



FEBRUARY - MARCH 2025

MONTHLY

MEN ENJOYING LEISURE

About MEL, Melmen and their activities



FROM THE EDITOR



This issue's feature article, by Rich Spitzer and Yale Gordon, showcases a new MEL activity—Hiking. This issue also includes an article that reprises some of Sheldon Kail's best website hints. And there's a squib about the MEL Documentary and another about next month's speaker. Of course, the pictures of the month

are included as are birthdays and our ever-expanding list of high quality, interesting events and activities that makes it clear why being a Melman is so special.

Here's a get well wish for all Melmen struggling with health issues, including our movie group co-leader, Ed Margulies and Mel Monthly's originator, Burt Harris.

Enjoy! Gerry



THE MAKING OF THE MEL DOCUMENTARY!

- By Bruce Edelson

At the February monthly meeting, Blair Deutsch, a junior at Deerfield High School, interviewed and filmed us for a documentary film project as part of her curriculum. Blair had first seen us at McAlister's and, after talking to me, became so interested in what MEL was all about that she knew she found her documentary subject. Subsequently, she interviewed me at D'Agostino's and then came to Beth EI to interview other Melmen and shoot some video. She got us all singing the MEL Anthem.

She's working feverishly on the completion, and we are looking forward to seeing the finished product.



READY FOR SOME ADVENTURE WALKS THIS YEAR?

- By Yale Gordon and Rich Spitzer

Is it possible to combine nature, exercise, photo worthy scenery and wildlife within a few minutes from home . . . and finish with a great lunch or coffee stop? Yes!

A new MEL activity group is being formed to start this April and through the fall—hiking.

Your “guides,” Yale Gordon and Rich Spitzer, have done the prospecting and legwork and have organized several great trails within a 20-minute drive from Deerfield/ HP/Northbrook--each with its own distinct personality. Rich and Yale have walked these trails numerous times and with the changing seasons, each walk becomes a unique experience.

These are easy hikes of 2-3 miles each and include locations like:

- The Middlefork Greenway Trail (The Savanna Trail, Lake Forest) with lush forests, grasslands, wild flowers and cool bridges. Deer, egrets, and hawks are sure to be sighted.
- Ft. Sheridan in Highland Park includes picturesque trails through grasslands with views of the lake. Eagles are often seen.

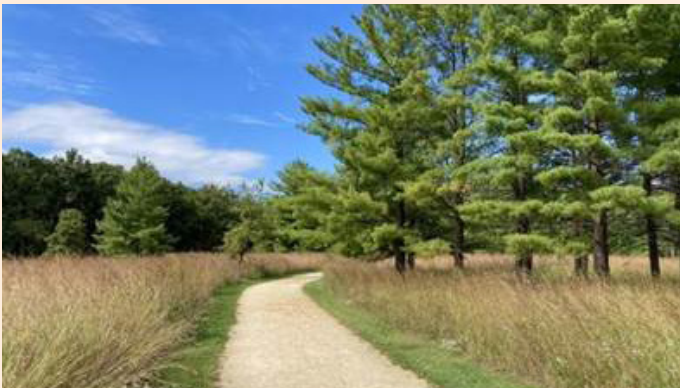
- The Cuba Marsh Forest Preserve near Barrington features wildlife, forests, and small lakes, which guarantee to make the walk memorable.
- Other trails include Daniel Wright Woods, Ryerson Woods, and Buffalo Creek.

Each hike is a mini- adventure for all the senses. The sense of taste . . . well, that’s reserved for the lunch destination. Yale and Rich will put together a schedule of the mid-morning walks, which will begin in April and run through October, as weather permits. The activity has been assigned for Tuesday mornings and we will walk every other week.

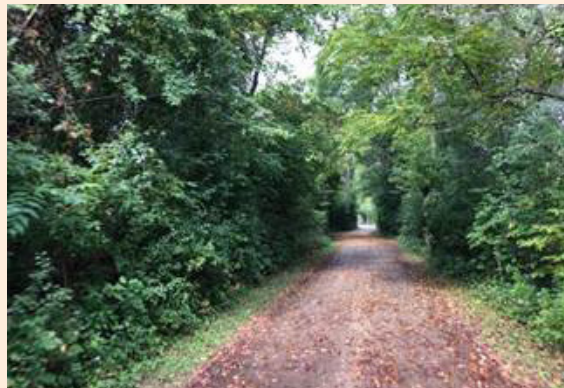
For each walk, we will send you a map of the route, directions, and any necessary parking information. At the March meeting Yale Gordon will present a brief review of the activity.

If you have any questions, suggestions or would like to let us know your interest, just contact Yale Gordon or Rich Spitzer.

Take a look at the walks we’ve enclosed and get ready for spring!

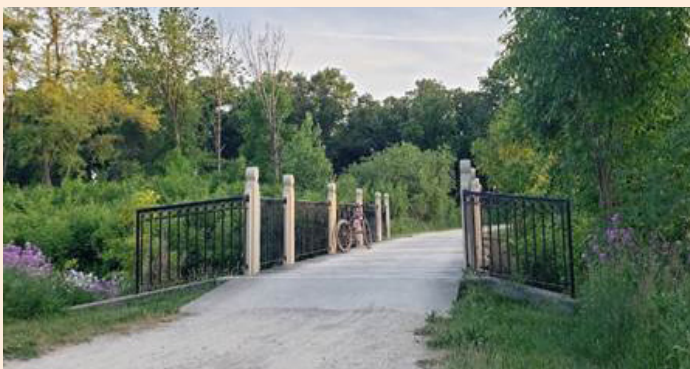


Cuba Marsh Forest Preserve - Deer Park, IL (Next to Barrington)
Discover this out-and-back trail near Deer Park, Illinois.



**Robert McClory
Bike Path (Green
Bay Trail)**

Along St. Johns Ave.
starting in Highland
Park, North or
South routes.



**Middlefork Greenway
Trail**

Middlefork Savanna
Forest Preserve.

Across from Lake
Forest Hospital.



Buffalo Creek

Discover this loop
trail near Buffalo
Grove, Illinois.



**Ft. Sheridan, Highland/
Highland Park**

Beautiful prairie/lake
and residential segments.

PHOTOS OF THE MONTH

BEST COMPOSITION

Power Workout by Bob Greenberg was taken with a Canon 185 on 2/12/25. "Recognizing the importance of keeping in shape, I noticed the action figures and added the weights and the importance of protein."



Photograph By Bob Greenberg



Bob Savin

BEST IMAGE

Man from Springfield Walking Springer Spaniel was taken by Bob Savin on 2/11/25 with an iPhone 16 Pro. "I thought it would be interesting to make something with unusual objects around the house. I created the subject of the picture with a bunch of springs of various sizes that I had collected over the years. The rules I used for the creation of the objects (man, dog, bird) were that I had to use springs I already had and that no spring could be altered during assembly. The springs are connected to each other without any glue, solder, etc. Although it took hours to put together and photograph, I enjoyed the process."

MEL COUPLES CANASTA



MEL WEBSITE TIPS AND TRICKS—A MINI REPRISE - *By Gerry Linda*

The current incarnation of **MEL Monthly** began with the June/July issue of 2023 and, almost from its inception, our Webmaster and Board member, Sheldon Kail, has provided great advice on how Melmen can make the best use of our digital tools—the website and our email system. This brief article will remind all Melmen, new and old, about some of what can be accomplished.

The first point to be made, perhaps, is that all back issues can be read or reread on our site. On a tablet or computer, the second clickable button under the masthead will take you right there. Every issue is listed by month; just click on a month and the entire issue will load. And on a phone, scroll just a bit down to the link. So you can look up these original tips yourself or find a favorite MEL picture or story. And these newsletters are a great way for prospective new MEL members to get a good idea of what we are about. If you are a sponsor, be sure to share this idea with your prospect.

Quick way to call (Feb. 2024). If you are on your phone and go to our Member Directory to look up a telephone number, you can just click on the telephone number and a new screen appears, Click on it to automatically dial the number.

Searching the Member Directory (multiple issues). The MEL Member Directory has a search button on the top left. Just type in a single word search term and the directory will instantly be sorted for you. You can search for such things as everyone who lives in “Glenview,” for example, or in zip code “60035”, or in area code “773.” Or you might search for a Melman for whom you only know the first name, e.g., “Jerry.” Or maybe you only remember his wife’s name. Or perhaps you might wonder who else was a “doctor.”

Note: Be sure to erase the search term before you leave or the next time you use the directory, that search will still be operative.

Activity Details (May 2024). To learn more about any MEL activity or event just scroll to the bottom of the landing page where you will find

the current month’s calendar. Just click on any activity and the details will pop up. You can also look at the past or into the future by clicking on the tiny arrows in the top left corner of the calendar.

Pretty cool, eh! Again, hats off to Sheldon.

APRIL SPEAKER

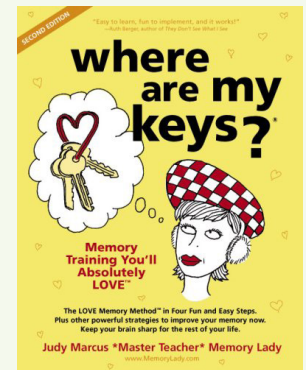


WHERE ARE MY KEYS: Memory Training You’ll Absolutely LOVE, presented by JUDY MARCUS, MEMORY LADY.

Frazzled? Scattered? Words on the tip of your tongue? Say goodbye to being forgetful and hello to a great memory. Join Judy Marcus, Memory Lady, as she shares her four-step **LOVE Memory Method**. It’s easy to learn, fun to use, and . . . it works.

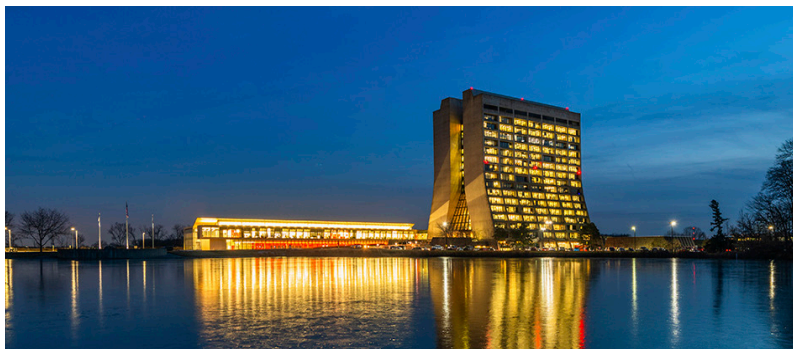
You’ll laugh as you learn how to:

- Use brain-friendly lifestyle strategies to keep your brain strong and growing
- Increase your mental energy
- Remember everything you choose to remember, instantly, upon demand-- like names, phone numbers, and even where you left your cellphone



UPCOMING SPECIAL AND SEMI-REGULAR EVENTS

Mar. 27	Fermi Lab tour (Nick Brown)
Mar. 31	Texas Hold 'Em Tourney (Bruce)
Apr. 10	Bocce at Pinstripes (Les Sgnilek)
Apr. 18	Roadster event/tour (Mickey Baim)
Apr. 21	Mini golf weather permitting (Bruce)
May 15	Marriott Theater - Titanic (Bruce/Walter Brown)
May 20	McCormick Place Food Depository event (Bill Gurolnick)
May 30	Annual Cubs game (Bruce/Bob Shuman)
July 23	Annual MEL Dinner (Bruce/Bob Greenberg, Dave Marcus)
July 30	American Family Field Cubs/Brewers (Bruce/Bob Shuman)
Oct. 8	Casino night at Beth El Temple (Bob Stein, John Simon/Bruce)



FEBRUARY - MARCH BIRTHDAYS



FEBRUARY

1	Walt Brown	83
2	Bruce Harris	81
2	Joel Stein	74
2	Harold Versten	85
4	Barry Edelstein	72
5	Mickey Baim	77
10	Howard Katz	89
17	Robert Greenberg	73
17	Marshall Romanz	87
17	Neil Stein	78
18	Herb Roskin	87
19	Arthur Noparstak	74
20	Bob Schlossberg	84
20	Marshall White	72

MARCH

1	Bill Keroff	81
3	Mickey Drachler	79
5	Ken Davidman	72
11	Neil Bergman	91
12	Yale Gordon	75
13	Bill Gurolnick	93
13	Jerry Schecter	78
18	Bob Stein	74
19	Fred Strauss	89
20	Irwin Fischman	93
23	Dan Forman	72
26	Lou Epstein	86
28	Morry Glicksman	73
28	Don Horwitz	77
28	Marty Krawitz	76