

Activities Unlimited

Volume XXXI Issue IX

September, 2017

Activities Unlimited General Meeting September 12, 2017 1:00 PM at the WRC Heneveld Hall

We will lighten things up at the September meeting. The Wildcats will perform for us. They are a group of thirteen members of the Bergen County Community College Institute for Learning in Retirement who love the 50's music and formed their own Doo Wop group. Singing songs from the 50's including "Why Do Fools Fall in Love?", "Come Go With Me", "Mr. Sandman", "Rock and Roll is Here to Stay" and of course, "In the Still of the Night", the Wildcats have performed for many organizations in our area.



Stony Hill Show. See Photos - page 8



Note from the President

As we approach the end of Summer, I hope everyone has had a chance to enjoy a bit of "sun and surf." August was a quiet month with no AU general meeting, but the Fall season is now starting and it will be an exciting and active time for the club.

Jim Webb has organized some terrific entertainment for our general meeting on Tuesday, September 12th. Please plan to attend and enjoy the singing of the "Wildcats." Also, make note that the annual breakfast meeting will take place on Tuesday, October 10th at the Brick House restaurant. To accompany the breakfast buffet, there'll be a terrific speaker talking about Cuba and America. Make sure you reserve a place for this date.

Finally, and perhaps most importantly, thanks to all the chairmen and co-chairs who keep our activities running; and thanks to our members whose participation keeps the club activities vibrant. Volunteers and active members keep our club strong. Let's all try to be actively involved and participate. It's always fun to try something new and everyone is always welcome to try out an activity.

NOTES TO MEMBERS

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

Please note that we have modified the Newsletter's format so that all photos will appear at the end of the newsletter and not with the article.

WRC is having a problem with the parking lot. It has been marked out with cones. For your safety, please make note of the cones and respect them.

WRC PARKING LOT ENTRY:

The WRC would like to remind everyone there is only one entrance into and one exit out of the church parking lot on Wyckoff Avenue. The driveway *furthest* from the building is the entrance. The driveway *closest* to the building is the exit.



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 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	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	

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

The deadline for October Newsletter articles is 5 PM Wednesday, September 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
Robert Donohue (Brianne)	634 Pawnee Lane Franklin Lakes, NJ 07417		Trips & Tours, Bridge Social, Tennis	H:201-485-8519 C:201-566-3821 Email: Robert.Donohue@aol.com

OCTOBER BREAKFAST MEETING

TUESDAY, October 10, 2017—Our annual breakfast meeting will be held on Tuesday October 10, 2017, starting at 9am at the Brick House, 179 Godwin Avenue, Wyckoff NJ. Our speaker will be Anthony De Palma an expert on Cuba. He will talk about the ever changing politics of our relationship with our neighboring country.

The cost is \$12 pp.

Please send your checks made out to Activities Unlimited as soon as possible to:

Joe Pullaro, 886 Iron Latch Road, Franklin Lakes, N.J. 07417.

Questions call Joe, home 201-337-0018 or cell 201-378-8378.

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



The Photography Club

Fellow Photographers,

A reminder to all those AU members interested in photography our that the next Photo Club Meeting will be on Tuesday September 5th, at 10:00 AM in the third floor meeting room.

The agenda for the meeting includes:

- Presentations by **Barry Glick** and **Sam Ohan** showing us tips for better photos.
- Murray Perl will compare travel images from the iPhone to images from a DSLR
- A discussion of how advances in computational photography may allow the iPhone to eventually replace the DSLR
- How to take sharper photos
- A gallery displaying member photos.



Duplicate Bridge Results

		1st	2nd	3rd
8/2	NS	Milcos/Meloro	Kellert/Sweetgall	Martin/Bartlett
	EW	Freimuth/Zelhof	Desrosiers/Page	Boylan/MacDougall
8/9	NS	Wong/Sweetgall	Page/Douma	Freimuth/Yampell
	EW	Martin/Spence	Desrosiers/ Lewis	Anand/Boylan
8/16	NS	Anand/Milcos	Riccardi/Meloro	Smith/Freimuth
	EW	Martin/Gilpatrick	Desrosiers, Kampschmidt/ Wong	Boylan/Mahmarian
8/23	NS	Riccardi/Martin	Sweetgall/Yampell	Mahmarian/Bartlett
	EW	Douma/Warner	Anand/ MacDougall	Boylan/Kellert

Obituary

George Knapp, a former member and officer of Activities Unlimited, passed away on August 19 after a long illness. George was 86 years old.

George enjoyed a marvelous education. He was a graduate of Manhattan College, MBA at NYU and Harvard's advanced management program in 1974. George sandwiched in service in the Army after the Korean War.

George spent most of his business life with ITT, as an engineer, later in several executive positions and as Director of ITT Europe.

Upon retirement, George joined AU in 2006. He was elected our Secretary and in 2007 became 2nd vice-president of our club.

George was clearly labelled to rise to be president but failing health forced his resignation. While George was with the club he actively participated in the Science Club, the Investment Study Group and the Book Club,

Those of us who participated with him, truly miss him.



The History Club

Club meeting will be on Monday, September 25 at 1 PM- The History on the 3rd floor of the WRC. I am presenting "THE LOUISIANA PURCHASE." The Louisiana Purchase in 1803 was the third greatest event in American history, ranking directly behind the Declaration of Independence and the framing of the United States Constitution. It doubled the size and multiplied many times the power of the struggling young American republic, and completely changed its history. The Purchase was America's greatest and strangest real estate bargain in all history. The men who foresaw the significance of the acquisition of this territory and who carried it out in the face of antagonistic public opinion for the most part were among the greatest heroes of American history. They were Robert Livingston, President Thomas Jefferson, James Madison and James Monroe. For the immediate future, by doubling the size of the United States, the Purchase transformed her from a minor to a major world power. Like many other major events in world history, the Purchase was a fascinating mix of destiny and individual energy and creativity. I hope to see you all and share this fascinating event in the history of our republic.

Pablo A. Catangay- 201-684-1217



Science

The Science Club

The September meeting will take place on the fourth Tuesday, September 26, at 10Am.

Walt Widmer will speak on Microbiology-a subject that probably was not available to us during the time we attended high school.

For the October meeting, we are considering a carpool trip to Lamont-Doherty Labs in Alpine on Saturday, October 7, 2017. We enjoyed this trip twice previously, but it has been noted that many members have family commitments on Saturday, and no one attended last year. Please let us know if you would be able to make trip.

We are also considering a Carpool trip to either the Liberty Science Center museum in Jersey City, NJ or the American Museum of Natural History in NYC (which includes the Planetarium-updates on Dark Matter and Dark Energy).

We are also inviting Dr Cauchard to return and update us on conditions of the eye.

Specific dates and times for these events are being finalized, and will be discussed at the September General Meeting.

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

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**



Public Discussion Group

August and the group had another informative discussion meeting. In light of the headlines, we began with North Korea and the best way to deal with this critical issue. The group explored the threat posed to the US by the development of an ICBM/nuclear capability and potential American/global responses. There was general consensus that dealing with N. Korea required a combined approach including trade and financial sanctions, pressure on China to do more, use of direct and indirect diplomatic channels, and finally a credible threat of intervention if ICBM's were fired near Guam. Members exchanged a lot of facts and information which elevated everyone's understanding of the issue.

We then took up a local, headline event, the creation of an "eruv" enclosing a section of Mahwah, Upper Saddle River and Montvale, between Routes. 59 and 17. We began with a discussion of the history and meaning of "eruv." The group then looked at legal issues (1st Amendment rights vs. local ordinances) and the practicality of challenging the "eruv" in court. Most towns have lost such battles at considerable legal expense. Finally, we looked at the practical impact: was this just for the benefit of Orthodox Jews living in the enclosed area; or was there a risk of Satmar Hassidim moving into this zone with potential effect on the tax base and property values. It was a fascinating discussion that touched on a variety of issues raised by the "eruv" controversy. Time will tell how this community matter plays out.

Our next meeting will be on Wednesday, September 13 at 9:30 at Larkin House. The topics will be: Affordable Housing Requirements in Bergen County (C.O.A.H.); Criminal Justice Reform; and Legalization of Marijuana. It should be lively and all members are invited to join us.

Tom Butler



The Hiking Club

Health Benefits of Hiking For Seniors

An excerpt taken from “Seniors and the Benefits of Hiking” posted by Kimberley Fowler.

It’s no secret that for people of all ages, regular exercise is one of the key factors to a healthy lifestyle. However, as they age, many seniors have difficulty finding a safe way to stay active, which can compound their existing health issues.

When it comes to regular activity, walking is one of the best forms of exercise for seniors. “Walking is a tremendously good activity for senior citizens. It’s cheap, it’s simple, almost anybody can do it,” Dr. Pratt says. “It helps seniors and has very real benefits for maintaining mobility and independence.”

A study published in the Journal of the American Geriatric Society showed that “seniors who walked at least four hours per week reduced their risk of hospitalization as a result of cardiovascular events.” Hiking is a great way for seniors to get out and enjoy a regular walk, and because hiking trails are often softer on joints than asphalt or concrete, hiking can actually be easier for frail seniors than going for a walk on the street.

The benefits of hiking are well documented, showing that seniors who hike regularly experience:

- Improved circulation
- Improved cardiovascular health
- Reduced arthritis, joint and knee pain
- A boost in bone density which can improve bone health and reduce the risk of osteoporosis
- Lower levels of depression and feelings of isolation
- Improved muscle strength when hiking on a slight incline.

Studies also show that seniors who go on one or two hikes per week experience an increase in their cognitive function and higher scores on tests for memory and reaction time.

Be Prepared

No matter what age you are it’s important that you do a little preparation for your hike before you set off. For senior citizens to hike safely, it’s important to:

- Stay hydrated – bring lots of water and if carrying traditional bottles of water is too much consider a water backpack
- Wear a good pair of walking shoes
- Wear layers to adjust for changes in weather – light clothes in the summer and warm clothes in the fall
- Wear a sun hat and apply sunscreen
- Bring along an emergency kit, which must contain:
 - A first aid kit
 - Food/water, and
 - A way to communicate in case you run into trouble
- Know the trail and have a map in case you get lost
- Have a safety plan – let someone know where you’re planning on going hiking, your route and when you’ll be back

Join the AU Hiking Club

So, if you’re looking for a way to get active and exercise safely, then give hiking a try. It’s a great activity for seniors of all ages and ability levels, contact **Don Kirkpatrick** at: dakirkpt@verizon.net

See a Photo of the Short Hike group on Page 7

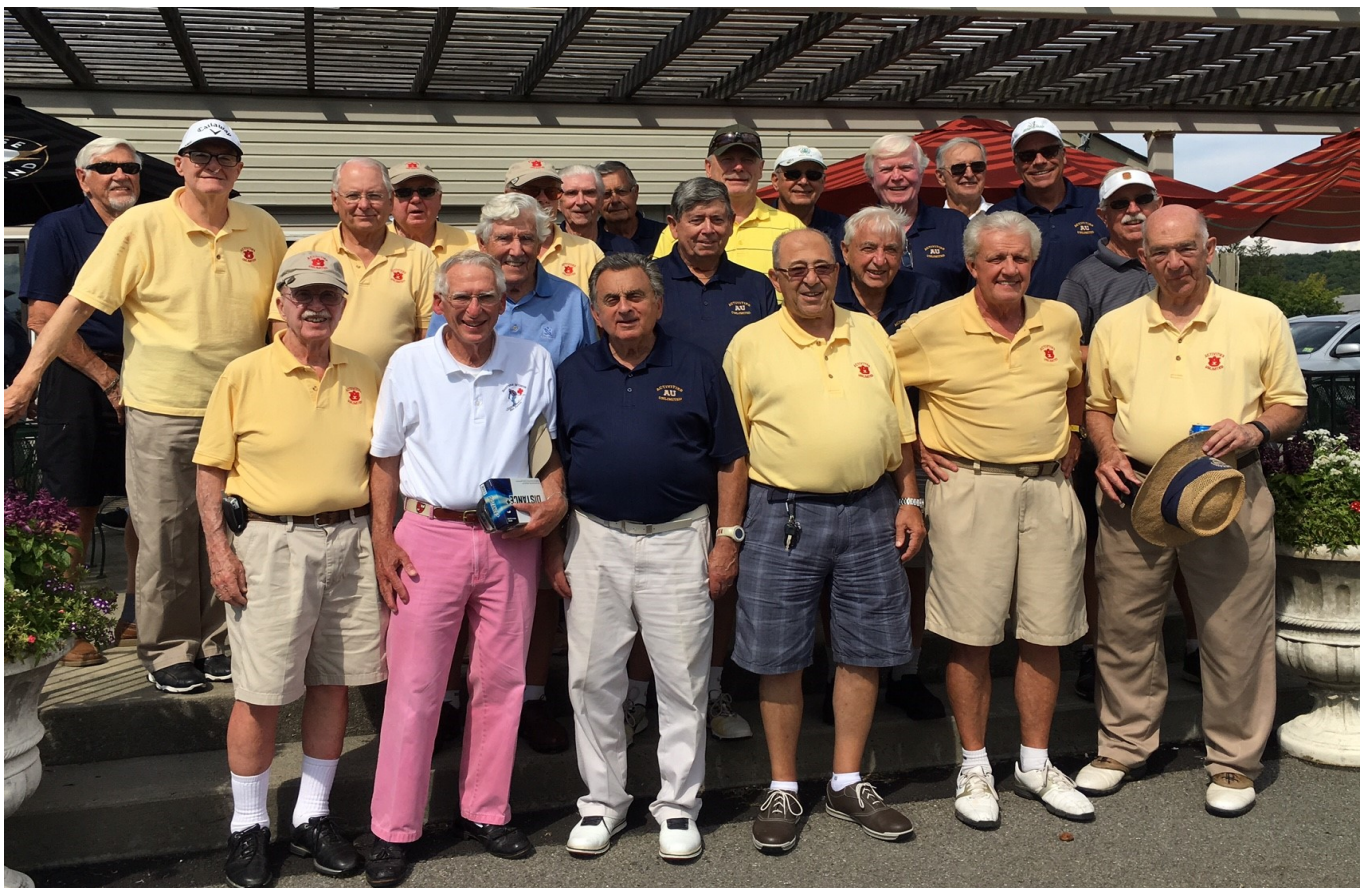
Short Hike Group



The Golf Club

HOBBYISTS RETAIN GOLF TROPHY

On August 8th Activities Unlimited and the Ridgewood Hobbyists faced off against each other in a golf match at Apple Greens Golf Club. 12 two man teams competed in a match play format. While a number of the matches were very close, the Hobbyists prevailed, winning 9 matches as AU won 2 and one match resulted in a tie, thus retaining the Trophy. AU teams were as follows: **M. McGonigle & A. Coldon; B Davidson & H. Vogel; H. Brandes & J. Putt; T. McDonnell & H. Hansen; J. Mallen & R. Pashman; J. Gornell & H. Conant; R. Corallo & J. Webb; B. Desrosiers & G. Cappello; B. Leo & D. Trum; J. Coyle & B. DeWitte; B. Byrne & R. Miller; F. Nusspickel & B. Bissetta.** While the competition was spirited the interaction among the players remained friendly and everyone enjoyed the day. We look forward to next year.



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.

WEDNESDAY, September 13, 2017—Wine and Appetizer Social — Brookside Manor Clubhouse (Storms Drive, Mahwah), which is about 5 minutes from the Wyckoff Reformed Church. There will be some wine tasting and plenty of appetizers (Shrimp, Top Sirloin on Mini Bread, Pigs in a Blanket, just to name a few). No one will leave hungry. Wife's are included. It will run from 6:00 PM to 9:00 PM. Please send your check for \$31.00 pp payable to Activities Unlimited to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430.
Any questions call Lou at 201-847-1981

TUESDAY, October 17, 2017—Our annual breakfast meeting will be held on Tuesday October 10, 2017, starting at 9am at the Brick House, 179 Godwin Avenue, Wyckoff NJ. Our speaker will be Anthony De Palma an expert on Cuba. He will talk about the ever changing politics of our relationship with our neighboring country.
The cost is \$12 pp. Please send your checks made out to Activities Unlimited as soon as possible to: Joe Pullaro, 886 Iron Latch Road, Franklin Lakes, N.J. 07417. Questions call Joe, home 201-337-0018 or cell 201-378-8378.

TUESDAY, October 10, 2017 — Fish and Chips Dinner at La Neve's Catering Hall, 376 Belmont Ave in Haledon NJ. The dinner consists of Salad, Fish & Chips, Cole Slaw, Desert, Wine, Beer, Soda, Coffee & Tea. This will be a self-drive dinner from 4-7 pm so driving home should not be a problem. Wives and significant others are invited. This is an open seating venue. Sit someone you don't know. Please send your check for \$34.00 pp payable to Activities Unlimited to: **Dick Botta**; 413D Bromley Place, Wyckoff, NJ 07481. Question, call Dick at 201-848-9001

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

January — Lunch at Savini's

Stony Hill Show



