



MONTHLY

MEN ENJOYING LEISURE

About MEL, Melmen and their activities

★ ★ JULY 2025 ★ ★

FROM THE EDITOR



Hi all,

This month in a special 6-page issue we celebrate our 25th Anniversary Dinner. And we congratulate Buddy Kalish as the 2025 recipient of the Gurolnick Founders Award! Of course, there are pictures galore—of the month, biking, bowling, eating, at bocce, doing Tai Chi, and more. And we note birthdays, and upcoming events. Also, because several Melmen have been hacked, we are reprising an article from Sheldon Kail: “How to Ensure You Are Receiving MEL Group Emails.”

Enjoy! Gerry



MEL CELEBRATES 25 YEARS AT OUR ANNUAL DINNER - By Gerry Linda

On July 23, 2025, 212 Melmen and guests celebrated the 25th Anniversary of Men Enjoying Leisure at this year's Annual Dinner. This milestone event took place at Chevy Chase Country Club. The festivities began at 5:00 PM with cocktails and passed hot hors d'oeuvres and a cheese and crudité table. We were called to dinner around 6:45 and guests dined on their choice of steak, chicken, salmon, or vegetarian options. Before dinner was served, we sang the MEL Anthem.

There were several highlights to the evening including an address by Ron Emmerman, who, with Bill Gurolnick, is one of two living MEL founders. In his moving presentation, Ron suggested that co-founding MEL was one of his life's most significant accomplishments. We also were treated to a very clever, fun, and meaningful video that celebrated our anniversary. Kudos to Joel Karlinsky and Mike Weiner.

“And, in what has become the climax of this annual event, Buddy Kalish received the Gurolnick Founders Award.”

In typical MEL fashion, our gathering ended with a joke from Harvey Orlov. Sincere thanks to Bruce Edelson, Dave Marcus and Bob Greenberg for a fantastic evening.



BUDDY KALISH WINS THE 2025 GUROLNICK FOUNDERS AWARD

- By Gerry Linda

Buddy Kalish (88), and a Melman for 20 years, was named the 2025 winner of the Gurolnick Founders Award. This award is the highest honor that MEL can bestow on one of its own. Buddy is the third recipient, after Bill Gurolnick for whom the award is named, and last year's winner, current MEL President, Bruce Edelson. The criteria for selection go to the very essence of being a Melman. The Gurolnick Founders Award is given to a member who has exhibited a high level of participation, leadership, and fellowship for an extended period of time.

Buddy meets all these criteria. He has been an active and enthusiastic member of MEL from the day he first joined. Over the years he has led us in golf and in going to Cubs games and at our annual Spa Day and he has taken us on a factory tour and behind the scenes at Mt. Sinai Medical center. And even though he snowbirds, Buddy is always the first person to offer an "attaboy" or "congratulations" on a job he thinks was well done. He's extremely welcoming to new members. And he always has a smile on his face.

In his heartfelt remarks Buddy thanked the committee and the Board, spoke about what MEL has meant to him and expressed humility for having been so honored.

The broadly representative, 7-person, Gurolnick selection committee was led by Board member, Gerry Linda and included fellow Boardmen, Jerry Ezgur and Sheldon Kail, and Melmen Don Brooks, Louis Rosen, Alan Esterman, and Jerry Schecter.



Buddy Kalish learns he won the 2025 Gurolnick Founders Award.



Buddy Kalish addresses MEL.

MEL PHOTOS OF THE MONTH**BEST IMAGE****HUMMINGBIRD FEEDING**

"Hummingbird Feeding" was taken on 7/7/25 by Jerry Fisher. "After multiple attempts, I finally captured this hummingbird feeding at my wife's feeder. You must be very patient. They do not stop for long, even to feed."



Jerry Fisher

BEST COMPOSITION**HYDRANGEA BLOOM**

"Hydrangea Bloom" was taken on a cell phone by Bob Savin on 7/13/25 in his backyard. "Hydrangeas are beautiful, so I tried to capture one blossom in an unusual way. I waited until the sun had set and set up a couple of flashlights aimed at the interior of the blossom. The photo was not edited or cropped."



Bob Savin



MEL ACTIVITIES

MEL bowls.



MEL Slow Bike Group on 7/14/2025.

MEL PLAYS BOCCE



Les Sgnilek reports: "32 Melmen played bocce and it was a blast. Everyone enjoyed the event, including lunch. It was entertaining as we teased each other."

Bruce Edelson performing.



MEL's mighty Tai Chi warriors.



HOW TO ENSURE YOU ARE RECEIVING MEL GROUP EMAILS - By Sheldon Kail

As our recent history has demonstrated, people receive a lot of spam emails. Due to varying definitions, estimates for the percentage of email traffic occupied by spam range from 45-85%. This is a potential security issue, as well as a nuisance.

In response, email service providers like Gmail, Outlook, Yahoo and AOL work to ensure that their users receive the most relevant, desired emails while spam and low-quality promotional messages get filtered. They perform a constant balancing act in the background.

As a result, MEL Group.io emails can sometimes end up in your spam or junk folders because email providers may automatically flag mass emails from a single sender (like group.io) as spam, particularly if the subject line or content appears generic, if the sender's reputation is poor, or if a significant number of users on that email provider mark the emails as spam, triggering a filter to automatically send future messages to the spam folder.

Here are some steps you can take to prevent MEL Group emails from going to your spam or junk folders.

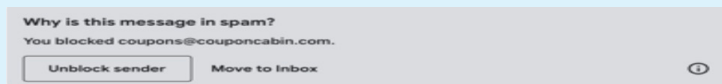
1. Use clear and descriptive subject lines:

• For Example: "Pickleball Tuesday 4/30 & Thursday 5/2" is very specific

2. Create a contact for MEL in your phone or computer using the MEL group email address which is melmen@groups.io

3. If you are using **G-mail**, check your spam/junk folders to see if MEL emails are going there. If you find one you should do one of the following:

- Click on the "Unblock sender" or "Report as not Spam/Junk" buttons.
- Move or send the message to your primary email folder.



4. Do not mark emails from MEL group.io as "Spam."

If you are using **Outlook** you should add the sender's email address or domain to your Safe Senders list. This ensures that emails from those senders are automatically recognized as legitimate and delivered to your Inbox.

Here's a step-by-step guide:

1. Access Outlook.com: Open your Hotmail email account in a web browser.

2. Go to Settings: Click the gear icon () in the upper right corner and select "View all Outlook settings".

3. Navigate to Junk Email: Choose "Mail" and then "Junk email".

4. Add Safe Senders: Under the "Safe senders and domains" section, click "Add safe sender".

5. Enter Email or Domain: Type the email address or domain of the trusted sender you want to add **(For MEL that would be melmen@groups.io).**

6. Save Changes: Click "OK" and then "Save" to apply your changes.

7. Mark as Not Junk (If Needed): If you find an email from a trusted sender in your Junk folder, select it and click "Mark as Not Junk" to move it to your Inbox and add the sender to your Safe Senders list.

8. Check Mail Rules: Also, ensure that you don't have any mail rules set up that might be inadvertently sorting emails into the Junk folder.

By adding melmen@groups.io to your Safe Senders list, you can prevent MEL emails from being mistakenly flagged as spam and ensure that their emails are delivered to your Inbox.

Reach out to Sheldon Kail if you have any questions or need personalized help.



JULY

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AUGUST

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UPCOMING SPECIAL AND SEMI-REGULAR EVENTS

Aug. 8	Mini Golf at The Highland Park Golf Learning Center (Bruce)
Aug. 15	Let's Talk Sports - Football Prediction Edition at Grill House (Bruce)
Sept. 4	Little City Bingo event (Alan Esterman)
Sept. 26	Let's Talk Sports -World Series Prediction Edition at Grill House (Bruce)
Sept. 26	Coat Drive Pick-up (Bob Shuman)
Sept. 29	Fall Texas Hold Em Tournament at D'Agostino's (Bruce)
Oct. 8	Casino Night at Beth El Temple (Bob Stein-John Simon-Bruce)