



MONTHLY

MEN ENJOYING LEISURE

About MEL, Melmen and their activities



★ ★ AUGUST - SEPTEMBER 2025 ★ ★

FROM THE EDITOR



Hi all,

We cover a lot this month: how being in MEL is good for your health, Let's Talk Sports, the trip to see the Cubs/Brewers, miniature golf, the Five Families golf outing, and a special "Thank You" to Blair Deutsch. Plus, we've got lots of tasty pictures, Birthdays and Special events.

Read on and enjoy!

Gerry



MEL SAYS "THANK YOU" - By Gerry Linda

On August 4, Bruce Edelson, John Simon, Gerry Linda, Bill Gurolnick and Les Sgnilek met with Blair Deutsch, her mother, Rhonda Deutsch, and Jackie Scrivner (former General Manager of D'Agostino's in Wheeling). The purpose of the meeting was to present Blair with a token of our appreciation for having made the MEL video, which is featured on our website. If you recall, Bruce, Bill, Les and Jackie were "stars" of that video.

We presented Blair with a plaque (see photo). And we "hired" her to continue her video history of MEL by interviewing some of our most senior members. So, all you long-tenured Melmen, start to think about some of your MEL highlights and experiences; we'll be in touch soon.



FIVE FAMILIES GOLF OUTING - By Buddy Kalish and Jerry Ezgur



The annual Five Families Golf Outing was played this year at Chevy Chase Golf Club and included 72 (!) golfers. Members of MEL, GEL, SEL, SAM and HOGS competed in a Step-Aside Scramble. Teams were a mix from all five groups. Afterwards we had cocktails and a buffet dinner at the club. Raffle prizes were won by many, and cash prizes were awarded to the winning teams.

MEL team winners were: Mike Weiner (1st place), Sarge Hoteko (2nd place) and Jack Kramer (3rd place). Alan Reinberg won closest to the pin on the 9th hole.

This has been a terrific event for several years now and we look forward to next year.



MEL IS GOOD FOR YOUR HEALTH!

- By Gerry Linda

Many of you probably remember that Ralph Rehbock's was featured and quoted in the **New York Times** on Saturday, 8/9/2025: "For 'Super-Agers,' Sharp-Witted and Over 80, Sociability Is a Trait They Share." Ralph was kind enough to mention both MEL and the Meltones in the article. He and four other Melmen (see photos below) are in the study.

The article summarized 25 years of research among adults over 80, who have the memory ability of someone 20-30 years younger. The findings indicate that race, gender, diet—including alcohol consumption, smoking, exercise regimens, types and numbers of medications are variables that do not matter. The one thing that seems to make a difference is the degree of social interactions—the more, the better. People who socialize more are more resistant to cognitive decline as they age and they have generally larger brains than their peers as well.

Currently, it is not clear whether more socializing leads to better cognition or that better cognition leads to more socializing. Either way, you can see that being active in MEL is good for your mental health. To learn more, see MEL Monthly--June 2024, or visit <https://www.brain.northwestern.edu/>.



Gene Chaiken



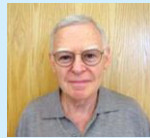
Art Edelstein



Ansel Edidin



Bill Gurolnick



Ralph Rehbock

LET'S TALK SPORTS- BEARS PREDICTION EDITION

- By Bruce Edelson



The Grill house hosted 17 Melmen to discuss the upcoming football season. In addition, three guys sent in their opinions. We went game-by-game through the entire schedule.

Our prediction: 9-8. They make the playoffs as a wild card team, but do not advance.

Also, many different Super Bowl scenarios were discussed. The most votes went to the Buffalo Bills defeating the Philadelphia Eagles.

We'll revisit this in January!

CUBS-BREWERS GAME - By Bruce Edelson

On Wednesday, 7/30, 24 Melmen carpooled to Milwaukee for our first ever American Family Field excursion. The Cubs won 10-3. Our seats were terrific, and the roof was closed due to a heavy rain—pretty nice, eh. We even got a mention on the scoreboard.

We had a great lunch at Kelly's Bleachers and the restaurant shuttled us to and from the game. Quite a convenience!

Be sure to sign up for the 2026 game. We are definitely going again!



MEL PHOTOS OF THE MONTH

BEST IMAGE - VINTAGE SPORTS CAR CO-PILOT

"Vintage Sports Car Co-Pilot" was taken by on 8/10/25 by **Rick Gurolnick** with an Apple 11 iPhone Pro Max. "My daughter's Australian Cattle Herder loved going for a ride in an open convertible car. She loved the wind in her face and even leaned to the side in turns. I had an iPhone mount for following the Maps app and I took it off the front windshield and stuck it on the passenger window rolled up a bit and triggered the countdown timer."

**BEST COMPOSITION - BIKE RACE**

"Bike Race" was taken August 13, 2025 with a camera (not a phone) by **Bob Stein**. "I was moved by the intensity and speed of the racers."





MEL Adventure Walkers enjoy a late breakfast at Mench's Deli in Glencoe.



MEL book group meets to discuss *Wingmen*, the story of the unlikely friendship between Ted Williams and John Glen.

MINIATURE GOLF TOURNAMENT - By Bruce Edelson

Yes, we had much better weather this time as 27 (!) Melmen came out to play on August 8 at The Highland Park Golf Learning Center. The winner, by one stroke, was Skip Becker over John Simon.

Four Melmen had a hole in one: Rich Delevitt, Les Sgnilek, Steve Stern and Howard Weisbart.

The last match of the year will be on October 10. That winner will be able to gloat for six months as the next game after that won't be until April 2026.

Watch for the email invitation. Miniature Golf is a ton of fun!



UPCOMING SPECIAL AND SEMI-REGULAR EVENTS

Sept. 4	Little City Bingo event (Alan Esterman)
Sept. 26	LET'S TALK SPORTS-World Series Prediction Edition at Grill House (Bruce)
Sept. 17	Coat Drive Pick-up Last Date (Bob Shuman)
Sept. 29	Fall Texas Hold 'Em Tournament at D'Agostino's (Bruce)
Sept. 20	Casino Deadline for Payment
Oct. 8	Casino Night at Beth El Temple (Bob Stein/John Simon/Bruce)
Oct. 10	Mini Golf--last game of the season (Bruce)
Oct. 16	Bocce at Pinstripes (Les Sgnilek)
Nov. 17	Toys for Tots Event--Max and Benny's (Larry Krupp)
Dec. 9	Couples Holiday Party at D'Agostino's (Bruce)

AUGUST

1	Aaron Hoffman	78
2	Buddy Kalish	88
6	Terry Steczo	76
9	Mike Weiner	74
10	Robert Stein	75
12	John Simon	79
13	Mike Lerner	83
15	Gene Chaiken	86
24	Jack Mayer	88
25	Michael Golden	82
25	Jack Kramer	75
28	Mickey Mell	80
29	David Newman	76

SEPTEMBER

1	Sarge Hoteke	78
3	William Goldman	87
4	Mark Busch	75
6	Fred Elman	88
6	Stuart Goodman	87



6	Len Zacks	81
7	Philip Fine	81
8	John Belvisi	71
9	Alan M. Magit	82
12	Sheldon Kail	71
13	Howard Weisbart	75
15	Julian Levy	93
16	Marvin Feinberg	82
16	Norman Maskin	73
17	Howard Levine	90
20	Peter Gruber	79
27	Paul Chesler	78
27	Loren Hutter	71