



FROM THE PRESIDENT



Although this may be the mildest winter in memory, Lynn and I decided a while ago to continue our Palm Springs get away from mid-February through March. So, I'm writing from California and shall be on Zoom for our March meeting.

MEL winter activities have continued through December, January and February and I thank all our leaders for keeping things going. The movie group has met every few weeks, both live and via Zoom. They met and discussed the movie career of Jason Statham on February 23 and will meet again on March 29 (topic TBD). And the book group reviewed **The Heaven and Earth Grocery Store** in February and will discuss **The Accidental President: Harry S. Truman** and the **Four Months That Changed the World on April 2**.

The Breakfast Club will meet at Demitris on Monday, March 4 at 9:00 AM and the Lunch Bunch will meet at McAllister's at 11:30 AM on Thursday, March 21. Contact Jack Meyers or Bruce Edelson, respectively, for their headcount. All other scheduled activities are shown on the calendar on the back page of the online and printed versions of the newsletter, and, of course, are on the landing page calendar on our website.

The Five Families (the five senior men's groups on the Northshore) met on February 14 and, as always, we came away with several takeaways. We learned, compared to others, we do an extraordinary job of retaining our members and appear to do an excellent job of bringing in new, active members.

Speaking of new members, several prospective members will be attending their second monthly meeting this Friday and assuming they want to join us, they will become MEL members. So, congratulations to them and to us. If you haven't already met them, introduce yourselves. New members and their sponsors will be getting together with the New Member Committee on March 28.

On March 8 Melmen and spouses will visit the Mitchell Park Domes. If you haven't already signed up, contact Bruce Edelson for the details. Bruce and Bob Stein are also scheduling a Casino Night for the Fall. Stay tuned.

Spring 2024 is already shaping up as an active season. I look forward to all that we have going on. And please, stay warm in the meantime!

Best, Gary Salit

TRAVELING THE USA WITH BRUCE EDELSON



MONTEREY BAY AQUARIUM

I am an avid aquarium visitor always planning a trip to the local aquarium in whatever city I am exploring. If you've toured the west coast, I hope some of you have visited the world-famous Monterey Bay Aquarium. For those of you who haven't, this is one of the greatest aquariums of them all. Located on the Bay in beautiful Monterey, California, this destination averages 1.8 million visitors per year and has seen over 60 million (!) visitors since opening 30 years ago.

The aquarium is a showcase for the habitats and sea life of one of the world's richest marine regions. Twelve different sections with nearly 200 exhibits, 35,000 creatures and over 550 species of birds, invertebrates, fish, marine mammals, octopi and kin, plants and algae and reptiles are presented in this beautiful setting.

Representing a window to the wonders of the ocean is no easy task, but the Monterey Bay Aquarium does exactly that. Family activities start at only age 4, so this is a great place for grandpas, grandmas and grandchildren to visit. Tours, adventures, even sleepovers can be arranged. Also, don't miss the many daily shows and feedings, they're great! For more information, visit the website www.montereybayaquarium.org.



ALWAYS GREAT TO SEE MEL FRIENDS WHEN THEY'RE OUT OF TOWN!



Frank and Roberta Florence, Sheree and Carl Rosenthal, Ken Kirsner, Jan and Bruce Edelson and Jerry and Harlee Ezgur at the wonderful Mario's in Boca Raton.

SALAMI "N" SWISS EGGS – *By Gerry Linda*



Before MEL visited the Cernan Center, we ate at The Onion Roll deli in Oak Park. One of the favorite meals was salmi and fried matzoh and it reminded me of the dish below. It's quick and easy to make, hearty and very flavorful.

Ingredients:

- 2-3 eggs per person (a 7 inch pan will work for 1 or 2, a 10 inch pan serves 2-4, and I can serve 8 from a 13 inch pan)
- Swiss (or other) cheese as desired ~1 slice per person
- Kosher Salami—works best if salami is not hard and sliced to sandwich thickness; you'll need enough to cover the entire bottom of the pan with salami
- Spicy mustard—either deli style or French style but not mild yellow
- Shortening as needed—this works w/butter, margarine or even olive oil

Preparation:

Beat the eggs in a bowl, adding 1 tsp-1 Tbs of mustard to the mixture, according to taste; reserve.

Turn the oven onto the maximum broiler setting.

Heat the fry pan to medium high. Add the sliced salami. Pan grill, turning

as the slices brown. The flavorful oil in the salami will be released and this in part is what the eggs are cooked in. After the salami is browned on both sides, add additional shortening as needed so that the entire bottom and sides (important) of the pan are coated.

Add the eggs and top with the Swiss cheese (in thin strips, chopped or shredded—your choice). Cook the eggs by pulling the set eggs from the sides of the pan toward the middle, then tilt the pan so the remaining wet eggs run back to the sides. Do not stir. Continue until about three-fourths cooked through (you may need to evenly redistribute the cheese on top) and then place the entire pan under the hot broiler. Broil until browned on top and fully set, not runny. The eggs will also rise up high (this is why the sides must be coated w/shortening).

Serve immediately at table side on a trivet while the eggs are still hot, brown and puffed up. Slice in wedges, etc. (Prepare for sounds of praise from guests.)

Accompaniments:

This is a deli meal that goes well with additional mustard, pickles, cole slaw, potato salad, fresh bread, or bagels.

Note: Once you master the technique of stove top cooking and then broiling eggs, there are endless variations by choice of cheese, vegetables, meats, spices, etc. Examples are using thinly sliced green peppers, mushrooms and red onion with cheddar cheese, the Italian frittata, and the Spanish Tortilla Espanola.

Enjoy!

MEL PHOTOS OF THE MONTH



THE TOPIC FOR THIS MONTH WAS "PORTRAITS."

First place went to **Joel Karlinsky** for his 1/30/24 portrait titled: "Photogenic Pomeranian." He used a 24 mm lens at, F1.78. "I was able to get Missy to sit still so I could take her photo. I blurred the background by adjusting the F stop so Missy's coloring stands out and is very distinct."



And second place went to **Sheldon Kail** for his portrait titled "Innocence." He said: "The healthy bloom in Audrey's cheeks and sparkle in her eyes gave her an aura of innocence." He used an iPhone15 and the photo was taken January 29, 2024 at Dance Ed Studio in Northbrook.

MEL Website TIPS & Tricks

Go to the MEMBER CONTACT INFORMATION page & scroll to find the phone # you are looking for.

Tap on the phone number and a pop up will appear with the phone number in it.

Press "Call" and the # will automatically be dialed for you!



- March 14** Let's Talk Sports Grill House on Dundee
- March 15** Bridge Demetri's Deerfield Bowling Classic Bowl
- March 18** Pool Arlington Lanes Rummikub Portillo's Deerfield Photo Club Zoom
- March 19** Morning Walk Northbrook Court Canasta D'Agostino's Wheeling
- March 20** Hearts D'Agostino's Wheeling Water Volleyball JCC
- March 21** Monthly Lunch McAlister's Deerfield Bridge Demetri's Deerfield
- March 25** Pool Arlington Lanes Poker D'Agostino's Wheeling
- March 26** Morning Walk Northbrook Court Canasta D'Agostino's Wheeling
- March 27** Hearts D'Agostino's Wheeling Water Volleyball JCC
- March 28** Current Events via Zoom
- March 29** Bridge Demetri's Deerfield Movie Group Hackney's on Lake and via Zoom
- April 26** Miniature Golf 1st of season Highland Park Golf Learning Center

Special Events

- March 8** Mitchell Park Domes Tour Milwaukee Melmen and couples)
- March 16** Purim Presentation at Ezra-Habonim in Skokie (Melmen, Couples and Family)
- March 28** **New Members Presentation (Melmen) Location TBD**
- April 29** Texas Hold 'Em Tournament (Melmen) D'Agostino's 4:30-8:30
- May 9** Volo Auto Museum (Melmen)
- June 27** Lincolnshire Marriott "Beehive" (Melmen and couples)
- July 23** O'Brien Water Reclamation Plant Tour (Melmen)
- August 14** Annual Dinner (Melmen and couples)
- August 22** Annual Cubs Game Outing (Melmen)

UPCOMING ACTIVITIES AND EVENTS

In March 34 (!) MEL activities are scheduled; 13 different ways to have fun. And nine (!) special events are on the horizon, spanning March through August. We'd like to highlight the New Members Presentation, a brand new special event on March 28. As spring approaches, you'll start to see the sports activities get added to the schedule—biking, pickleball, golf, lineball and, as you can see below, Miniature Golf is already scheduled for April.

We salute all the Melmen facilitators and our Vice President of Activities, Bruce Edelson. Your service to MEL and Melmen is greatly appreciated.

- March 4** Pool Arlington Lanes
- March 5** Poker D'Agostino's Wheeling Morning Walk Northbrook Court Canasta D'Agostino's Wheeling
- March 6** Hearts D'Agostino's Wheeling Water Volleyball JCC
- March 8** Bridge Demetri's Deerfield
- March 11** Pool Arlington Lanes Gin D'Agostino's Wheeling
- March 12** Morning Walk Northbrook Court Canasta D'Agostino's Wheeling
- March 13** Hearts D'Agostino's Wheeling Water Polo JCC



FEBRUARY & MARCH BIRTHDAYS

February



- 1 Walt Brown
- 1 Larry Fradin
- 2 Bruce Harris
- 2 Harold Versten
- 4 Barry Edelstein
- 10 Howard Katz
- 17 Robert Greenberg

March



- 1 Bill Keroff
- 3 Mickey Drachler
- 5 Ken Davidman
- 11 Neil Bergman
- 13 Bill Gurolnick
- 19 Fred Strauss
- 20 Irwin Fischman
- 23 Dan Forman
- 24 Gerry Karp
- 26 Lou Epstein