



The Long Island Stretch

Publication of the

Tall Club of Long Island

tall.org/tall-club-of-long-island.html **OCTOBER`2025** TallClubOfLongIsland@gmail.com

From the desk of The Prez

OCTOBER October has just begun and already there is a radical difference in temperature. Why can't New York have Spring for the full 12 months? That would be super temperature wise and then we would have more daylight in the evenings. If only that would happen.

This month for our luncheon we are going back to the Embassy Diner in Bethpage. They are known for great seasonal holiday decorations. TCLI has not been there for Halloween decorations, so we are looking forward to it. The food is great as well. Please contact Brian to let him know you will be joining us.

We are starting to hear rumblings about TCI **2026** Convention. Nothing is written in stone yet . . . but keep your fingers crossed. Hint, it may not be in July next year.

We welcome your suggestions for TCLI events. Additionally, if you know of anything *TALL* that would be of interest to us, please let me know and I will be able to share.

Take care of yourself and those you care about.

Arlene

TCLI Calendar OCTOBER 2025

FRI OCT 3 FIRST FRIDAY – TCNYC 7:00 PM



Join NYC Tall Club at the Beer Authority - 300 W 40th St, (BET 8 + 9 Aves, New York - 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 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 <mailto:RSVP@tallny.org> to make sure there are no changes to this event.

SAT OCT 11 LUNCH @ EMBASSY-BETHPAGE 2:00 PM

This is a popular diner with great food. We will be checking out its Halloween decorations. The Embassy is located at 4280 Hempstead Turnpike, Bethpage. Please note the 2 pm meeting time. Call/text 516-474-6405 to RSVP with Brian

TUES SOCT 28 BOARD – MEETING @ GOLDEN REEF 7:00 PM



We welcome you to join the TCLI Executive Board at The Golden Reef Diner, 329 Sunrise +Highway, Rockville Centre, NY 11570. Diner phone 516-764-9273. All members + guests are invited to give their input for what events TCLI will put on our social calendar. **CALL/TEXT Arlene at 718-843-2623 to let us know you will be there.**

Look what is just around the corner:



Unofficial Hint on TCI 2026 Convention



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Know the signs. Fight for victory.

The Marfan Foundation

Marfan syndrome is a genetic disorder that affects the body's connective tissue. Connective tissue holds all the body's cells, organs and tissue together. It also plays an important role in helping the body grow and develop properly. About 1 in 5,000 people have Marfan syndrome, including men and women of all races and ethnic groups. Every person's experience with Marfan syndrome is slightly different. No one has every feature and people have different combinations of features. Some features of Marfan syndrome are easier to see than others. These include: long arms, legs and fingers, tall and thin body type, curved spine, chest sinks in or sticks out, flexible joints, flat feet, crowded teeth, and stretch marks on the skin that are not related to weight gain or loss. Harder-to-detect signs of Marfan syndrome include heart problems, especially those related to the aorta, the large blood vessel that carries blood away from the heart to the rest of the body. Other signs can include sudden lung collapse and eye problems, including severe nearsightedness, dislocated lens, detached retina, early glaucoma, and early cataracts. Special tests are often needed to detect these features.

Knowing the signs of Marfan syndrome can save lives. Medical experts estimate that nearly half the people who have Marfan syndrome don't know it. This is something The Marfan Foundation is working hard to change.



Happy Tall October Birthday

Karen Quinn	October 17
Carol McAuley	October 27
Peter Zapryluk	October 27

TCLI MEMBERSHIP REQUIREMENTS

Women 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 construction

TCLI Email- TallClubOfLongIsland@gmail.com

2025 EXECUTIVE BOARD & COMMITTEES

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718-843-2623	516-972-4183	631-650-1688		
ARLENE18th@GMAIL.COM	BCWYICE@GMAIL.COM	LINDA.GARNETT34@GMAIL.COM		
<u>Webmaster</u>	<u>Publicity</u>	<u>Membership</u>	<u>Editor</u>	<u>Historian</u>
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718-843-2623		914-961-1834	arlene18th@gmail.com	516-889-1689

TCLI had a nice lunch at Sonny's Canal House. I was hoping to get a table on the glass-enclosed patio, which has a scenic view of the canal. Alas, the patio was reserved for a kid's birthday party. TCLI goes with the flow, so we ate inside. Topics of conversation included the recent TCI convention in Grand Rapids; it was a fun time for all. The food was delicious; the portions, very generous. Everybody welcomed Eleanor's friend, Alan.

TCLI lunch: Point Lookout Clam Bar Sept 7, 2025

Rain and overcast skies don't stop TCLI. The ten of us ate inside and still had a great time. We saw several boats on Reynolds Channel from our seats. The staff were very accommodating. No complaints about the food.

We had our lunch on a Sunfay. It turned out to be Week 1 of the NFL regular season. Several tables were occupied by Jets fans watching the game on overhead TV screens. The noise level was loud. Note to self: Don't do a Sunday lunch during the football season.

Afterwards, Arlene, Karen and I decided to have ice cream at Marvel down the road in Lido Beach. Yummy!

Thanks to all who came.....Brian





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TALL CLUB OF LONG ISLAND
PO Box 1653
Valley Stream, NY 11582-1653

Women 5'10"+ & Men 6'2"+
Call / Text 718-843-2623



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