has given rise to special facilities to care for the aged when they need help or can no longer care for themselves. Of course, the cost is very high and out of reach of the average American. Medical costs of care are skyrocketing and straining public resources, which raises ethical and medical questions about "end of life care."

As usual, we had no solutions, but enjoyed sharing our views on the topics. For the meeting on November 8th (which falls before the general meeting) at Larkin House at 9:30 am our topics will be: Bear and Deer Culling Hunts; Opiate Epidemic; and the Iran Issue. All members are welcome.

AARP TAX-AIDE SEEKS VOLUNTEERS FOR 2017 TAX SEASON

We are again seeking the aide of AU members who are willing to serve as volunteers in the AARP Tax Aide Program which is a nation wide program.

The AARP Tax-Aide volunteer tax preparation and assistance service is seeking volunteers to help primarily low income New Jersey taxpayers in preparing and filing their Federal and State 2017 tax returns which is provided at no cost to the taxpayers..

Volunteers do not need to be an AARP member to participate. Computer proficiency is necessary. Willingness to use your own personal laptop in the preparation of tax returns would be helpful and appreciated.

AARP Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program related expenses. This program is provided at various sites (Hawthorne, Wayne, Ringwood, West Milford, Clifton, Paterson, and Passaic) in the Passaic County area. This could not be done without the help of volunteers who make an indelible mark on those communities that they help. You will find the work of assisting people of limited means to be rewarding and fulfilling and deeply appreciated by those who we serve.

For more information on how you can join the Tax-Aide program as a volunteer and be of assistance to taxpayers, contact **Ed Schlachman** at 973-423-1459 or at edandjune@aol.com

PROJECT OUTREACH NEEDS YOU!

Just like the Marines....the AU Project Outreach group is looking for a "few good men" to augment their current roster (shown below). Our purpose is to provide manual support to the Wyckoff Reformed Church's food contributions to the Northside Food Pantry of Paterson, NJ. We don't have regular meetings, however, you are asked to spend an hour and one-half every two months or so serving as a "Bagger" or as an "Unloader" at Heneveld Hall. Naturally, the more members we have the better we can stretch out the "every two months" to perhaps three or four. You may ask "what's in it for me?". Which is only natural. What you receive in return for your service is the satisfaction that you are giving of yourself to help those less fortunate. Gratification is your reward and believe me there is no better feeling (at least at our age).

Basically, the process is to unload food supplies once a month and the woman of the WRC pack up food bags every Thursday and we put them on shelves for pick up and delivery to the needy of Paterson. So what do you say? I encourage you to talk to one or more of the AU men listed below and to see if this club organization is something you might like to do and to gain further info to ascertain if Project Outreach is something you'd be interested in. And if you decide to join us please contact me at mmbmcg@optonline.net or reach me on my cell 201-887-1585. Come join our team!!

Marty McGonigle
Project Outreach Chairman

MEMBERS

**Jerry Berlinger...Jay Bouton...Bud Brooks...Tom Butler...Frank Calabrese...John Campi...
Frank Conte...Ed Finn...Hank Fisher...Hank Hansen...Rich Hensch...Ron Hutchison...
Tom Laird...George Lewis...Jerry Lynch...Dom Manobianco...Bob Peneno...George Pitts...
Victor Pizzolato...Joe Pullaro...Peter Sausville...Rick Sneyers...Walt Steffen...Frank Tanki...
Fred Theile...Vince Tortorelli...Tim Tracey...Denis Trum...Walt Widmer and Ted Wolff**



The Computer Technology Club

There were 30 AU Members in attendance at the Wednesday, October 18, 2017 meeting of the Computer Technology Club. The meeting topics included a variety of items with the focus of the meeting being a look at making a **video from your pictures with music**.

The meeting kicked off with a look at four very interesting new technology videos, the first was a look at **ASAP Connect** a new type of USB connection that facilitates an easy connection. Next, we viewed a video on **Boncho** a new type of rain gear that covers more than just you. This followed with a video on **Paper Talk** a very thin computer that connects multiple pages IE: computer screen. And, lastly a new use for the **Drone** it is ambulance tool-kit to facilitate the saving of a life through rapid response time.

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.

Also, we looked at various options to contain one's credit record as the result of the recent breach at Equifax ... one of the three main credit bureaus.

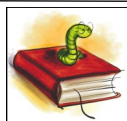
Then we had as the Focus of the meeting a very informative and instructional presentation on the making of a video from your pictures ... this included a look at the available software (both paid and free). Also, we looked at a video on using Movie Maker one of the free software packages available to create a video from your pictures. Then we had a hands-on demonstration and work session using **Movie Maker** to create a video.

As with other items we discuss at our CTC Meetings all key items discussed are posted to the AU Website on the Computer Technology Page (reference section) or under Helpful Hints section.

I would like all to think about future topics as we need to pin down our topics for our meetings for December 2017 and January 2018. 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, November 15, 2017 at 10AM. The main topic for this meeting will be a combination of creating a PowerPoint Presentation and a Shutterfly Album ... these are very similar processes. I will send out the agenda for this meeting prior to November 22th meeting. Thanks,

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



The Book Club

At the October 25 Book Club meeting three books were reviewed and discussed:

The City of Thieves, a novel by David Benioff, was summarized by **Vince Tortorelli**. It is a story that takes place in Leningrad during January 1942, a few months after the start of the German siege of that city that ultimately lasted about 900 days. The 2 main characters are Lev, a 17 year old arrested for robbing a dead German pilot, and Kolya, an adventurous young Russian army deserter, who bargain for their freedom by agreeing to find a dozen eggs for the prison's Commandant, who wanted the eggs for his daughter's wedding cake. The book follows their escapades during their search but also provides a stark picture of what the citizens of the city endured during that brutal time.

The Life and Times of the Thunderbolt Kid, by Bill Bryson, was presented by **Frank Schwarz**. It is a lighthearted look back at the 1950's and what the author enjoyed (and endured) as he grew up during that iconic period. The trip down memory lane resonated with the group since it brought back similar experiences to us all.

The Drone Warrior, by Brett Velicovich, was recapped by **George Lewis**. Velicovich was an integral part of the Delta force, an elite U.S. military group, and it is (to the extent allowed by classified restriction) an inside look of America's new warfare technology – using unmanned drones (in military parlance Unmanned Aerial Vehicles) to take down or help capture terrorists. As the book follows Velicovich's intense career, it also demonstrates how drones are also effectively used in the civilian sector as the author spent some time in Africa tracking down poachers of endangered animals.

Books for November are:

Blue On Blue by Charles Campisi

The Crossing by Michael Connelly

Churchill & Orwell (The Fight for Freedom) by Thomas E. Ricks

Our next meeting is **Wednesday, November 22**. All AU members are encouraged to attend. Come try it out. There is no requirement to read books – just come, enjoy the reviews, the discussion, and the comradery.

Obituaries

Fred Michel

Fred Michel (1926-2017) was a man of faith. If Wyckoff Reformed Church had saints Fred would be one of them. Fred served the Wyckoff Reformed Church as a Sunday School teacher and as an Elder on the church's governing board, the Consistory. He enthusiastically supported the church's food pantry for Northside Paterson. He was also a charter member of Activities Unlimited.

Fred served on several Consistory committees. One of these was a Search Committee for a new Associate Pastor. That is what, 45 years ago, led Fred and his wife, Betty, along with others, to drive up to the Catskill Mountains to interview a very young, and sometimes clueless, Pastor. When I subsequently came to the Wyckoff Reformed Church Fred became my champion. We had lengthily and very helpful conversations about the church and the congregation. Fred had amazing insights about the dynamics of good decision making.

Whenever I preached Fred and Betty were always present. For some 40 years they never missed the 6:00 a.m. Easter Sunday Sunrise Service which I led. In many ways Fred was my Pastor. His encouragement and enthusiasm for the Christian faith often kept me going.

Fred seldom gave me advice—but he did give me one piece of advice. He once told me to travel when I was young because I would not always be able to travel. My wife, Cyndie, and I have taken that advice seriously and have therefore had many enriching and memorable experiences we otherwise would have missed.

I thank God for the privilege of being a friend of **Fred Michel**.

Rev Dave Bach
Former Pastor of The Wyckoff Reformed Church

Jack Coughlin

We lost a good friend on October 19th. Jack joined AU 1992—25 years ago. He went through the chairs of leadership to become our president in 1999.

Jack's easy going, lighthearted attitudes drew so many members to him. "He turned on the room lights whenever he walked into a room". And, Jack made new members feel so comfortable.

For many years Jack was active in "Trips and Tours" and when a function required a costume or a volunteer for laughs, there was Jack who could laugh at himself quite easily (Senior Prom, Wine Tasting, etc.)

Jack played bridge with A/U—we could always count on him showing up...late, or let's say, NEVER EARLY. Jack was what we used to call "A Company Man".

Jack, born in Jersey City, lived in Teaneck, then Hawthorne, schooled at Stevens Institute of Technology, earned degrees in Mechanical and Electrical Engineering, served our country in the Air Force, and then spent 38 years with PSE&G. Jack leaves behind his 3 sons and their wives and 5 grandchildren.

We will all miss Jack, that's for sure, but, I can picture him—up there sitting around a campfire in costume singing "KUMBYA".

Wes Cheringal

Noreen Mastellon

Noreen Mastellon (aka Long Stem Rose), 46, of Oakland, NJ, found peace on October 19, 2017 after living valiantly for four years with a rare case of cancer. Born in Poughkeepsie, NY, she received a BA from the College of New Rochelle and an MA from the University of Dublin. She worked for many years in Europe and the Middle East as a Digital Project Manager and eventually started her own consulting firm. She loved art and art history, interior decoration, travel, documentaries and volunteering for numerous charities. She leaves behind her loving parents, Patricia and **Bill Mastellon**, her sister Meghan and her brother-in-law Jim. She will be missed by all who knew her.

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.**

The Christmas Party is on MONDAY, December 11, 2017 at The Seasons.

There will be no valet parking. It will run from 5:30 – 9:30 PM and cost \$67.00 pp. The reservation form is on the next page of this Newsletter. **All checks must be RECEIVED (NOT POST MARKED) no later than Saturday November 18, 2017 - NO EXCEPTIONS.** Checks received after this date automatically go on a waiting list - NO EXCEPTIONS. The registration form is on the next page. For group table reservations of 8 or more please include all names and checks for the table on one form. Any questions call: **Bill Mastellon 201-447-1417 or John Murphy 201-447-0921.**

**Print and send your form and checks for \$67.00 pp made payable to Activities Unlimited directly to:
Bill Mastellon, 101 East Oak Street, Unit G-6, Oakland, NJ 07436**

2018

THURSDAY, January 18th, 2018---LUNCH AT SAVINI'S. Join us for an afternoon of good food and fellowship. A four course lunch will be served with pasta, soup or salad. choice of veal, chicken or fish, dessert. coffee, tea and soda. A cash bar is available. Cost \$26,00 pp. Open to all members, spouses and guests. Time 12:30 pm. Mail checks payable to Activities Unlimited to:
Larry Restieri, 105 Fisher Rd. Mahwah, NJ 07430.
Tel: 201-825-5843 NOTE: Snow date, Jan 25, 2018

WEDNESDAY, February 14, 2018 —LOVE IS IN THE AIR at Stoney Hill Inn. Join us for Valentine's Day. Cost \$46.00 pp. Details in December Newsletter

Other trips and event in the planning stage for 2018:

A NYC tour
Men's Beefsteak Dinner
Trip to the new American Revolution Museum in Philadelphia
Lake Hopatcong
Senior Prom
Multi-day trip to Blue Ridge Mountain area
The Renault Winery and Smithville, NJ
Oktoberfest
Christmas Dinner/Dance

