

"Where Ordinary People Provide Extraordinary Service" - Celebrating 46 Years of Service

Meets Wednesday's 8:00 a.m., via ZOOM. Contact Ezra Krieg at ezrakrieg@yahoo.com for the link to join us.

2019-2020 Officers

President, July: Bill Morse

Secretary: Barbara Schooler 561-271-6649

Treasurer: Dale Morrison 561-278-1002

Immediate Past President: Peggy Kelleher

2019-2020 Bd. of Directors Carlene Laseter, Susan Ruby, Ben Ruby, Doug Martin, Alberta G. Rickard, David Freeburn Jay Alperin

2019-2020 Committee Chairs

*Community Service: AVDA - Dianie Alperin, Ben Ruby Thanksgiving – Ezra Krieg Police Appreciation - Ezra Krieg, Peggy Kelleher

*Club Meetings: Jay Alperin

*Fund Raising: Delray Affair- Matthew Byrne Golf Tourney- Scott Youngberg Glo-Ball - Bob Barcinski

*Interclubs: Steve Rubin

*Membership: Carlene Laseter

*Newsletter/Website: Scott Youngberg

*Programs: Ezra Krieg

*Social Activities: President & President Elect

*Spiritual Aims: Doug Martin

*Youth Services: Scholarship - Scott Youngberg, Dale Morrison Terrific Kids - Peggy Kelleher, Lisa Lee

* **Key Club/Builders Club -**American Heritage - Sally Schliefer Atlantic High School- Stacy Brody Unity School - Stacy Brookman



Volume 2020, Issue 7

July, 2020

A Blast From The Past!

At our June 10th meeting, **Steve Rubin** provided us with the picture below and challenged us to identify each person.

From your editor: I believe this is from the early 1990's. "I have five of them, I just don't remember who the tall guy is." Answers on Page 7.

Let us know if we got it right and if you know who the big guy is.



By the way, who still has their Orange Jacket? I have mine and it still fits!

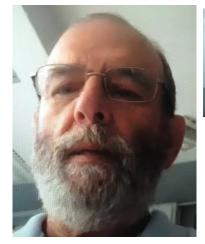


Other Doings.....

Sunriser



****** June ******





Jay Alperin

Here are the upcoming scheduled POTM's:

July - Bill Morse

August - Larry Schroeder

September - Steve Rubin

Thank You!

AG Barr just called me and said to demonstrate full support for police and protection of a firm key to national security interests....he proposes an Executive Order making it a Class 1 felony to deface, vandalize, impede commerce or in any way interfere in free ingress or egress from any Dunkin Donuts.

---- Mark Scheinbaum



President Jay posed the following question at a recent meeting "Can you name all the places we as a club have met since first being chartered?"



Our club and Rotary are teaming up to work a Election Polling Station in Delray Beach. Means serious bucks for our clubs. Stay Tuned!



We are looking for someone to take on the Delray Affair chair for October 13-14. It's not difficult. Please step up and help. Thank you.

Young Children Priority One

\$ \$ \$ Happy Dollars \$ \$ \$

Upcoming Important Dates:

Birthdays:

July 2 - Steve Rubin July 31 - John Crane-Baker

Wedding Anniversaries: July 25 - Mark & Cary Scheinbaum July 28 - Tom & Lucie Carney

Membership Anniversaries: July 13 - Bob Colvin (32 years!) July 31 - Tom Carney

June 3rd "Zoom" Meeting: Jay Alperin started us off with being happy he's President for only one month. (Bad microphone and all). Scott Youngberg was happy for another birthday and for Mark Scheinbaum's new haircut. Mark was happy he got his stimulus check which was spent on the haircut. Mark also put in for Ira Hubschman, a supporter of our golf tourney, who just retired after 30 years at Park Vista HS. Ezra Krieg is still happy about his son's one week engagement and marriage. Matthew Byrne, a notary, added he's available to do marriages. Doug Martin is proud of his grand-daughter who graduated from HS with a college level Associates Degree. WOW! Gina Sablo is celebrating her daughter's 51st birthday. Peggy Kelleher celebrated her Mom's birthday yesterday on ZOOM with all the family. Rich Pollack is happy Meals on Wheels got \$83k from Tiger Woods TV golf match. Lisa Lee is happy all the kids who paid for the annual Washington Trip will get full refunds. Dave Freeburn put in for Lisa, as she was able to join us for the first time. Tom Carney put in \$3 for all the meetings he missed. Steve Rubin put in for all the "Happy People" this morning. And Mr. Crispy Bacon, Reeve Bright was Just Happy.

June 10th "Zoom" Meeting: Jay Alperin got up the courage to play golf 3x last week. Scott Youngberg announced Gina Sablo is going to the dogs....She had her dog Blue with her for today's meeting. Gina was happy she made it here. Blue has a doctor's appt. this morning. Dave Freeburn said his dog had a good checkup. Ezra Krieg announced to day is National Ice Tea Day, and he put a dollar in for Diane Alperin taking a walk on the beach while we are meeting. Bill Morse glad he made it- he was having technical issues. Mark Scheinbaum was happy to get one of the few bottles of Lysol Spray available at Walmart. He uses it as deodorant..... Mike Salem got his walk in this morning and Rich Pollack was happy business was picking up, saying "More than I want to and less than I need". Steve Rubin had to put in \$12 for not being able to ID the Kiwanis buddies in a photo he challenged us to ID. Everyone else was JH.

June 17th "Zoom" Meeting: Jay Alperin was happy his daughter doesn't have Covid-19 after a scare. Scott Youngberg put in for Ezra Krieg and Jay for indecent exposure - they shaved their beards. Peggy Kelleher and Steve Rubin put in for Peggy's birthday and Dave Freeburn had a special "Quarantine Haircut". Gina Sablo had a long overdue closing on a condo and Mike Salem was happy to be here even though he was late. Reeve Bright was stopped by FHP on his way to Orlando. The officer thought he was texting and driving. Actually, Reeve was peeing in his Dunkin Donuts cup. He was not ticketed. Ezra put in for Reeve's story. Rich Polack and Carlene Laseter put a buck in trying to get that image out of their heads. Mark Scheinbaum was happy Reeve didn't invite him to Dunkin Donuts.

June 24th "Zoom" Meeting: Peggy Kelleher recognized Ezra Krieg's work in completing his 2 year old Housing Project that provides housing for the homeless. Gina Sablo, Mike Salem put in for that as well. Mark Scheinbaum is still reacting to Reeve Bright's traffic stop last week. Rich Pollack still can't get it out of his head - Reeve was stopped for DWP. Bill Morse's granddaughter graduates high school on Friday. Gina's daughter started her Medical Residency at Stanford.

Scott Youngberg had a wonderful Father's Day and **Jay Alperin** is happy his term as President has ended. Everyone else was "Just Happy".





50/50 Winners: Here are the holders of the "Winning Tickets" for last month:



June 3 - Richard (aka Stevie R.) Stanton June 10 - Mike Salem June 17 - Mark Scheinbaum June 24 - Peggy Kelleher

Sunriser





(Submitted by Jay Alperin)

I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order. So when I got to the first window I paid for her order along with my own. The cashier must have told her what I'd done, because as we moved up she leaned out her window and waved to me and mouthed "Thank you.", obviously embarrassed that I had repaid her rudeness with a kindness. When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the queue and start all over again,

Don't blow your horn at old people, they have been around a long time.



PUBLIC SERVICE ANNOUNCEMENT

COVID-19 Everyday Prevention Actions

The Centers for Disease Control and Prevention is working to help keep you and your community safe from the threat of novel, or new coronavirus. Take the following everyday steps to help avoid the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects or surfaces such as remote controls and doorknobs. Avoid close contact with people who are sick.
- Stay home if you are sick. Call your doctor if you develop fever, cough, or difficulty breathing. For more tips, visit c-d-c dot g-o-v.

Me after washing my hands for 20 seconds 57 times in one day





Do You Know Us?

Sunriser





They were formally known as "The Bearded Wonders"



Upcoming Meeting Programs

"Scheduled when we Start Meeting at the Club Again...."

8/6 *Finnegan's*- See You at the "Happy Hour" meeting, Thursday, August 6th, at 6:00 pm.
8/12 Delray Beach Childrens Garden
8/19 Boys and Girls Club
8/26 NEED SPEAKER

9/3 *Finnegan's*- See You at the "Happy Hour" meeting, Thursday, September 3rd, at 6:00 pm.
9/9 NEED SPEAKER
9/16 **POLICE APPRECIATION**9/23 In Jacob's Shoes
9/30 NEED SPEAKER

10/8 *Finnegan's*- See You at the "Happy Hour" meeting, Thursday, October 8th, at 6:00 pm. 10/14 Boca Ballet

Please contact Ezra Krieg at 954-260-8838 if you have a program idea for our meetings. Membership Carlene Laseter - Chairperson



Being Secretary of the Club

Barbara Schooler, our long time and trusted secretary of the club has notified us that she will be stepping down as of September 30, 2020.

So, we need someone to take over those duties. It is one of the most important jobs in our club. If we follow the Kiwanis guidelines, it may seem like a daunting task. But not really.

QUALIFICATIONS • Willing to learn and use Kiwanis online reporting • Able to discern and summarize action items and key points from meetings • Attentive to detail • Organized • Understands the importance of deadlines.

Basically, you are responsible for submitting our monthly report to Kiwanis International via online, maintain accurate membership records and order materials from time to time.

Please contact Scott Youngberg at 561-386-5237 if you want to help our club

with these important duties.

Thank you.



Invite your friends to our Zoom Meetings. Love being a Kiwanian. Love your club. Share it with others. Live it.



Mindful Eating Part-4

Tracking the link between food and feeling

Eat in your usual way. Select the foods, amounts, and the times for eating that you normally do, only now add mindfulness to what you are doing.

Sunriser

Keep a record of all that you eat, including nibbles and snacks between meals. Don't kid yourself-you won't remember it all unless you write it all down or track it in an app!

Pay attention to your feelings—physical and emotionalfive minutes after you have eaten; one hour after you have eaten; two or three hours after you have eaten.

Notice if there has been a shift or change as the result of eating. Do you feel better or worse than before you ate? Do you feel energized or tired? Alert or sluggish?

Keeping a record on your phone or in a notebook can heighten your awareness of how the meals and snacks you eat affect your mood and well-being.

Practicing mindful eating forces you to slow down, focus on the present moment, and notice what you're really feeling. And when you repeatedly ask yourself, "How well do I feel after a meal or snack?" you'll begin the process of gaining awareness of your own specific nutritional needs. You'll measure meals and snacks in terms of how they affect your well-being. Your purpose for eating will shift from the intention of feeling full of food, to the intention of feeling full of energy and vitality. You'll become a "nutritional glutton" who wants to feel full of energy and you'll select food and combinations to achieve that goal.



Answering Machine Messages

--- Hello, you've reached 344-1312, the Apartment at the End of the Universe. Please leave your message, name and number at the sound of the tone. Keep your hands,

feet, extremities and obscenities inside the car at all times. Enjoy your ride.

--- Alpha Centauri Space Station. Commander Marlin can't come to the phone right now. He's either saving the universe from some dread, unnamed peril, or perhaps taking a nappie. Leave your name and number after the beep and he will return your call.

--- A bubble in the space-time continuum has connected your line to a channeler in the 23rd century. Any message you leave will be broadcast into the future.

--- You have reached the offices of the planet Zarton. All our agents are busy undermining the governments of the Earth and cannot come to phone at the moment. However, your name and number can be left at the tone and a representative will gladly contact you shortly to arrange for your assimilation into the new order. Long groblint the ultimate blenstron.

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Living in a way that reflects one's values is not just about what you do, it is also about how you do thinas."



Deborah Day

Calendar Of Events

August 14-15 Florida Kiwanis Virtual Convention (VCON)

October 17 Kiwanis "Swing For Kids" Golf Tournament



8 am, Delray Golf Club

Delray Beach

October 17-18 Delray Affair Fundraiser (We need everyone's help!)

You do not need a parachute to skydive. You only need a parachute to skydive twice.



1. Fact or Crap - The South Beach Diet creator, Dr. Horace Vesputh died while jogging.

2. Fact or Crap - The banana is actually an herb.

3. Fact or Crap - A shrimps heart is in its head.

4. Fact or Crap - True tequila comes with a worm.

5. Fact or Crap - Capuchin monkeys show affection by yawning and head bobbing.

6. Fact or Crap - Letterman once made a toilet paper joke that caused panic among viewers.

7. Fact or Crap - The Minnesota Vikings won the 1986 Superbowl.

(Answers on Page 7)

Krieg's Korner

As a regular feature of our weekly meetings, Ezra Krieg brings us up to date with what happened on "This Date in History" Here are a few interesting items from the past few weeks:

<u>June 3:</u>

1935, the French liner Normandie set a record on its maiden voyage, arriving in

New York after crossing the Atlantic in just four days. 1943, Los Angeles saw the beginning of its "Zoot Suit Riots" as white servicemen clashed with young Latinos wearing distinctive-looking zoot suits; the violence finally ended when military officials declared the city off limits to enlisted personnel.

1948, the 200-inch reflecting Hale Telescope at the Palomar Mountain

<u>Sunriser</u>

Observatory in California was dedicated. 1965, astronaut Edward H. White became the first American to "walk" in space during the flight of Gemini 4.

1989, Chinese army troops began their sweep of Beijing to crush student-led pro democracy demonstrations.

2010, BP sliced off a pipe with giant shears to make way for a cap in the latest bid to curtail the worst oil spill in U.S. history.

Birthdays:

The former president of Cuba, Raul Castro, is 89 Actress Irma P. Hall is 85 World Golf Hall of Famer Hale Irwin is 75

Musician Too Slim (Riders in the Sky) is 72 TV host Anderson Cooper is 53

Tennis player Rafael Nadal is 34

<u>June 10:</u>

1692, the first execution resulting from the Salem witch trials in Massachusetts took place as Bridget Bishop was hanged.

1963, President John F. Kennedy signed into law the Equal Pay Act of 1963, aimed at eliminating wage disparities based on gender.

1967, six days of war in the Mideast involving Israel, Syria, Egypt, Jordan and Iraq ended as Israel and Syria accepted a United Nations-mediated cease-fire. 1971, President Richard M. Nixon lifted a two-decades-old trade embargo on China.

1978, Affirmed, ridden by Steve Cauthen, won the 110th Belmont Stakes to claim horse racing's 11th Triple Crown. (Alydar was second while Darby Creek Road came in third in a five-horse field.)

1991, 11-year-old Jaycee Dugard of South Lake Tahoe, California, was abducted by Phillip and Nancy Garrido; Jaycee was held by the couple for 18 years before she was found by authorities.

Birthdays:

Britain's Prince Philip is 99 Attorney F. Lee Bailey is 87 Singer Shirley Alston Reeves (The Shirelles) is 79 Football Hall of Famer Dan Fouts is 69 Actor Andrew Stevens is 65 Former New York Gov. Eliot Spitzer is 61 Actress Gina Gershon is 58 Model-actress Elizabeth Hurley is 55 Rock singer Mike Doughty is 50 Olympic gold medal figure skater Tara Lipinski is 38

<u>June 17:</u>

1579, Sir Francis Drake arrived in present-day northern California, naming it New Albion and claiming English sovereignty. 1775, the Revolutionary War Battle of Bunker Hill resulted in a costly victory for



the British, who suffered heavy losses.

1953, U.S. Supreme Court Justice William O. Douglas stayed the execution of Julius and Ethel Rosenberg, originally set for the next day, the couple's 14th wedding anniversary. (They were put to death June 19.)

1967, China successfully tested its first thermonuclear (hydrogen) bomb. 1972, President Richard Nixon's eventual downfall began with the arrest of five burglars inside the Democratic headquarters in Washington, D.C.'s Watergate complex.

1994, after leading police on a slow-speed chase on Southern California freeways, O.J. Simpson was arrested and charged with murder in the slavings of his ex-wife, Nicole, and her friend, Ronald Goldman. (Simpson was later acquitted in a criminal trial but held liable in a civil trial.)

Birthdays:

Singer Barry Manilow is 77 Comedian Joe Piscopo is 69 Olympic gold medal speed skater Dan Jansen is 55 Actor-comedian Will Forte is 50 Tennis player Venus Williams is 40 Actress Jodie Whittaker is 38

June 24:

1497, the first recorded sighting of North America by a European took place as explorer John Cabot spotted land, probably in present-day Canada. 1947, what's regarded as the first modern UFO sighting took place as private pilot Kenneth Arnold, an Idaho businessman, reported seeing nine silvery objects flying in a "weaving formation" near Mount Rainier in Washington. 1948, Communist forces cut off all land and water routes between West

Germany and West Berlin, prompting the western allies to organize the Berlin Airlift.

1957, the U.S. Supreme Court, in Roth v. United States, ruled 6-3 that obscene materials were not protected by the First Amendment.

1964, AT&T inaugurated commercial "Picturephone" service between New York, Chicago and Washington, D.C. (the service, however, never caught on).

1975, 113 people were killed when Eastern Airlines Flight 66, a Boeing 727 carrying 124 people, crashed while attempting to land during a thunderstorm at New York's John F. Kennedy International Airport.

1983, the space shuttle Challenger [-] carrying America's first woman in space, Sally K. Ride [-] coasted to a safe landing at Edwards Air Force Base in California

2010, Apple's iPhone 4 was released in five countries, selling a record 1.7 million units in three days despite criticism of its new antenna design.

2010, U.S. tennis player John Isner defeated Nicolas Mahut of France 70-68 at Wimbledon in the longest-ever professional match: 11 hours, 5 minutes over three days.

2015, Alabama Gov. Robert Bentley became the first southern governor to use his executive power to remove Confederate banners, as four flags with secessionist symbols were taken down from a large monument to rebel soldiers outside the state capitol in Montgomery.

Birthdays:

Actor-director Georg Stanford Brown is 77 Musician Mick Fleetwood is 73 Actor Peter Weller is 73 Reggae singer Astro (UB40) is 63 Actress Sherry Stringfield is 53

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....(Oh wait......Bars aren't open. Let's all join Jay at his house virtually) and Actress Michele Lee joins us, we hope that you will buy her a drink, as she is 78 years old today.





Here Comes "Little Johnny"

--- Little Johnny walks a cow through the village square.

The mayor sees him and asks, "Hey Johnny, where are you going with the cow?"

"I'm taking her to the bulls so she would get impregnated," answers Johnny.

The mayor is shocked, "Surely your father had better be doing that?"

Little Johnny thinks about it for a bit and shakes his head, "Nah, I think it's really best left with the bulls."

--- Little Johnny: Dad, will you do my math for me tonight?

Dad: No, son, it wouldn't be right.

little Johnny: Well, you could try.

--- Little Johnny came home after school:

"Daddy, I have a bad grade in English language."

"Why?" asked his father.

"Well, the teacher asked us the following question: "Mary entered the forest with John and came out of the forest with Mike. What is Mary?"

"How come what Mary is? A whore, of course," said the father.

"That's what I said, but the teacher answered Mary was a subject."

A Blast From The Past!.....From left to right: Rena Shannon, Dick Cicone, Jay Alperin, Wes Caldwell, Some Big Guy, Dale Morrison.



Answers.....

1. Crap. The diets real creator, Dr. Arthur Agatston is alive.

2. Fact. A banana is considered both a fruit and an herb.

3. Fact. The scampi-friendly decapods also boast a smooth exoskeleton.

4. Crap. Tequila should not come with a worm.

5. Crap. These are signs of aggression in all monkeys, along with teeth-baring.

6. Crap. It was Johnny Carson, in a monolog about toilet paper shortages.

7. Crap. The Vikings have never won an NFL Superbowl.

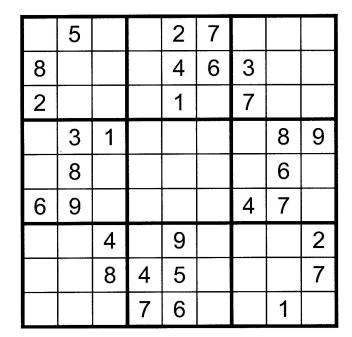


This Month's Sudoku Puzzle....

A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

- Each horizontal row has every number only once.
- Each vertical column has every number only once.
- Each 3 by 3 region has every number only once.

Difficulty- Very Hard. Be sure to use a pencil!



(Answers on Page 8)



Visit our Website:

<u>www.delraybeach</u> kiwanis-sunrise.org



If you have something for the newsletter, please send it to Scott Youngberg via E-mail: esysy@att.net —*Thank you*

Page 8

The Delray Beach Kiwanis Club was Chartered in 1973 as the Kiwanis Club of Delray Beach-Sunrise and is operating in Division 21 of the Florida District. Club Mailing Address: PO Box 7083, Delray Beach, Fl.33482

Sunriser

2019-20 Kiwanis Int'l President: Daniel Vigneron Howald, Luxembourg

2019-20 Florida Kiwanis Governor: Allen Yergovich Email: allengy@aol.com

2019-20 Division 21 Lt. Governor: Tom Thayer

Other Division 21 Clubs:

Boca Raton-1st & 3rd Thursdays, 4 p.m. Boca Raton Community Center Annex 260 Crawford Blvd Boca Raton

Boynton Beach - Tuesdays, 12 Noon Bru's Room 1333 N. Congress Ave Boynton Beach

Gold Coast Knights-1st & 3rd Wed., 7 p.m. Duffy's Sports Grill Linton Boulevard and Federal Highway Delray Beach

Hypoluxo-Lantana - Tuesdays, 7:00 a.m. Maddock Park 1200 West Drew Street Lantana

Lake Worth - Tuesdays, 8 a.m. Too-Jays Restaurant 419 Lake Avenue Lake Worth

Florida Kiwanis Foundation:

2019-20 President: F. James Wylie Email: fjameswylie@gmail.com

Div. 21 Trustee: Tom Thayer E-mail: TomThayer@Earthlink.net

Sudoku Puzzle....Answers

1	5	6	3	2	7	9	4	8
8	7	9	5	4	6	3	2	1
2	4	3	9	1	8	7	5	6
5	3	1	6	7	4	2	8	9
4	8	7	2	3	9	1	6	5
6	9	2	1	8	5	4	7	3
7	6	4	8	9	1	5	3	2
3	1	8	4	5	2	6	9	7
9	2	5	7	6	3	8	1	4

Governor's Message

by Allen Yergovich , Florida Kiwanis Governor

THE GOVERNOR'S QUACKER

Kiwanis Family:



Congratulations! We've made it into June/ July. These past three months have seemed like years to many of us.

Congratulations to all the Graduates in our lives! Graduates from each level of our Service Leadership Programs and those in our more immediate and extended families: Never stop learning and chasing your dreams. We believe in you!

Congratulations also to our Florida District clubs that made the latest issue of the Kiwanis Magazine! Great job!

I am very excited that the planning for the premiere Florida District Virtual Convention are taking shape. We expect there will be:

- many great educational workshops
- a compelling key-note speaker
- 2018-19 Club of the Year award
- parting words from your outgoing Governor
- encouraging words from your incoming Governor and our International Trustee
- a Council session to ratify our uncontested election
- the presentation of your district officers, especially your new Vice-Governor
- virtual fellowship opportunities
- a creative Caring Corner
- a large-scale service project

no registration fee, no travel hassles, more opportunity for everyone to participate.

We obviously can't have an in-person large-scale service project like we did last year, packaging over 50,000 meals. Instead, I am hoping that every club will plan some sort of service project for that Sunday, August 16, no matter how big or small, we can all share in the knowledge that we are working together for the children. I am also hoping that clubs will use those funds budgeted to send people to DCon and to buy program ads for the Caring Corner or the largescale service project. And please send your budgeted Caring Corner checks in as always.

Let's all make the best of this VCon and we will celebrate doubly in Boca next year!

Kids need Kiwanis, more than ever.

So many of our community partners' services and future funding are allocated by the Census numbers. It is critical that we help make the public aware of how important a "full count" in the 2020 Census is to our communities - for the next ten years. Schools, hospitals, fire departments, roads, early-learning and other child services will all be impacted. Please spread the word however you can.

Keep Kiwanis service and friendship alive.

Be creative. Have fun. Stay optimistic. #GetQuacking!



The Kiwanis Club of Delray Beach "Doing Great Things" Page

Page 9

8



From Our Photographer's Camera.....

Our Trusty photographer and a helper or two giving us some great memories from recent meetings and events. ENJOY!



David Freeburn

Lisa Lee



Rich Pollac



Matthew





crisp bacon lover



Our Zoom Meeting on June 3rd.....



and the filles

Doug Martin, Delray Affair Chair

