

## Activities Unlimited General Meeting

**Tuesday, November 13, 2018 .**  
**1:00 PM at the WRC Heneveld Hall**



We have a very interesting and knowledgeable speaker for our November 13<sup>th</sup> monthly meeting, **Jeff Tittle, Executive Director of the New Jersey Sierra Club**. I am sure you have all heard of him and the Sierra Club as they are the spokespeople for Environmental issues in New Jersey.

Jeff has served as Director of the New Jersey Chapter of the Sierra Club for over 20 years. He has been on transition teams for multiple Governors and served on the Hurricane Sandy Task Force. He was named by the Star Ledger as one of the Most Influential People in New Jersey, Jeff will talk to us starting at 1pm about issues of great importance to all of New Jersey such as **Status of lawsuit for Exxon/ Mobil, the case that was settled by the state at a price many people feel was too low, Off Shore drilling in New Jersey, Proposed pipelines planned through New Jersey including the Pilgrim, pipe line, Fracking and effect on our water supply**

**Jeff will also talk about the environment on a national level**

Be sure to get to the meeting early to listen to the great AU orchestra that will perform from 12 noon to 1pm. As usual please invite your wives/significant others.



We have a special program for our December 11<sup>th</sup> monthly meeting, **The Golden Apple Chorus**. They will be performing in the Church Sanctuary starting at 1pm.

The award-winning Chorus, a chapter of Sweet Adeline's International, is an all-female a cappella chorus that sings four-part harmony in the barbershop style.

Some of the songs they will be singing are an assortment of Holiday music such as Jingle Bells, Mary Did You Know, Hark How the Bells, Feast of Lights, The Christmas Song (Chestnuts Roasting) and several others. In Addition, they will have a few quartets entertain with song as well

## **AU Annual Christmas Dinner/Dance at The Seasons** **Monday, December 10, 2018, 5:30 – 9:30 PM**

See page 3 for details

See page 9 for the Registration Form.

**Don't wait, if you haven't sent you check yet, do it today.**

### **Membership Dues**

Membership dues, **\$50.00**, for 2019 are due no later than **December 31, 2018**. 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



### 2018 OFFICERS



**Jim Webb**  
President  
201-337-7982



**Joe Pullaro**  
1st Vice President  
201-337-0018



**Vincent Tortorelli**  
2nd Vice President  
201-447-3718



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



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



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

COMMITTEES & C LUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys Band	John DeSantis	201-447-0256	
Book Club	Vince Tortorelli Joe Clinton	201-447-3718 201-447-2261	4th Wed. 9:30
Dup. Bridge	ED Foldessy	201-327-5767	Wed 1 pm Larkin House
Rub. Bridge	Bob Mulligan Dave Kampschmidt	201-447-8837 201-405-2043	M,F 1:00 pm Franklin Lakes Ambulance Building
Care-Concern	Doug Cooper Paul Hennion	908-907-1112 201-891-4716	
Chaplain	Rev Andy Kadzban	201-485-8589	
Computer	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-825-7541	3rd Wed. 10:00
Gardening	Joe Lamela Rick Sneyers	201-327-8137 973-248-6625	1st Wed. 10:00
Golf	Bill Bryne Jim Webb	201-447-5064 201337-7982	Thursday
Hiking	Long Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00
	Short Fred Theile	201-981-1801	Mon 9:30 WRC
Historian	Victor Pizzolato	201-612-0038	
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thru after the AU General Meeting 9:30
Luncheon	John Abrahamsen Mark Cohen	201-848-8037 201-337-4198	

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Pickleball	Tim Tracy	201-560-8911	Tues, & Thus. 9:00 am.
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-261-7276 201-825-0437	1st Tuesday 10:00 am
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	2nd Wednesday 9:30 am
Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Science	Jack Yurasek	201-337-4433	3rd Tuesday 10.00 am
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Mark Cohen John Abrahamsen	201-337-4198 201-848-8037	2nd Tues. 9:00 am 4th Tues. 9:00 am
Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M,W,F
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	John Caikowsky Don Wasson	973-599-1056 201-891-1873	Morning of AU General Meeting 10:30 am
Web-Master	Don Kirkpatrick	201-337-5666	

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

**A**t the Oct meeting \$70.00 was collected for the Wyckoff Reform Church Food Pantry.

**T**he deadline for December 2018 Newsletter articles is 5 PM Saturday, November 28, 2018. 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

## 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.

### Monday, December 10, 2018 Christmas Dinner/Dance at The Seasons.

There will be no valet parking. It will run from 5:30 – 9:30 PM and cost **\$69.00** pp. The reservation form is on the last page of this Newsletter. **All checks must be RECEIVED (NOT POST MARKED) no later than Thursday November 15, 2018 - NO EXCEPTIONS.** Checks received after this date automatically go on a waiting list - NO EXCEPTIONS. If you plan to sit with a group, please send one form together with all names and everyone's check .

Any questions call: **Bill Mastellon 201-447-1417** or **John Murphy 201-447-0921.**

Print and send your form and checks for **\$69.00** pp made payable to Activities Unlimited directly to:  
**Bill Mastellon, 101 East Oak Street, Unit G-6, Oakland, NJ 07436**

## 2019

### Monday, January 21, 2019 — Lunch at Savini's in Allendale, NJ

Join us for an afternoon of good food & fellowship. A four course lunch served with pasta, soup or salad, choice of Veal, Chicken or Fish. Dessert includes, an Italian Vanilla Gelato Nut Log. Cash Bar Available. Cost \$26.00 pp. Wives/significant others are invited. Time 12:30 pm. Make checks payable to Activities Unlimited & mail to: **Larry Restieri, 105 Fisher Rd., Mahwah, NJ 07430.**  
Snow date, Wednesday January 23, 2019 . Questions call Larry: 201-825-5843

**March — St Patrick's Day**

**April — Cherry Blossom Time in Newark**

**May — Luncheon**

**June — Lake Hopatcong**

## Welcome New Members

Name (Spouse)	Address	Employment	Interests	Phone/Email
Ray Garcia (Sara)	30 Cherbourg Drive West Milford, NJ 07480	Human Resources	Hiking Long, Computers, Hiking Short, Gardening Club, History Club,	Cell: 201-396-0694

### Obituary

Sad to report that **Roy Sweetgall** passed away October 11. Roy was an inspiration to many having overcome serious medical issues to return to playing duplicate bridge at Activities Unlimited. We will miss you Roy. Rest in peace.

### BIRTHDAY WISH

**TO: QUENTIN WIEST  
ON THE OCCASION OF HIS 106<sup>TH</sup> BIRTHDAY**

**QUENT, YOU FINALLY MADE IT  
A BRIDGE CLUB TROPHY IN YOUR NAME  
YOUR PLAYING WAS SO SUPURB  
ITS WHAT YOU SURELY DESERVE  
WE KNOW THAT YOU'RE NOT ABLE  
TO JOIN US AT OUR TABLE  
BUT WE STILL MISS YOU GUY  
AND WE'RE NOT READY TO SAY GOODBY**

**BY : DICK FREIMUTH  
10/24/18**



### Duplicate Bridge Results

		1st	2nd	3rd
10/3	NS	Gilpatrick/Mahmarian	<b>Bartlett/Warner</b>	Anand/Spence
	EW	Foldessy/Freimuth Hulit/Meloro		Barbera/Milcos
10/10	NS	Desrosiers/Zelhof	Lewis/Spence	Fodessy/Martin
	EW	Mahmarian/Peck	Boylan/Groesbeck	Milcos/Warner
10/17	NS	Anand/Bidwell	Hulit/Lewis	Altamuro/MacDougall
	EW	Peck/Yampell	Mahmarian/Milcos	Boylan/Freimuth
10/24	NS	Gilpatrick/Milcos	Meloro/Warner	Anand/Leven/ Altamuro
	EW	Martin/Peck	Mahmarian/Page	Barbera/Freimuth
10/30	NS	Bidwell/Freimuth/ Altamuro	MacDougall/Peck	Meloro/Smith
	EW	Anand/Yampell	Gilpatrick/Zelhof	Bartlett/Martin

## AARP TAX-AIDE SEEKS VOLUNTEERS FOR 2018 SEASON

**A**ARP Tax-Aide Volunteer Program is seeking volunteers to help primarily low to moderate income New Jersey taxpayers by providing critically needed service and assistance in filing their 2018 Federal and State tax returns. There is no fee and the service provided is free.

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. They help taxpayers at various sites (Hawthorne, Wayne, Ringwood, West Milford, Clifton, Paterson and Passaic) in the Passaic County area. The volunteer service is spread out over a ten week period (February 1 to April 15, 2019)

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. Make a difference in your community. Become an AARP tax-aide program volunteer.

For more information on how you can join the Tax-Aide program and be of assistance to taxpayers, contact **Ed Schlachman** at 973-423-1459 or at [edandjune@aol.com](mailto:edandjune@aol.com)



## Public Discussion Group

The meeting began (and continued for almost half our time) with a lively discussion of the Kavanaugh confirmation hearings. Members had strong views about the fairness of the questioning, the delay in raising the issue of “sexual abuse,” and broadly the truthfulness or candor of the nominee. Opinions generally reflected political views and party affiliation. One thing all members appeared to agree on was that the process had become too politicized and that the bitter divisions seen in the country as a whole were finding their way on to the Supreme Court. Whether the public continued to see the Court as a fair and objective interpreter of the Constitution and laws will become clearer as the Court’s term progresses and the impact of the two newest Justices on decisions becomes evident.

Our next topic dealt with opioids. We were fortunate to have **John Paxos**, a retired pharmacist and a member, who made a presentation on the topic. He covered the addictive nature of usage, over prescribing of oxycontin and some changes in prescription writing to reduce its overuse. He also covered the role of fentanyl in the sharp increase on overdose deaths and the impact of naloxone availability to emergency response personnel as an agent in many cases to counter overdoses and “bring someone back from death.” John also discussed methadone as a treatment and new approaches to addiction, specifically the “hub and spoke” structure introduced in Massachusetts. The goal of this system is to bring an addict into the “hub” for intensive treatment, usually with methadone or similar drug, and then provide follow-up via “spoke outlets” where an addict could get help if at risk of falling back into drug use. Experience suggests long-term treatment and counseling is far more beneficial and cost effective than 90 day treatment and release into an environment that has been shown to result in very high levels of relapse. The group also discussed the implications of legalizing recreational use of marijuana, the rationale of increased tax revenue, the difficulty of testing for marijuana use in a traffic stop situation. There was broad agreement that medical marijuana use in NJ made sense, but much less agreement around the legalization of recreational use.

The next meeting will be on Wednesday, November 14<sup>th</sup> at 9:30 at the Larkin House. The topics will be: Prison and Sentencing Reform; and Midterm Election Results. It should be an interesting discussion and all members are welcome to attend and join in or just listen.



## The Science Club

On October 13, five members joined the Lamont Labs Car Pool trip. The Lamont trip continues to be excellent, with Exhibits and Presentations. This year Volcanoes and Earthquakes were featured- the scientific background including: photographs, movies, and DVDs of the Field Work of Lamont personnel were featured. Actual movies and thermal data of the Hawaii eruption demonstrated the value of drones in obtaining data in hostile environments. At another presentation, Michael Steckler, the lead author of the Lamont Earthquake research program along the India/Bangladesh border, spoke about the tectonic strain beneath the area, and the potential of a catastrophic quake. Since there is no history of quakes in this region, the timing is uncertain, but millions of people are in danger.

December 18, 2018 -10 AM: **Harry Bennett** will continue his presentation of technology and manufacturing in the Glass and Bottle industry.

At the January meeting, **Murray Perl** will return to his presentation titled "The Science of Food and Nutrition-Facts fallacies and Frauds", partially based upon the various foods we eat each meal-time. Time only permitted him to discuss Breakfast - lunch and dinner will be discussed at the January meeting.

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

**No Science Club meeting will take place in NOVEMBER**

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





## Stock Market

### AU Stock Market Club

The **Activities Unlimited Stock Market Club** is an exciting organization with about 25 current members. It meets twice a month to exchange ideas, share research and insight leading to prudent investing. The three pillars we have are: **Educate, Make a Profit, Have Fun.**

The club operates as a partnership and calculates the value of a partnership unit based upon its net assets on a monthly basis. Members contribute an initial investment of \$500 and thereafter \$50 per month. Year-end tax information is furnished to each partner on a K-1 Form.

Our investment strategy is positioned between traders and investors. We trade much less than traders and more than long-term investors. Our average holding is approximately 6 months.

We try to operate with a strategy of letting our winnings run using trailing stop losses as protection. Our objective is to make it interesting without making it too serious. We try to keep the dialogue open and welcome everyone's contribution of ideas and recommendations. We particularly enjoy the insights and ideas shared as well as the excitement of investing. We are currently enjoying a 14% return which exceeds our benchmark of the S&P.

We meet on the second and fourth Tuesday of each month, at 9:00 AM, on the third floor of WRC. Please check the calendar to confirm.

Please feel free to visit at any meeting and see how we run things. Hopefully, you will be interested in joining us as a partner. But you are under NO obligation. You would be most welcome.

Chairman: **Mark Cohen** 201-337-4198 / [mark.cohen6222@gmail.com](mailto:mark.cohen6222@gmail.com)



## Investment Study

The November Investment Study group meeting will be on November 15<sup>th</sup> at 9:30 A.M. in the 3<sup>rd</sup> floor meeting room of the WRC meeting and kindergarten building.

We are all wondering where the market is going and what is causing the volatility. The domestic political factor hopefully will be lessened after the November election. At this writing policies of the Fed, tax laws, the EU, tariffs, & China all remain on the near term economic and market "concern list." Things may change between now and the meeting. Economist Dr. JoAnne Feeney from Advisors Capital Management will give us her insights on the markets.



## The Computer Technology Club

### Computer Technology Club – October 17, 2018 Meeting

There were over 25 AU Members in attendance at the Wednesday, October 17, 2018 meeting of the Computer Technology Club. The meeting topics included a variety of items with the focus of the meeting being a look at the internet in general and the coming of the new 5G technology.

The meeting kicked off with a look at several technology-oriented videos. The first was video was on **Gnarbox** ... this is a device for downloading and editing videos / pictures without the use of a computer. Next was an video on **Mercku M2** ... this is a product to expand WIFI within your house. And, then a video titled on the product **Hudley** ... this is a device that uses your smart phone to create heads-up display in your car.

Then we looked at several items included on the AU's Web-site, 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 Web-Site to let those in attendance know what is out on the AU Web-Site. A suggestion was made to provide a search function within the AU Web-Site ... we will look at the feasibility of doing this over the next several months.

We then looked at the Internet ... first at the definition of and how it got started. Then we explored what is the Dark Web and the use of the TOR web browser.

The main topic for this month's meeting was 5G Technology ... we reviewed the WSJ section provided by **Fred Theile** ... this contained 5 articles that explained various aspects of the 5G Technology (they will be posted on the web-site). We also looked a several videos and articles that explained 5G Technology.

In the Ask John segment, John covered in detail two new items ... the first How to use the Task Manager and secondly the restoring of your favorite commands in Word that were hidden or changed on Office 365. The items were posted to the Ask John section of the AU Web-Site.

**As with other items we discuss at our CTC Meetings all key items discussed are posted to the AU Web-Site 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 November and December 2018.**

Our next meeting will be held on Wednesday, November 21, 2018 at 10AM. The main topic for this meeting has not been determined. I will send out the meeting agenda prior to the meeting.

Thanks,

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

## The History Club



The History Club meeting will be Monday, November 26 at 1pm on the 3rd floor of the WRC. Our speaker is Peter Tamburro and his topic will be: "The Clash of Civilizations - Sharia Law, the U.S. Constitution and How Cultural Conflicts Evolve."

Peter Tamburro is a retired Advanced Placement U.S. History teacher of 40 years experience in both public and private education. He was named New Jersey's Outstanding Teacher of American History in 1990, and was recipient of a Woodrow Wilson Foundation fellowship at Princeton University, where he studied and wrote about the impact of modernization on traditional societies.

He is also an internationally known writer of chess books and magazine articles and writes regularly for both the American Chess Magazine and the British Chess Magazine.

**Pablo A. Catangay, Chairman**

**Tony Mastandrea, Co-Chairman**



## The Book Club

**F**irst book on the agenda was **BOYS ADRIFT** by Leonard Sax, introduced by **Marty Valerie**. One third of men ages 22-34 are still living at home. Boys nationwide are increasingly dropping out of school; fewer are going to college. This lack of motivation seems to continue through life. The author is a family physician and psychologist. He zeroes in on five factors: changes in educational models; video games; medication for ADHD; endocrine disrupters, mostly attributable to plastic bottles; and a lack of good role models, "boys need to meet a man to become a man." Dr. Sax uses much research for buttress his explanation as to what went wrong in raising boys and how to fix it. One caveat: this book came out in 2007 so obviously it lacks reference to any meaningful research done since then. However, this does not take away from its main theme.

**Tom Butler** reviewed **BORN A CRIME** by Trevor Noah. This is a memoir of a young man of mixed parentage growing up under apartheid and the post-apartheid era in South Africa. His mother is black and his father a white Swiss German, a relationship under apartheid considered a crime. The author describes with great humor how his parents navigate this dicey situation, how his mother, the pivotal person in his life, raised him to cope with racism and injustice, to be multi-lingual as she is, to not feel sorry for himself, and to believe in himself. Noah also offers insightful views of South Africa's history and the legacy of colonialism. He tells his growing up story in a poignant but light hearted way. He eventually gained fame in South Africa as a comedian and today resides in the US where he hosts the TV program "The Daily Show" on Comedy Central.

**KING LEOPOLD'S GHOST** by Adam Hochschild was presented by **John O'Brien**. This story describes Belgium's King Leopold II annexation of the Congo and its riches by deceiving hundreds of Congo chiefs into signing over their land and rights to him, using Henry Morton Stanley, world-famous explorer, as his agent in carrying out this perfidy. For over twenty years starting in 1885 Leopold conducted a reign of terror against the Congolese in harvesting ivory, rubber and minerals which this country had in abundance. Workers were routinely beaten and whipped to death for failing to meet production quotas. As many as eight million, half the country's population, lost their lives. Eventually, Leopold's atrocities were brought to the world's attention and he turned the Congo over to the Belgian government. It is estimated that Leopold drew \$1.1 billion, in today's dollars, in profits from the Congo during his lifetime. A sad story of brutality and exploitation by a colonial power.

### Books for November:

**DEATH OF DEMOCRACY** by Benjamin Carter Hett  
**OCEANS** by M.L. Steadman

**THE LAST CASTLE** by Denise Kiernan  
Bartolo and Lidia Tilotta

**KILLING ENGLAND** by Bill O'Reilly  
**21st CENTURY** by Yuval Noah Harari

### Books for December;

**THE LIGHT BETWEEN**

**TEARS OF SALT** by Pietro

**21 LESSONS FOR THE**





**ACTIVITIES**



**UNLIMITED**



**Thirty-Second Annual  
Christmas Dinner Dance**

**Location: Seasons** — 644 Pascack Road (corner of Washington Ave.), Washington Township, NJ

**Date:** Monday, December 10, 2018 (5:30PM to 9:30PM)

**Cocktail Hour:** Starting at 5:30PM—6:45PM

**Hors D’oeuvres:** A variety of tempting taste treats

**Choice of Entrée:** Selection of Beef, Chicken or Fish to be made at the table

- Four hour open bar (5:30PM to 9:30PM)
- Dance to music by Peter Lieberman

**Price:** \$69.00 per Person —Make Checks Payable to **Activities Unlimited**

**Reservation:** Detach and return reservation form below to: **Bill Mastellon**  
**101 East Oak St — G6**  
**Oakland, NJ 07436**

**Reservation** — Cutoff date is **11/15/2018** With Your Payments Seating Assigned by order of Receipt

For group table reservations of 8 or more please include all names below and checks for the table.



Reservation \$69.00 per person  
 Make Checks Payable to: **Activities Unlimited**

Member Phone Number (\_\_\_\_) \_\_\_\_\_  
 email: \_\_\_\_\_

1 \_\_\_\_\_  
 Member (First) - **Please Print** - (Last Name)

2 \_\_\_\_\_  
 Guest (First) - **Please Print** - (Last Name)

If you have a preference to sit with friends at the same table **PLEASE CONFIRM** with them and list their names on the right and ask them to list their associated names sitting at the table on their reservation. - Example: one name per line— ex: Bill Smith, Mary Smith. **For group table reservations of 8 or more please include all names and checks for the table.**

Check Box for random table

**Return Reservation to: Bill Mastellon,**  
**101 E Oak St — G6, Oakland, NJ 07436**

First Name - <b>Please Print</b> - Last
3
4
5
6
7
8
9
10
11
12
Max of 12 people per table — Table seating preference is assigned in the order that payment is received.

**Confirmed Members and/or Guests that you would like to sit with**

# Oktoberfest 2018

