

FROM THE PRESIDENT



This is a relatively quiet time; so, it's been nice getting away to Florida for a while during the Midwest freeze. But don't be too jealous; Florida has been decidedly atypical—in the 50s-60s. Really?

We're starting to get applications from prospective new members. Some prospects are already coming to monthly meetings and getting involved in activities. If you see someone you don't know at a monthly meeting or at an activity, introduce yourself. Make them feel like they belong. And, if you have a friend or associate who has shown an interest in joining a senior men's group or who you think might be an active participant, talk to him, become his sponsor, pass along his name, email address and phone number, and we'll take it from there.

Our regular card and board games and in-door activities like the photography group continue apace, and both the book and movie

groups in which you can participate in virtually, continue over the winter. So does the Tuesday Morning Walk, as do our Monthly Breakfast and Lunch. And don't forget our regular monthly meeting that always features a speaker. I also hope many of you enjoyed the website tutorial that was offered this morning.

It may be winter, but MEL still offers much to do. Join in. And start to exercise to be ready for outdoor activities in the Spring. Yes, there will be Spring. Maybe sooner, maybe later, but it will come.

And remember, we're always looking for new activities. Be an innovator. Be an initiator. Part of growth is taking on new challenges and opportunities. And most importantly, stay healthy, safe, and warm during inclement weather. See you soon!

Best,
Gary Salit

MEL TUESDAY MORNING WALK – By Ron Meibach

The MEL Tuesday morning walk is one of the oldest MEL activities. It takes place all year long—summer or winter, rain or shine—because it uses *both* The Botanic Gardens and Northbrook Court as the location depending on the weather. Pre-Covid, approximately 20-25 Melmen met, walked, talked and enjoyed spending time together on a nearly weekly basis. It typified the very essence of MEL. Of late, however, only 5-7 guys have been turning out for this activity. This downturn is nearly unique because almost every other activity has bounced back to pre-Covid levels.



The Botanic Garden

Why this is so is a conundrum. The Tuesday Morning Walk is an easy, low impact, physical activity that can accommodate any need for work-out intensity. We accommodate all Melmen—slow walkers, fast walkers, short-distance walkers and long-distance walkers, veteran steppers and newcomers. Also, if you need an assistance device, bring it. If you need to stop and rest along the way, there are ample places to sit. No-one walks alone (unless that is their intention).

Besides being an easy physical activity, it is also a great mental activity because we talk as we walk. The conversation is so stimulating that many of us stay to continue schmoozing after the walk. In sum, walking

is a great opportunity to burn calories and interact with fellow Melmen and get to know them better.

The starting time has been set at 9:00 AM so the walk will not interfere with other MEL activities and events or personal plans you might have. You can walk for as brief a time as 15 minutes or as long as an hour.

So, if you haven't ever participated in the morning walk or haven't done so in a while, give it a shot. *As they say, "Try it, you'll like it!"*



Northbrook Court



JOIN MEL—SEE THE UNIVERSE – *By Gerry Linda*

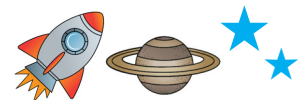
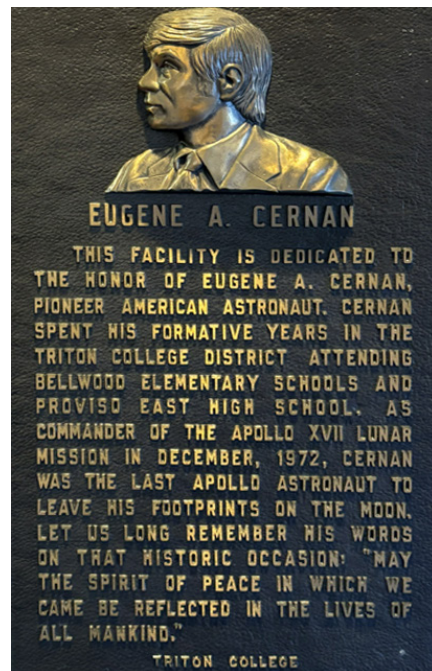


On January 18, 2024 a large group of Melmen (26 during snowbird season!) visited the **Cernan Earth and Space Center at Triton College** in River Grove. First, we carpooled to The Onion Roll deli in Oak Park, fulfilling our sacred obligation to include food at every Mel event. Highlights were the chopped liver plate that was big enough to feed three people, their unique fried matzo with grilled salami and onions and Alan Esterman's ordering a fried lox omelet that had so much salmon, he couldn't eat it all. Then, stuffed, we waddled back to our cars and made our way to The Cernan.

The Cernan Earth and Space Center was founded at Triton College in 1974 and named after Eugene Cernan, who grew up in nearby Bellwood and attended Proviso East High School. Cernan was one of our earliest astronauts and participated in the Gemini 9, Apollo 10 and Apollo 17 missions. Famously, he was the last astronaut to leave his footprints on the moon. The current building was dedicated in 1985 and features a very small display area of spaceflight artifacts and photographs, a small gift shop, classroom/meeting rooms and, the heart of the museum, a high tech planetarium. Kris McCall, the Director of the Museum and our host and guide for the day, likes to remind visitors: "There are two planetariums in Chicago; ours is the one with free parking."

Melmen had a private showing in the planetarium of the movie, Forward! To the Moon!, which presented NASA's plans to send both humans and robots to the Moon and Mars. NASA's 21st century Artemis program, named after the Greek moon Goddess and twin of Apollo, is the next step in our mission to explore the universe. In addition, Kris showed and discussed the current night sky visible in Chicago. She shifted back and forth in time and altered our geographic location to answer the many questions Melman asked.

Did you know that Subaru, the vehicle, is also the Japanese name of a constellation that we know as the Pleiades or the Seven Sisters? And that's what the Subaru logo represents! This event was arranged by Mel's activities director, Bruce Edelson. Well done.



MEL PHOTO OF THE MONTH



“THE BRIGHT LIGHT.”

Taken 12/2/23 in the Botanic Garden with a cell phone. The flowers consistently changing color while I was sitting on a quiet lane in the garden was inspiring.

The MEL Group at the MEL GEL HOGS Dinner, Sarasota.



Check out our User Guide for helpful tips on how to log on to and explore our new and improved MEL website (see email from Sheldon Kail)

MEL Website User Guide for Large Screen Monitor



2. How to find things:

A. Home Page

Scroll down the home page to find QUICK links to several key pages on the website



Monthly Newsletter: Click to view and/or print monthly newsletters

History of MEL: Click to view a brief history of MEL

New Members Welcome: Click to understand MEL's mission and how we operate as an organization

Upcoming Activities: Click to view a summary of MEL's upcoming activities

- February 7 Water Volleyball JCC Northbrook
- February 9 Bridge Demetri's
- February 12 Pool Arlington Lanes
- February 12 Gin D'Agostino's Wheeling
- February 13 Morning Walk Botanic Gardens or Northbrook Court
- February 13 Book Club Deerfield Public Library
- February 14 Hearts D'Agostino's Wheeling
- February 14 Water Volleyball JCC Northbrook
- February 16 Bridge Demetri's
- February 16 Bowling Classic Bowl Morton Grove
- February 19 Pool Arlington Lanes
- February 19 RUMMIKUB Portillo's Lake cook
- February 19 Photo Club via Zoom
- February 20 Morning Walk Botanic Gardens or Northbrook Court
- February 20 Canasta D'Agostino's Wheeling
- February 21 Hearts D'Agostino's Wheeling
- February 21 Water Volleyball JCC Northbrook
- February 22 Monthly Lunch McAlister's
- February 23 Bridge Demetri's
- February 23 Movie Discussion TBD
- February 26 Pool Arlington Lanes
- February 26 Poker D'Agostino's Wheeling
- February 27 Morning Walk Botanic Gardens or Northbrook Court
- February 27 Canasta D'Agostino's Wheeling
- February 28 Hearts D'Agostino's Wheeling
- February 28 Water Volleyball JCC Northbrook
- February 29 Current Events via Zoom
- March 1 MEL Monthly Meeting Temple Beth El

Special Events

- March 8 Mitchell Park Domes Tour Milwaukee (Melmen and couples)
- 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

It may be the winter doldrums, but you wouldn't know it by looking at the MEL calendar. Below are 34 (!) regularly occurring activities between February 5 and March 1. The list includes 17 different things to do, some of which are weekly. Plus, you can see five (!) special events on the horizon. Bruce Edelson and his teams will be sending out more information as these dates near.

Regular Activities

- February 5 Monthly breakfast Demetri's
- February 5 Pool Arlington Lanes
- February 6 Morning Walk Botanic Gardens or Northbrook Court
- February 6 Canasta D'Agostino's Wheeling
- February 7 Hearts D'Agostino's Wheeling

JANUARY BIRTHDAYS

-
- January 3 Ron Chess
 - 3 Carl Rosenthal
 - 9 Ron Weig
 - 10 Jay Weintraub
 - 10 Bernie Turk
 - 13 Ron Emmerman
 - 13 Mike Kafenstok
 - 13 Len Weiskirch
 - 19 Neil London
 - 20 Joel Meisles
 - 20 Mitch Weiss
 - 25 Burt Harris
 - 27 Elliot Young
 - 28 Ron Borden
 - 30 Allen Krissberg