



The Long Island Stretch

Publication of the

Tall Club of Long Island

tall.org/tall-club-of-long-island.html **AUGUST** TallClubOfLongIsland@gmail.com

From the desk of The Prez

August

The last half of summer is here. Some have had their vacation. Some are going this month. Boy how fast the good months just pass so quickly.

This month we are having our monthly luncheon, on August 3rd, at Salvatore's of Elmont. This is a very unique Italian restaurant with great food and is family owned. The pizzeria is a small store front. Where we will be dining? Under the big white tent out back. It has great atmosphere. The menu is very extensive and moderately priced. The food is delicious with very large portions. Please RSVP to Brian asap to make sure there is a chair for you.

This month the newsletter is not the only attachment. Starting this month you will also get Talkin Tall from John Waltman, TCI's Official Communications Officer. He will keep us updated on all things happening in TCI.

For the rest of the year, our Board Meetings will not be in person. The Executive Board will be "meeting" on phone or via ZOOM. We hope to go back to in person meetings in 2025.

Looking forward to everyone coming home safe from their vacations. Be safe and see you at Salvatore's of Elmont 😊

Arlene

TCLI Calendar AUGUST 2024

FRI AUG 2 FIRST FRIDAY - TCNYC 7:00 PM



Join NYC Tall Club at the Beer Authority - 300 W 40th St, (BET 8 + 9 Aves, New York - 2/Enter and head upstairs for craft beers (over 60 on tap) served at a convenient location. (Across from Port Authority Bus Terminal.) Join us for conversation over a all beer. (We can check out the rooftop, but it may not be open.) Also, the 8th Avenue windows view *is fun. LOOK FOR US - If sunny and warm enough - on the roof OR if raining - at the 2nd Floor bar (at top of stairs). RSVP TO RSVP@TALLNY.org to make sure there are no changes to this event.

SAT AUG 3 LUNCH @ SALVATORE'S-ELMONT 1:00 PM

It's *mangia* time, once again. So, TCLI is going back to Salvatore's, 312 Meachem Avenue, Elmont (tel 516-488-8484). Excellent food and service under a big outdoor tent. And complimentary glasses of wine and dessert. Interested? Call/text 516-474-6405 to RSVP with Brian.

LAST - TUESDAY - BOARD - MEETING - For the rest of 2024 our Board Meetings with be via ZOOM
We intend again having on site Board Meetings upon 2025. Any event ideas you have, please let me know

Happy August Birthday



August 15th Rich Hegmann

August 20th Tuula Feines



The Marfan Foundation

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Our Help & Resource Center team just gets it! Marfan questions aren't rare to them! Get free answers to non-urgent medical questions. Learn about where you might find experts. Get pro tips. Use the form to submit a question. You'll hear back within a few days. [#marfan](#) [#marfans](#) [#marfansyndrome](#)

ANNOUNCEMENT

Did you know we have a free
Help & Resource Center?

marfan.org/ask

- For non-urgent medical questions
- Staffed by expert nurses and team

TCLI MEMBERSHIP REQUIREMENTS

Women must be at least 5'10" and men must be at least 6'2" in stocking feet.

The minimum age is 21 years, legal drinking age in NY State. Prospects may apply at a monthly social for membership, or at an event. Initial membership is prorated. Dues are \$36 per person (\$52 married couples) payable at time of membership, annually on January 1st thereafter. **FEE FOR ATTENDING AN EVENT/SOCIAL FOR NON-MEMBERS AND PROSPECTS IS \$5.00, MEMBERS FREE.** Prospects receive the newsletter for three months.

TCLI Webpage - under reconstruction

TCLI Email- TallClubOfLongIsland@gmail.com

2024 EXECUTIVE BOARD & COMMITTEES

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Above is from the *beautifully embroidered* towel those in attendance received at TCI 2024 Convention. First and foremost want to thank Patt for putting this together in her hometown. She had a great team and a big thank you to all.

Believe it or not, this was my very first ever visit to the Sunshine State. The day was to leave, 15 minutes before car service was to come, got text. FLIGHT CANCELLED. Bummer. Re-scheduled for the following day out of LGA. Again Bummer as original was non-stop flight out of JFK.

While having continuous delays at layover in Logan met up with Marie + Mary from Boston Beantalks. Seeing them was the start of my fun reunion with my Tall Family.

Short version of my trip to Florida . . Hot . . Humid . . Fun . . Came back with COVID.

What a great time was had. Yes, it was very hot. That did not stop all from having fun. Nothing stops TCI from enjoying being with one another. Looking forward to next tall gathering.





TCLI had another delightful lunch on Saturday, July 20th, at Sonny's Canal House in Baldwin Harbor. The headcount was initially six, but a surprise visitor later showed up. Keep reading.

Brian and Karen purposely arrived early. Why? Sonny's now has an enclosed section on the deck that offers scenic views - and no brutal sun to contend with. Prime location. Bingo! That's where we sat.

Seafood was the popular choice, of course, but Sonny's scrumptious bacon burger, loaded potato skins and fresh berries & cream saved the day for Brian. Our cheerful server didn't fret about splitting the tab into four checks.

In between bites, Brian and Karen talked about their recent Danube River cruise. Arlene and Carol said the TCI convention earlier in July in Dunedin, Florida, was a blast, despite the very hot weather. Rich and Laurie talked about their upcoming vacation in Maine. Everybody is looking forward to having lunch at Salvatore's of Elmont on August 3rd. And September's lunch at Dox in Island Park. Stay tuned.

Laurie, Karen, Arlene, Carol, Rich and Brian. Okay, that's six people. So, who was the surprise visitor? Bernard Moore, who we haven't seen since last year's convention cruise to Alaska. Bernard happened to be visiting his mother-in-law in nearby East Meadow, so he swung by to Sonny's. It was great chatting and reminiscing with Bernard. It was a nice touch to a fun outing.

Brian Quinn

[See next page for pictures of our luncheon at Sonny's](#)



SUMMERTIME PSA



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Women 5'10"+ & Men 6'2"+
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AUGUST 2024

