



Activities Unlimited General Meeting

The next General Membership Meeting will be:

Tuesday, September 16th
(not the usual 2nd Tuesday of the month) due to conflicting needs of the WRC.

Our Speaker will be Robert Lukaski, a certified Clinical Nutritionist, who is a fellow of the American Council of Applied Clinical Nutrition. Robert has been actively involved with the profession of Nutrition for many years, and is presently practicing and consulting at Miller's Pharmacy in Wyckoff, New Jersey. His talk will be on "Andropause" (covering prostate health). His should be a most interesting and informative presentation given it's applicability to our senior membership. Don't miss it.

Food Pantry

There was no meeting in August.

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

SPONSORED BY THE WYCKOFF REFORMED CHURCH

October Breakfast

This is a reminder: send in your check for the October Breakfast today. We need to inform the Brick House of how many members will be attending. It is only fair to provide them with an accurate count, so they can properly prepare for this annual AU event.

The cost of \$9.00 is the same as last year, but because several people paid at the door, our headcount was off. This led to last minute scrambling to accommodate everyone. Therefore, **anyone paying at the door this year will be charged \$12.00.** Getting your checks in early helps eliminate all the problems.

For our meeting on **Tuesday, October 14th, 2014**, we will be returning to the Brick House in Wyckoff on Godwin Avenue starting at **9:00am**. Cost is \$9 per person, checks payable to AU and sent to **George Lewis**, 45 Walnut Street West, Mahwah, NJ 07430. Last year's breakfast meeting was very successful - good food, great company and an interesting program. Our guest speaker will be Jerome Deener, from Fox Rothschild LLP, who will be speaking about Estate Planning. We look forward to seeing everyone there.

NOTICE

We would like to have the e-mail addresses (if we do not already have it on file) of those members who receive the monthly AU newsletter via US mail so that we can send you special e-mail messages as the need arises. You are probably not receiving such notices now since we do not have your e-mail address. Please send your name and e-mail address to: **Walt Widmer** at whwidmer@optonline.net. You will continue to receive the newsletter via the US mail.

PROJECT OUTREACH NEEDS YOU!!

This AU club helps to supply nourishing bags of food to the Northside Food Pantry in Paterson through the Wyckoff Reformed Church. Our list of volunteers has been somewhat reduced due to injuries and vacations and we could sure use your help. Your service would entail about an hour of your time approximately every two months as either a Bagger or Unloader. The former position consists of numbering and placing the filled food bags on shelves while the latter involves unloading and staging the donated food once a month. Come join your fellow AUers and you will receive abundant personal gratification in return by giving back to others less fortunate. If interested contact **Marty McGonigle** at www.mmbmcg@optonline.net or call him at either 201-529-1941 or 201-887-1585 you'll be glad you did.....I guarantee it! - Marty McGonigle



Duplicate Bridge Results

	OFFICES		MEETING
President	Herb Umland	201-891-6638	2nd Tue 11am
1st Vice-Pres.	Ray Casaprima	201-891-3394	
2nd VicePres.	George Lewis	201-891-5883	
Secretary	Ed Chanod	201-891-1995	
Treasurer	Dick Hensch	201-891-1309	
Asst. Treas.	Mike Hurd	201-891-1374	
	COMMITTES		
AU Guys	John DeSantis	201-447-0256	
Book Club	Joe Clinton	201-447-2261	Wed after the AU General Meeting 9:30
Dup. Bridge Rub. Bridge	Joe MacDougall Wes Cheringal	201-891-4048 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. D. Bach	201-891-1782	
Chess	Bill Schultz	201-891-5327	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	201-327-8137	1st Wed.10:00
Golf	Bruno Bissetta Guy Cappello	201-891-7567 201-891-0617	Tuesday Thursday
Hiking	Don Kirkpatrick	201-337-5666	Mon 9:00
Historian	Dom Manobianco	201-891-7185	
Investment	Herb Umland Mike Hurd	201-891-6638	2nd Thru 9:30
Model RR	Don Cardoza	201-337-3417	Wed. 7PM
Membership	Walt Widmer	201-562-8666	
Newsletter Distribution By	Lou Guarneri Ed Schlachman	201-847-1981 973-423-1459	
Project Outreach	Marty McGonigle	201-529-1941	
Photographer	OPEN		
Public Disc.	Walt Widmer	201-562-8666	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	201-327-6649	Snow
Sponsor Liaison	Mike Wolff	201-891-4426	
Stock Market	Don Kirkpatrick	201-337-5666	2nd Tues. 9:00 4th Tues. 9:00
Tennis	Dom Manobianco	201-891-7185	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	

		1st	2nd	3rd
8/6	NS	Boylan/Wiest	Hulit/Riccardi	MacDougall/McGuire
	EW	Meloro/Reed	Finn/Gottheim	McAdams/Warner
8/13	NS	Christie/Sweetgall	Finn/Mahmarian	McAdams/Warner
	EW	Foley/MacDougall	Lewis/Milcos	Martin/Reed
8/20	NS	Freimuth/Hausman Foley/Meloro		Lewis/Reed
	EW	Gottheim/ Mahmarian Boylan/Milcos		Desrosiers/Smith
8/27	NS	Christie/Wiest	MacDougall/ Milcos	Feimuth/Gattoni
	EW	Boylan/Sweetgall	Mahmarian/Page	Hausman/Smith

Investment Study Group



Thursday, OCTOBER 18, 2014—9:30AM
WRC- 3rd Floor

Our speaker for this month is Jerry Miccolis, CFA,CFP,FCAS,CERA who is a Principal and the Chief Investment Officer for GIRALDA ADVISORS, located in Madison, NJ.

Jerry is responsible for strategic leadership and day to day management of the firm.

GIRALDA was formed in 2012 as a spinoff from Brinton Eaton Wealth Advisors which is an SEC-registered wealth management firm and where Jerry also serves as Chief Investment Officer.

Jerry has written many books and published articles on asset allocation and appeared as an expert commentator on CBS Radio, ABC-TV, and National Public Radio and online at IRMI, the website for the International Risk Management Institute. He actually acts an advisor to the wealth management community.

Jerry will discuss the current economic/market climate, as well as diversification, asset allocation and risk managed investing.

Come listen to the ideas of this investment professional! Questions-call **Herb** 201-891-6638

The deadline for Oct, 2014 Newsletter articles is 5:PM Sept 29, 2014. 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



The Computer Technology Club

The Computer Technology Club meets on the third Wednesday of each month on the 2nd floor of Heneveld Hall. **Our next meeting is on Wednesday, September 17, 2014** as there are no meetings during July and August.

As I am having a problem coming up with a topic for the September meeting, I would like your help so please send me your suggestions. Once I receive your ideas I will make a selection and post it on the AU Web-Site (Computer Technology Page). Also, I will send out the agenda to all by email. Thanks for your help.

Over this past year we covered a lot of ground in providing AU members that attended the monthly meetings with a better understanding of current day computer technology. The topics covered during this past year included for example browsers, anti-virus software, windows operating systems, backing-up data, downloading pictures from cameras and cell phones, learning how to create an Excel spreadsheet and a look at social media. Also, we looked at the favorite web-sites of the members of the Computer Technology Club (this section is a valuable tool for all AU Members). During the past two months we covered the Iphone, Ipad and MacBook products from Apple and the new Nokia Lumia Icon Windows 8 Smartphone.

We also spent time during several of our monthly meetings exploring the AU Web-Site which is at www.activitiesunlimited.org. One of the many pages that are included on the AU Web-Site is the Computer Technology Page which includes a section that contains most of the material covered during the monthly meetings of the Computer Technology Club. Thus, all AU Members have the opportunity to take advantage of what was presented at our monthly meetings by visiting the AU Web-site and accessing the Computer Technology Page.

In recap, the focus of the Computer Technology Club is to provide its members an opportunity to learn about computer technology and its use in everyday life. This includes both computer hardware and software. Also, included will be cameras and cell phones as both incorporate extensive use of computer technology. Furthermore, we will provide instruction / training in various aspects of the technology field which will include where appropriate experts from outside the AU organization as well as pointing AU Members to appropriate on-line web-sites.

The Computer Technology club has three co-chairmen;

- **Donald A. Kirkpatrick** (201) 759-3795 / dakirkpt@verizon.net,
- **Ed Schlachman** (973-423-1459) / edandjune@aol.com, and
- **Fred Theile** (201-981-1801) / fredtheile@gmail.com.

Please feel free to contact these individuals regarding your interest in participating in the Computer Technology Club. Thanks, **Donald A. Kirkpatrick**

AARP TAX-AIDE SEEKS VOLUNTEERS FOR 2014 SEASON

AARP Tax-Aide volunteer run tax preparation and assistance service is seeking volunteers to help primarily low income New Jersey taxpayers who are seeking assistance in preparing and filing their 2014 tax returns. Members of our organization may be interested in participating in this endeavor.

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 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

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



The Science Club

Plans for Science Club activities in the fall are as follows:

Sept 23-- **Walt Widmer** will give a presentation on our Circulatory System. He has discussed this important body system previously, but with many blood diseases in the news, it should be interesting. At the end of the Sept. meeting, a "Roundtable Discussion" of the current Science Club activities will take place, with a request for recommendations for future plans and improvements. Please join us with your ideas and suggestions. We desperately need additional volunteers for presentations—discussions of past technical career experience, current technology books, DVDs, vacation trips (visits to Archeological sites etc.) all appear of interest. We will distribute Info at the Sept 16th General Meeting.

Oct 4th-- We will have a return Trip to Lamont Lab on the First Saturday in Oct. Our previous car pool trip was enjoyed by all.

Nov 18-- Dr. Ron Cauchard (an Optometrist whose office is in Wyckoff) will return and update us on cataract, glaucoma, and macular degeneration eye issues.

A Car Pool Trip to the Liberty Science Museum in early December is also being discussed, if there is sufficient interest during the busy holiday time.

Thank you to all those who prepared and helped on our presentations and trips last and this year, and please contact me with suggestions and information on, future meetings and trips. Please join us at the Sept 23 meeting to discuss improvements to the Science Club.

JACK YURASEK (201-337-4433)



The Hiking Club

A new season is upon us as the first hike for the 2014 / 2015 season will be on Monday, September 8, 2014. The hike will be at Lake Skanatati which has been our starting hike of the year for the last several years ... there will be a long and a short route.

The AU hikers are active September - June. Hikes are planned for every Monday ... unless it is a special hike we have a shorter and a longer hike to accommodate the level of hikers that participate on a weekly basis. Our meeting place is the Wyckoff Reformed Church parking lot at 8:45 AM. We leave the WRC Parking area by 9 AM (the hikes are within an hour drive) by carpools for each hike. The average shorter hike is a maximum of 4 miles and is rated easy to moderate. The longer hike has an average distance of 5 to 6 miles and is rated moderate to strenuous. Appropriate dress for the season, hiking boots, a day pack, lunch, and fluids are necessary equipment. A walking stick or trekking pole(s) can be a welcome addition. Most of our hikes offer exceptional views making cameras and/or binoculars a welcome addition.

Over the summer hiatus we did four (4) extra hikes with three (3) of them rated moderate to strenuous and one (1) rated moderate. The hikes offered some great views and most were new hikes that had not been done by the AU Hiking Group in the past. Pictures of the hikes are posted below and on the AU Web-Site (hiking Page) at www.activitiesunlimited.org.

All AU Members are welcome contact **Donald A. Kirkpatrick** for questions at (201) 759-3795 or by email at da-kirkpt@verizon.net.

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.

Sept—Thursday September 11, 2014—Wine and Appetizer Social at the Brookside Manor Clubhouse (Storms Drive, Mahwah), which is about 5 minutes from the WRC (Wyckoff Reformed Church). There will be some wine tasting and plenty of appetizers (Shrimp, Chicken, Swedish Meat Balls, Pigs in a Blanket, just to name a few). No one will leave hungry. It will run from 6:00 PM to 9:00 PM. The cost is \$30.00 pp. This social will be limited to 50 people because of the size of the clubhouse. Please sign up ASAP to reserve your place for this party. Make checks payable to Activities Unlimited no later than August 25th, and send them to George Lewis, 45 Walnut Street West, Mahwah, NJ 07430. (201) 891-5883

Thursday, October 23rd- German Festival Put on your Lederhosen and join us for a German Festival at **Ehrhardt's Waterfront Resort** in Hawley, Pa. Trip includes Bus transportation, Dinner, Dancing and a German Show. Bus will leave WRC at 8:45am and depart Ehrhardt's at 3:30pm. The cost of the trip is \$55.00 pp, includes:
-Coffee and Apple Streusel upon arrival - Strudel making demonstration by Ehrhardt's Chefs - Music and Dancing
- Open Bar with Draft Beer, Wine and Soda - Family Style German Festival Meal - Apple Strudel a la Mode - Coffee and Tea - Snacks before departure. The Joe Lastovica Band will play a spirited mix of German music and Heidi the Bavarian Beer Garden Girl will be back along with Marty Keller and his Alpine Horn & Bavarian Act. Send your check payable to Activities Unlimited - \$55.00 pp- to **Mike Hurd**, 470 Wyckoff Ave. Wyckoff, NJ 07481. Any questions call Mike at 201-891-1374 or **Don Wasson** at 201-891-1873.

Nov—Brandywine Valley Tour. November 5, 2014 (Wednesday) to November 7 (Friday). Three days - Two nights. Visit Winterthur Gardens, Longwood Gardens, de Nemours Mansion and Gardens, Brandywine Museum and Gardens and Chaddsford Winery. Two Breakfast and Dinners, 2 nights lodging and Motor coach transportation. **\$390.** per person double occupancy. Contact **Dick Botta**; 413-D Bromley Place, Wyckoff, NJ 07481. (201) 848-9001

NOTE: The Nemours Mansion and Gardens has been removed and replaced with the Hagley Museum and Elutherian Mills. The original home (1803) for 5 generations of the du Pont family along with its restored 19th century French garden and the first office of the DuPont Company.

Tuesday December 15, 2014 Christmas Party at The Seasons again this year. It will run from 5:30 – 9:30 PM and cost \$60.00 pp. The reservation forms will be available in this Newsletters through November. Any questions call: **Bill Mastellon** 201-xxx-xxxx or **John Murphy** 201-xxx-xxxx. Checks for \$60.00 should be made payable to Activities Unlimited and sent directly to: **Bill Mastellon**, 101 East Oak Street, Unit G-6, Oakland, NJ 07436



ACTIVITIES UNLIMITED



Twenty-Eighth Annual Christmas Dinner Dance

Location: Seasons

644 Pascack Road (corner of Washington Ave.), Washington Township

Date: Tuesday, December 15, 2014 (5:30 to 9:30)

Cocktail Hour: Starting at 5:30PM.

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 (5:30 to 9:30 PM)

Valet and self parking are available (your choice)

Dance to Music by Ron Dellapina

Price: \$60.00 per person. Make checks payable to Activities Unlimited.

Name card reserve seating will be provided for everyone (round tables seat 10 or 12).

Seating is limited to 300 people.

Detach and return reservation form below to: **Bill Mastellon**

**101 East Oak Street
Unit G-6
Oakland, NJ 07436**

Reservations ASAP, cancellable up to December 1, 2014

CUT
HERE

Reservations \$60.00 per person. Make check payable to **Activities Unlimited.** Amount enclosed: \$ _____

PLEASE PRINT

List Table Guests Here:

Member: _____
(First) (Last)

Guest: _____
(First) (Last)

If you wish to be seated with others, whether it be only one other couple or a full table; PLEASE CONFIRM with those couple(s) that there is room at their table.

Then list their names above (under "List Table Guests Here:") before sending in the form.

Check this box for random seating.



First-Class Mail