



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

1502 Hamburg Turnpike // (Bus #197, Squad Place stop)
Wayne, NJ 07470 973-633-0734 office@wacci.net www.wacci.net

Newsletter and Cyberspace

June, 2008

ACTIVITIES

Big Band Dances
Contract Bridge
Lending Library
Painting Group
Tennis

Canasta
Discussion Group
Mah Jongg
Pinochle

Computer Classes*
Duplicate Bridge
Monthly Speaker
Pizza Parties

Computer Fun Meetings
Jigsaw Puzzles
Music Group
Shuffleboard

* Computer classes are available to people 50 and over.

(Additional benefits, e.g. free 911 cell phone, discount BJ's and Costco memberships)

The office is not staffed every day, but you can always leave phone messages.

See Page 12 for specific days and times of all activities

A calendar of this month's activities is on page 2

**A light issue this month, with two short pieces:
"It's a Gift" and "Squirrels, Chestnuts, and Me"
See Page 3**

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
Treasurer: Bill Pharo
Secretary: Rosalie van Dam

Vice President: Vince Barilla
Sergeant at Arms: Allan Jespersen

For the current schedule:

Click the “This Month” button
at the top of the Web site page
from which you selected this newsletter.

It's a Gift

Many of us call ourselves “senior citizens”, which is a way to avoid saying that we're old. But with age comes some wonderful things:

Probably for the first time in your life, you can be more the person you always wanted to be. Well, maybe not your body; you might sometimes despair over the wrinkles, the bulging this, the sagging that, the gray or absent hair. Often you might be taken aback by the oldster who lives in your mirror. “Omigod, I look like my mother!” [or father]

So your body is not what it was when you were twenty five. Why agonize over that when there is so much to savor? Would you trade your friends, your new-found leisure, or your loving family for luxuriant, deep-toned hair or a flatter belly?

Now, you can walk the beach in a swim suit that adorns a body no longer trim and shapely, and can dive into the waves with abandon if you choose, unbothered by the smirks on the smooth faces of the twenty-somethings, because you know that they too will get old (if they're lucky).

If you're alone, you can still dance with *yourself* to those wonderful tunes of your youth, and if you wish to weep over a lost love, you can.

Ideally, you've become less self-critical: You don't chide yourself needlessly for eating that extra cookie, or for not making your bed, or for buying that silly cement gecko that you didn't need but that you think looks avante garde in your living room. You're entitled to an occasional treat, to be messy, to be a little bit extravagant. And whose business is it if you choose to read or to play on the computer until 4 AM and sleep until noon? You have seen too many dear friends leave this world before they could savor the benefits that come with age.

If, like good wine you've mellowed with age rather than soured, you've also become less critical where others are concerned. You've earned the right to your opinions, but you're now wise enough to realize that they also have the right to theirs.

Admittedly, you're sometimes forgetful. But some of life is just as well forgotten, and eventually you remember most of the important things.

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Advertisement

WAYNE ADULT COMMUNITY CENTER -
COMPUTER GROUP

PHONE: 973/633-0734 WEBSITE: www.wacci.net

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Cyberspace News

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Just For WACC Members

We're now offering to our members, a CD containing 13 free programs. Included are:

- A firewall
- An antivirus program
- A word processor
- A Web browser
- An Email program
- And others!

All are highly rated. (The browser and the Email program are recommended by experts as preferable to Internet Explorer and Outlook Express.)

These are the latest releases of the programs we feel are "best of

breed" among the free versions of software that every computer user should have.

We will be giving the disk without charge, to students in our computer classes. Other WACC members can obtain it for \$5 by contacting Bill Shapiro at our office (973-633-0734).

Anyone can obtain these programs, and many others, on the Internet. The advantage of getting the CD is that it avoids the considerable time and trouble of searching and downloading. In addition, the CD includes installation and update instructions.

A Correction

In the last issue of Cyberspace News, we told you of a free Emergency Medical Card you could download from the Web and keep in your wallet to inform emergency personnel of your medical history.

WACC member George Morris subsequently pointed out that EMTs are not allowed to go into a

wallet even if the patient is unconscious. This was confirmed an EMT. He stressed that people with medical conditions should wear Medic Alert Bracelets, which all EMTs are trained to look for. But carrying the card may be valuable for emergencies in which a person is consciousness and can give the card to EMTs.

Free And Lots Of Fun!

Come to our **Computer Fun Meetings**, which are free and open to everyone, whether you're a WACC member or not. Learn more about computers in an informal, friendly environment.

Meetings are held the second and fourth Mondays of each month from 11:30AM to 1PM.



Just For You

Cyberspace News is now archived in its entirety on the WACC website. In some articles, important additional material is included (for instance, information obtained after publication).

To view articles from past issues, go to www.wacci.net and click the "Archives" button along the left

Letters Between A Son And His Father

Dear Dad,
School is really great. I am making lots of friends and studying very hard. With all my stuff, I simply can't think of anything I need, so if you would like, you can just send me a card, as I would love to hear from you.
Love,
Your Son

The Reply:

Dear Son,
I know that astronomy, eco-

nomics, and oceanography are enough to keep even an honor student busy. Do not forget that the pursuit of knowledge is a noble task, and you can never study enough.

Dad



Source:

www.fathersdaycelebration.com

Fake Name Generator

In order to protect your privacy when filling out an online form, it can be beneficial to make up a name and/or address instead of using your real information. But what if you can't think of false data?

Then log onto the website: www.fakenamegenerator.com. Just specify the gender you want, choose a name set, and country you want to "come" from. Then click "Go." The results will display like this:

Name

Address

Web site (that you allegedly have)

E-mail Address

Phone

Mother's Maiden Name

Birthday

Credit Card

SSN

The website creators claim that all of the information generated is entirely random. You can check their FAQ page for more information on how they come up with their data.

You could even take some of the information generated on this website to make up combinations of letters and numbers for passwords.

In any case, it's a fun website to check out.

Guarding Against Email Hoaxes

Recently, one of your newsletter editors received an Email that warned urgently of a terrible, destructive virus. The sender was a friend, who was forwarding it from “a very reliable source” who had claimed to have verified that it was not a hoax.

But there were some suspicious things in the forwarded message. The first was the all-capitals plea to “FORWARD THIS TO EVERYONE YOU KNOW”. *Every* time we have ever received an Email with such a request, it has proved to be a hoax. So we did our own checking and found that this one too, was a hoax, a variant of a very old one (even this version originated almost two years ago).

Listed below are a few more of the many things that should make you suspicious of an Email. The one cited above contained all of them:

- 1) Vague references to time or source, such as “This virus was discovered yesterday” or “These medical claims have been verified by a leading university”. “Yesterday” could be any time. *Which* leading university?
- 2) Statements of obvious fact, such as “The infected Email will come from someone who has your Email address”. (Duh! How else could they have sent it to you?)

3) Poor grammar, run-on sentences, or other writing deficiencies indicating that the writer either might be a precocious child or may not be a native speaker of English. (The same goes for poor or missing punctuation.)

4) Even specific references are no guarantee of veracity. Some of the hoax Emails we’ve received contained names of organizations or articles. When we went to those organizations’ Web sites or looked up the cited articles, we found some of the references to be misleading and others to be entirely bogus. Some of the cited sources did not even exist.

There are other indicators, including those that require expertise in analyzing Email headers and tracing Internet addresses. However, the ones mentioned above should be sufficient.

The most effective thing you can do to guard against being taken in by an Email hoax is to check for yourself, regardless of who sent the Email and what research they claim to have done. In the case with which we began this article, we went to the specific Web site mentioned by the

Father’s Day

Father’s Day falls on June 15th this year (the third Sunday in June), so it’s somewhat fitting to give some column space to this holiday. It was invented by a woman named Sonora Smart Dodd who was raised by her father. She felt that fathers should be celebrated just as much as mothers. Since her dad’s birthday was in June, she chose to hold the first Father’s Day on June 19, 1910. It was President Calvin Coolidge who, in 1924, decided to hold this holiday on the third Sunday in June. But it wasn’t until 1972 that President Richard Nixon established a permanent national observance of Father’s Day.

Source:
www.fathersdaycelebration.com

...continued on page 8...

You May Quote Me

“The most important thing a father can do for his children is love their mother.”

...Anonymous

“My father used to play with my brother and me in the yard. Mother would come out and say, ‘You’re tearing up the grass!’ ‘We’re not raising grass,’ my father would say, ‘we’re raising boys.’”

...Harmon

Killebrew

“It would seem that something that means poverty, disorder, and violence every single day should be avoided entirely, but the desire to beget children is a natural urge.”

...Phyllis Diller

‘Don’t make a baby if you can’t be a father.’

...National Urban League Slogan

Source:
www.fathersdaycelebration.com

Hoaxes (...continued)

sender, and found that she had apparently not understood the information the site provided. They had in fact *identified* the message as a hoax!

Last (or actually first), your checking should start with the sender: Ask them whether they actually sent the Email. If their machine is infected with a virus, the Email could have been gener-

ated and sent automatically without their knowledge.

Also, as we’ve told you before, *never* click a link in an Email unless you were expecting to receive it *and* are *absolutely sure* of its authenticity and safety.

Thanks to Bill Shapiro for this sagacious article.

Obscure Facts About The Human Body

When the kids (or grandkids) are acting like they know it all, toss around a few of these tidbits from www.dumbfacts.com:

- Your body has over 40 miles of nerves.
- The Christmas holidays are the busiest time in the offices of plastic surgeons.
- If you unfolded your brain, it would cover an ironing board.
- People use 200 muscles when they walk.
- One quarter of the bones in your body are in your feet.
- Your eyeballs are three and a half percent salt.
- A sneeze leaves your body at 40 miles per hour.
- There are more sweat glands on your feet than on any other part of your body. An average pair of feet will sweat a pint of perspiration a day.
- The human brain is 80 percent water.
- There are more bacteria in your mouth than there are people in the world.
- Your nose and ears never stop growing.



Special Events in June

Monday, June 9

11:30 AM—Computer Fun Meeting (Free and open to the public)

Tuesday, June 17

12:30 AM—Big Band Dance (open to the public)

Monday, June 23

11:30 AM—Computer Fun Meeting (Free and open to the public)

Bridge Scores

Date	Position	first	second
Mon. 3/31		Gates - Vigorito	DeLucia - Kwizinski
Tues. 4/1	N/S	Lichtenberg - Lichtenberg	Gala - Jespersen
	E/W	Basoglu - Wickham	Baum - MacNamara
Thurs.4/3	N/S	van Dam - Vigorito	Gala - Heartel
	E/W	M. Donadio - S. Menschenfreund	Kamens - Kamens
Mon. 4/7		Heartel - Walsh	Glans - Korman
Tues. 4/8	N/S	Basoglu - Wickham	Allen - Schneider
	E/W	Gala - Jespersen	Farese - Fisher
Thurs.4/10	N/S	Jespersen - Pharo	Weston - Weston
	E/W	M. Donadio - S. Menschenfreund	Fisher - Pike
Mon. 4/14		Kamens - Kamens	Heartel - Walsh
Tues. 4/15	N/S	Cori - Ryan	Carlson - Hogan
	E/W	Basoglu - Wickham	Lichtenberg - Lichtenberg
Thurs.4/17	N/S	Korman - Lombardi	Jespersen - Pharo
	E/W	Forman - Stern	Allen - Sakal
Mon. 4/21		Gates - Vigorito	Hourihan - Hourihan
Tues. 4/22	N/S	Chisolm - DeLuca	Basoglu - Wickham
	E/W	Lichtenberg - Lichtenberg	Baum - MacNamara
Thurs.4/24	N/S	Carlson - Hogan	Schneider - Vigorito
	E/W	Allen - Sakal	Lampert - Lampert

The verse below is best read aloud

“Do you herd sheep?” my grandma asked.

My grandpa leaped in fright.

“That gramma’s wrong”, to me he said,

“*Have* you heard sheep is right”.

By the late and sorely missed Walt Kelly

It's a Gift—Continued from Page 3

Sure, over the years your heart has been broken, probably more than once. How could it not be, when you lose a loved one, or when a child suffers, or when a beloved pet gets hit by a car? But broken hearts are what give us understanding and compassion. A heart never broken is sterile. And having never felt the worst, you could not fully appreciate the best.

You are blessed to have lived long enough for your hair to turn gray or to vanish, and to have your youthful laughs and heartbreaks forever etched on your face.

Many have died before *their* faces could show that they had lived long and known both sorrow and happiness.

And finally, you don't have to be so concerned about what other people think. They deserve your consideration and respect, but not your deference.

So being old can set you free, and since you're not going to live forever, enjoy what you have while you're still here. Don't waste time lamenting what could have been, or worrying about what will be.

And eat dessert every single day if you feel like it.

Thanks to Barbara Vigorito for sending the piece on which this is based.



Family Announcements (Births, Anniversaries, Deaths, Other major events)

Irene Driscoll would like to announce the birth of her third great grandchild, Juliet Katherine Driscoll, born on March 10th.

Irene is a member of our Monday Bridge club. She is also proud of her two other great grandchildren, Lexie Lippe (who is 18 years old and will be starting college in September), and her brother Nicholas (who is 15 and is in high school)..

Irene's good friends in our community extend their congratulations to her and her family.



June Birthdays were not available at press time

If you want to be added to the monthly Birthday list, call the office (973-633-0734)

Squirrels, Chestnuts, and Me

by Henry Hartmann

Many years ago I owned the only chestnut orchard in Northern New Jersey. It was called "Jersey Chestnut Farm". My intention was to grow the best chestnuts known to man – Chinese chestnuts, superior to all others in color and flavor. It is also more resistant to the tree-killing chestnut blight. The five-and-one-half acre orchard was surrounded by a forest, so few people knew of its existence.

Not so, the squirrels.

In the fall, the loud chatter of the squirrels proclaimed in no uncertain terms, that the orchard was theirs. Since I was working full time, away from the orchard, I could only harvest the chestnuts after hours and on weekends. The work was slow. I used a fruit picker cage attached to a pole to pull down the sticker-covered chestnuts. The shells then had to be opened to release the nuts. I used tree breeding to improve productivity, and became the only person in the United States that could successfully graft chestnut trees.

However, the squirrels were reaping what I had sown, in greater quantities than I did, so eventually I sold the orchard.

Since then, I have grown half a dozen chestnut trees in my backyard. I began to battle the squirrels, but their presence from dawn till sunset wore me down,

If you wonder what squirrels do with the nuts, I can tell you that they bury them nearby. In my yard, their favorite place was my daffodil patch. They seemed to like the soft soil and its top, fluffy layer of leaf mold. When I raked this top layer aside in order to plant some daffodil bulbs, lo and behold! Fresh, shiny, beautiful chestnuts rolled out. Soon my daffodil patch provided a large part of my chestnut harvest.

This fall a strange thing happened: Three squirrels had been guarding my chestnut trees. The chestnuts started falling, and suddenly the three squirrels disappeared. For four days I had complete freedom to pick up all the fallen nuts (about twenty pounds) without competition. On the fifth day the squirrels were back. I went out to look for fallen nuts but there were none to be found. Then I spotted the hull of a hickory nut. Mystery solved. The squirrels had left to harvest the hickory nuts, their preferred food, leaving the chestnuts for me.

I Hope that happens every year.

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance [¶]	Third Tue 12:30 PM*	Bill English
Canasta ^{çç}	Wed 1:00 PM—3:00 PM ^{¶¶¶}	Elizabeth Farace
Computer Classes ^{çç}	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ^{¶ çç}	2nd & 4th Mon 11:30 AM	Charlie McNally
Contract Bridge	Mon 10:00 AM—1:00 PM	Myrna Korman
Cyberspace News	Monthly	Linda Klonsky, Editor
Discussion Group	Thu 10:00 AM—Noon	Arnold Rogoff
Duplicate Bridge	Tue 1:00 PM—4:15 PM	Myrna Korman
“	Thu 1:00 PM—4:15 PM	Fred Weston
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ^{¶¶}	Quarterly, third Wed 1:00 PM	Barbara Vigorito
Intermediate Bridge ^{çç}	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime [¥]	June Morris
Lending Library	Anytime [¥]	Julia Bidden and Reva Kamens
Line Dancing ^{çç,§}	Tuesday, 1:30 PM—2:30 PM ^{§§}	Joyce Cimera
Mah Jongg ^{çç}	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Speaker Series ^{¶¶}	(At the General Meeting)	Elizabeth Farace and George Morris
Newsletter	Monthly	William Shapiro, Editor
Painting Group	Friday, 9:00 AM	Anil Mathur
Pinochle ^{çç}	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ^{ç,¥¥¥}	Sat 10:00 AM—Noon	Henry Hartmann
Sunday Social	Sun 1:00 PM—5:00 PM	Myrna Korman
Tennis ^{¥¥}	Mon, Wed, Fri 8:30 AM***	Vic Scillieri

* Elks Lodge #2181, located at 50 Hinchman Ave, Wayne.

** Preakness School (formerly the Wayne Civic Center), Hamburg Turnpike northbound, second building before the jug handle at Church Lane .

*** Weather permitting. Suspended December through March

¶ Open to the public.

¶¶ Open to the public. Not held in July, August or December

¶¶¶ Except for the third Wednesday of the month

ç Kilroy Park, Concord Place, Wayne.

çç Instruction included or available.

ççç Not held in July, August, or December

¥ Except during Executive Committee meetings

¥¥ Tennis courts behind municipal complex, Nellis Drive, Wayne. Suspended in the winter months.

¥¥¥ May through September, weather permitting

§ Suspended during the summer.

§§ No dance on the first Tuesday of the month

The coordinators may be contacted through our office at 973-633-0734

Computer Fun Meeting Topics

To receive regular topic announcements, send an Email request to:
charliewacci@hotmail.com