



# The Sunriser



## The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 47 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.

### 2020-2021 Officers

#### President, June

Carlene Laseter

#### Secretary:

Jay Alperin  
561-289-2387

#### Treasurer:

Dale Morrison  
561-278-1002

### 2020-2021 Bd. of Directors

Carlene Laseter, Susan Ruby,  
Doug Martin, Ezra Krieg  
Alberta Rickard, David Freeburn  
Peggy Kelleher

### 2020-2021 Committee Chairs

#### \*Community Service:

**AVDA** - Dianie Alperin  
**Thanksgiving** - Ezra Krieg  
**Police Appreciation** - Ezra Krieg,  
Peggy Kelleher

#### \*Club Meetings:

Jay Alperin

#### \*Fund Raising:

**General Affairs** - Ezra Krieg, Rich Pollack  
**Delray Event** - 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 2021, Issue 6

### June, 2021

## Police Appreciation - Spring 2021

Our Spring 2021 Police Appreciation awards took place on May 12th at the Delray Market restaurant. We acknowledged officer Adam Whiting and civilian employee, Communications Specialist Nicholai Abdul.

Officer Whiting responded to a call with a 3-month old infant who was unresponsive and not breathing. Officer Whiting met with the reporting party who was extremely emotional, crying and holding her infant. He immediately took the infant in his arms and began life saving techniques, performing back blows and a finger sweep of the mouth. He continued until the infant became responsive, saving the infant's life. Officer Whiting utilized his training to clear the infant's airway as well to comfort the reporting party.

CS Abdul effectively handled several high priority incidents while serving as Acting Supervisor on several midnight shifts. One incident involved a stolen vehicle entering the city limits where officers located the vehicle and successfully deployed stop sticks. The vehicle eventually stopped on I-95 in Boca with the occupants fleeing. CS Abdul continued dispatching throughout the incident with Boca PD, PBSD and the Delray Road Patrol with their drone, The Eagle. In addition, CS Abdul's performance was outstanding to ensure the Communications Center continued to run effectively in the absence of a Supervisor throughout the month.

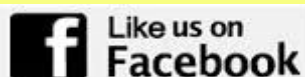
Our honorees both received Certificates of Appreciation, a gift card and their names added to the Kiwanis Plaque hanging on the Police Department walls. They exemplified the values of One Delray, One



More Pics Page 9.....

Community, One Police Department.  
Well done & CONGRATULATIONS!

#### Visit our Website:



[www.delraybeachkiwanis.org](http://www.delraybeachkiwanis.org)

## Other Doings. . . . .



### Hail! President of the Month!

\*\*\*\*\* May \*\*\*\*\*



**Bill Morse**

Here are the upcoming scheduled POTM's:

June - **Carlene Laseter**

July - **Bob Barcinski**

August - **Larry Schroeder**

September - **Steve Rubin**

*Thank You!*



**Bob Barcinski** has been in high level discussions with the Delray Beach Golf Club about reinstating our weekly meetings there for breakfast on Wednesdays.

Bob has reported that we are looking to restart those meetings on June 16. The cost will be \$15 per person with a minimum charge to the club for 15 people. We will be looking for ways to get that charge reduced.

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



### Upcoming Important Dates:

#### Birthdays:

**June 1** - Bonnie Morse

**June 6** - Scott Youngberg

**June 10** - Dale Morrison  
Bob Laseter

**June 11** - Susan Ruby

**June 14** - Peggy Kelleher

**June 21** - Marsha Eisenberg

#### Wedding Anniversaries:

**June 14** - Larry & Terri Schroeder

**June 17** - Sally & Brian Schleifer

#### Membership Anniversaries:

None

**May 5th "Zoom" Meeting:** Happy "Cinco de Mayo!" **Mark Scheinbaum** is back from visiting his daughters in Montana and Texas. **Gene Sapino** was happy Mark shaved his beard. **Gina Sablo** wished everyone a Happy Mothers Day on Sunday. **Peggy Kelleher** and **Dave Freeburn** echoed that. Peggy also enjoyed last week's in-person meeting at Poppies. So did Ezra Krieg. Ezra is going to Tennessee for a graduation and is going to visit the place of his birth nearby. Dave's daughter also came for a visit last weekend. **Scott Youngberg** and **Rich Pollack** are enjoying this beautiful day today. Rich also is happy for the Dolphins Draft. We'll see....ahem. **Steve Rubin** has rare tickets to a Florida Panthers playoff game in two weeks. **John Crane-Baker** is happy to be upright & breathing. Finally, **Bill Morse** is happy to be your President this month.

**May 12th "In-Person" Meeting:** Today was Police Appreciation day at the Delray Market. Everyone put in for that as well as the many, many guests who contributed Happy Dollars. **Peggy Kelleher's** son celebrated a birthday. **Scott Youngberg** was happy the Miami Heat and Florida Panthers made the playoffs. Any other extra dollars were missed by our crack reporter. Sorry.....

**May 19th "Zoom" Meeting:** Today's meeting was a little slow getting started, as we had conflicting Log-In information. **Ezra Krieg** was happy we got through this "Tough" start. **Dave Freeburn** was happy that **Rich Pollack** was able to overcome the obstacles to have the meeting. Rich put in for our Police Appreciation organizers, as well as **Jay Alperin**. **Bill Morse** is happy Tax Season is over, for the most part. **Carlene Laseter** said "The CPA's can now rest". **Peggy Kelleher** had a friend visiting last weekend. **Bob Barcinski** put in for his 49th wedding anniversary and **Steve Rubin** put in for his 37 year membership anniversary. Steve also went to a Florida Panther's playoff game. **Gina Sablo** is going to see family next week in Ft. Myers. **Mark Scheinbaum** discussed the critical importance of Kiwanis in Panama. Finally, **Mike Salem** is doing better and misses everyone.

**May 26th "Poppies" Meeting:** Good turnout of 15 people for our 2nd in-person meeting at Poppies. Everyone was happy to see each other. **Jay Alperin** was happy to just be able to get up to collect happy dollars. **Carlene Laseter**, our President next month, will be in Lady Lake next week and is happy Jay will take over as "President of the week". (Jay was a unanimous choice for that. The only dissenting vote was Jay). **Mark Scheinbaum** announced his wife Cary will be sworn in as a US Citizen on June 11th. CONGRATULATIONS CARY! **Mike Salem** sends his regards again and will see everyone soon. **Peggy Kelleher** is going to Buffalo this weekend to see her mom. **Ezra Krieg** is happy we are going back to the Delray Golf Club soon. Doug Martin said "Times Are Good".



So.....you've been eating hotdogs and McChickens all your life, but don't want the vaccine, because, " you don't know what's in it"?

I ♥ MY CLUB



## 50/50 Winners:

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



**May 5 - Mark** (Againnnnnn???) **Scheinbaum**

**May 12 - Regina** (Big Bucks) **Sablo**

**May 19 - Regina** (This must be rigged) **Sablo**

**May 26 - Mark** (What the.....?) **Scheinbaum**

**p.s. "It's the Mark & Gina Show!!!"**

## The "Golden" Years ...



Some 15 year old girlfriends decided to meet for dinner. They discussed where to eat and finally agreed on

McDonald's next to the Sea Side Restaurant because they only had \$6.50 between them and Bobby Bruce, the cute boy in science class, lived on that street.

10 years later, the same girlfriends, now 25-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because it had free snacks, there was no cover charge, the beer was cheap, the band was good and there were lots of cute guys.

10 years later, the same girlfriends, now 35-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the combos were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

10 years later, the same girlfriends, now 45-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the martinis were big and the waiters wore tight pants and had nice buns.

10 years later, the same girlfriends, now 55-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the prices were reasonable, it had windows which opened (in case of hot flashes), the wine list was good and fish was good for their cholesterol.

10 years later, the same girlfriends, now 65-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they had an Early Bird Special and the lighting was good.

10 years later, the same girlfriends, now 75-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the food wasn't too spicy and it was handicapped accessible.

10 years later, the same girlfriends, now 85-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they'd never been there before.

## PUBLIC SERVICE ANNOUNCEMENT

### Stress Management

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'..... she fooled them all... "How heavy is this glass of water?", she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow. Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"

1 \* Accept the fact that some days you're the pigeon, and some days you're the statue!

2 \* Always keep your words soft and sweet, just in case you have to eat them.

3 \* Always read stuff that will make you look good if you die in the middle of it.

4 \* Drive carefully... It's not only cars that can be recalled by their Maker.

5 \* If you can't be kind, at least have the decency to be vague

6 \* If you lend someone \$20 and never see that person again, it was probably worth it.

7 \* It may be that your sole purpose in life is simply to serve as a warning to others.

8 \* Never buy a car you can't push.

9 \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 \* Nobody cares if you can't dance well. Just get up and dance.

11 \* Since it's the early worm that gets eaten by the bird, sleep late.

12 \* The second mouse gets the cheese.

13 \* When everything's coming your way, you're in the wrong lane.

14 \* Birthdays are good for you. The more you have, the longer you live.

15 \* You may be only one person in the world, but you may also be the world to one person.

16 \* Some mistakes are too much fun to make only once.

17 \* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 \* A truly happy person is one who can enjoy the scenery on a detour.

19 \* Have an awesome day and know that someone thought about you today.

20 \* It was I, your friend!

Save the earth..... It's the only planet with chocolate !\*

# DID YOU KNOW?

ELC  
— in —  
SLC

EDUCATION & LEADERSHIP  
CONFERENCE

SALT LAKE CITY, UTAH

JUNE 24-26, 2021



## JUST ANNOUNCED: VIRTUAL REGISTRATION STILL AVAILABLE

Good news! We negotiated an extension of the deadline for virtual registrations to the [2021 Kiwanis Education and Leadership Conference](#). **Virtual registration now ends June 7.** You still have an opportunity to learn how to succeed in difficult situations from Captain "Sully" Sullenberger, how to evolve your club for post-pandemic community service and ways to transition your fundraising plans. [Register now.](#)

## SUPPORT THE KIWANIS CHILDREN'S FUND AT THE ELC IN SLC

Support the Kiwanis Children's Fund and be represented at the biggest Kiwanis International event of the year — the 2021 Kiwanis Education and Leadership Conference.

For US\$100, you — or your favorite Kiwanian — can be portrayed on a cardboard cutout placed near the main stage.

You've seen cardboard cutouts of people sitting in seats at stadiums around the world. Now's your chance to be one. [Reserve your spot by June 1](#) or [review the photo requirements](#).

## Membership

Carlene Laseter - Chairperson



## RECRUIT. RETAIN. REPEAT. CLUB-BUILDING TIPS YOU CAN USE

Clubs need members. It's a simple truth — but it requires a multipronged effort. Here are some tips for recruiting people to join and for retaining them once they do. And remember: It's a continuing process. These aren't steps to a final result. They should be part of your club's culture.

**Spread responsibility.** Emphasize that every member should seek out and invite people. A membership committee is great, but recruiting shouldn't be anyone's "turf."

**Make guests your goal.** Establish a standard: A club meeting or service project without a guest is a missed opportunity.

**Research demographics.** Seek to reflect the diversity around you. It's good for the club — and an encouragement to the whole community.

**Conduct a quick campaign.** Organize a one- or two-day membership initiative, with online research, appointments with civic leaders and local officials, calls to area businesses and more.

**Connect with guests.** Make an impression. Once you have someone's commitment to attend, connect on LinkedIn before the meeting. Ask club officers to do the same after the meeting.

**Scout out young professionals.** Check for entrepreneurial "incubator" spaces in your community where young professionals gather. Ask to speak to them — and hold an annual "community service mixer" for young professionals (or "emerging leaders").

**Know your (community's) business.** Keep up with local business news. Invite owners of new businesses and new nonprofit executives to meetings. Need incentives? Allow them to make a two-minute plug.

**Have membership materials handy.** Whether you speak to an individual or a group, don't assume people will remember everything. Take print materials about membership and leave them with people.

**Call members on their birthdays.** Send an e-card to celebrate each one's "Kiwanis anniversary." Little things matter. Show people you remember and care.

**THE FORMULA**  
LOVE IT. SHARE IT. LIVE IT.

***Remember, This is The Formula:  
Love being a Kiwanian. Love your club.  
Share it with others. Live it.***

***Doing Good..... Feeling Good!***

## Calendar Of Events

**August 5-8.....**  
**2021 Kiwanis Florida**  
**District Convention**  
 Diplomat Beach Resort  
 Hollywood, Fl



**October 30.....**  
**Kiwanis "Swing For Kids"**  
**Annual Golf Tournament**  
 Westchester CC, Boynton Bch



**November 2 .....** Poll Worker  
 Fund-Raiser Fall Elections

## HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

*"In three words I can sum up everything I've learned about life*

*- It goes on."*

----- Robert Frost



**Healthy food for kids - Limit sugar and refined carbs in your child's diet**

Simple or refined carbohydrates are sugars and refined grains that have been stripped of all bran, fiber, and nutrients—such as white bread, pizza dough, pasta, pastries, white flour, white rice, and many breakfast cereals. They cause dangerous spikes in blood sugar and fluctuations in mood and energy. Complex carbs, on the other hand, are usually high in nutrients and fiber and are digested slowly, providing longer-lasting energy. They include whole wheat or multigrain bread, high-fiber cereals, brown rice, beans, nuts, fruit, and non-starchy vegetables.

A child's body gets all the sugar it needs from that naturally occurring in food. Added sugar just means a lot of empty calories that contribute to hyperactivity, mood disorders, and increase the risk for obesity, type 2 diabetes, and even suicidal behaviors in teenagers.

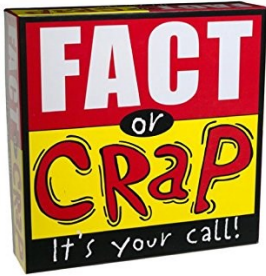
### How to cut down on sugar

The American Heart Association recommends that sugar intake for children is limited to 3 teaspoons (12 grams) a day. A 12-ounce soda contains up to 10 teaspoons or 40g of added sugar, shakes and sweetened coffee drinks even more. Large amounts of added sugar can also be hidden in foods such as bread, canned soups and vegetables, frozen dinners, and fast food. In fact, about 75% of packaged food in the U.S. contains added sugar.

Don't ban sweets entirely. Having a no sweets rule is an invitation for cravings and overindulging when given the chance.

Avoid sugary drinks. Instead, try adding a splash of fruit juice to sparkling water or blending whole milk with a banana or berries for a delicious smoothie.

Create your own popsicles and frozen treats. Freeze 100% fruit juice in an ice-cube tray with plastic spoons as popsicle handles. Or make frozen fruit kabobs using pineapple chunks, bananas, grapes, and berries.



- Fact or Crap** - Ancient Egyptian Queen Nefertiti committed suicided.
- Fact or Crap** - Tolkien, author of the Lord of The Rings was a professor of mathematics for 15 years,
- Fact or Crap** - The Americas Cup is affectionately known as Auld Mug among the sailing community.
- Fact or Crap** - Polar bears are not native to Antarctica.
- Fact or Crap** - Tsunami comes from the Japanese words HARBOR and WAVE.
- Fact or Crap** - ISO 216 is the international standard for atomic sizing.
- Fact or Crap** - A US cowpunchers job is to excite the bulls before a rodeo event.

(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:



### May 5:

1494, during his second voyage to the Western Hemisphere, Christopher Columbus landed in Jamaica.  
 1891, New York's Carnegie Hall (then named "Music Hall") had its official opening night, featuring Russian composer Peter Ilyich Tchaikovsky as a guest conductor.  
 1925, schoolteacher John T. Scopes was charged in Tennessee with violating a state law that prohibited teaching the theory of evolution. (Scopes was found guilty, but his conviction was later set aside.)  
 1942, wartime sugar rationing began in the United States.  
 1945, in the only fatal attack of its kind during World War II, a Japanese balloon bomb exploded on Gearhart Mountain in Oregon, killing the pregnant wife of a minister and five children.  
 1961, astronaut Alan B. Shepard Jr. became America's first space traveler as he made a 15-minute suborbital flight aboard Mercury capsule Freedom 7.  
 1973, Secretariat won the Kentucky Derby, the first of his Triple Crown victories.  
 1978, Ben & Jerry's ice cream had its beginnings as Ben Cohen and Jerry Greenfield opened an ice cream parlor at a converted gas station in Burlington, Vermont.

### Birthdays:

Actor Pat Carroll is 94.  
 Actor Michael Murphy is 83.  
 Comedian-actor Michael Palin is 78.  
 Actor John Rhys-Davies is 77.  
 Rock musician Bill Ward (Black Sabbath) is 73.  
 Former broadcast journalist John Miller is 63.  
 NBC newsman Brian Williams is 62.  
 Actor Henry Cavill is 38.  
 Soul singer Adele is 33.

### May 12:

1780, during the Revolutionary War, the besieged city of Charleston, South Carolina, surrendered to British forces.  
 1937, Britain's King George VI was crowned at Westminster Abbey; his wife, Elizabeth, was crowned as queen consort.  
 1943, during World War II, Axis forces in North Africa surrendered.  
 1949, the Soviet Union lifted the Berlin Blockade, which the Western powers had succeeded in circumventing with their Berlin Airlift.  
 1955, Manhattan's last elevated rail line, the Third Avenue El, ceased operation.  
 1958, the United States and Canada signed an agreement to create the North American Air Defense Command (later the North American Aerospace Defense Command, or NORAD).  
 1997, Australian Susie Maroney became the first woman to swim from Cuba to Florida, covering the 118-mile distance in 24 1/2 hours.  
 2002, Jimmy Carter arrived in Cuba, becoming the first U.S. president in or out of office to visit since the 1959 revolution that put Fidel Castro in power.  
 2008, a devastating 7.9 magnitude earthquake in China's Sichuan province left more than 87,000 people dead or missing.

### Birthdays:

Composer Burt Bacharach is 93.  
 Actor Millie Perkins is 85.  
 Actor Bruce Boxleitner is 71.  
 Rock musician Eric Singer (KISS) is 63.  
 Actor Emilio Estevez is 59.  
 Actor Vanessa A. Williams is 58.  
 Actor Stephen Baldwin is 55.  
 Country musician Matt Mangano (The Zac Brown Band) is 45.  
 Actor Rami Malek (RAH'-mee MA'-lihk) is 40.

### May 19:

1536, Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after being convicted of adultery.  
 1921, Congress passed, and President Warren G. Harding signed, the Emergency Quota Act, which established national quotas for immigrants.  
 1967, the Soviet Union ratified a treaty with the United States and Britain, banning nuclear and other weapons from outer space as well as celestial bodies such as the moon. (The treaty entered into force in October 1967.)  
 2003, WorldCom Inc. agreed to pay investors \$500 million to settle civil fraud charges.  
 2019, "Game of Thrones" aired its 73rd and final episode on HBO, with a record-setting number of viewers.  
 2011, Katie Couric, the first regular solo anchorwoman of a network evening newscast, signed off the "CBS Evening News" for the last time after five years.

### Birthdays:

TV personality David Hartman is 86.  
 Actor James Fox is 82.  
 Actor Nancy Kwan is 82.  
 Rock singer-composer Pete Townshend (The Who) is 76.  
 College Football HOF & former NFL player Archie Manning is 72.  
 Singer-actor Grace Jones is 70.  
 Actor Polly Walker is 55.  
 Former race car driver Dario Franchitti is 48.

### May 26:

1864, President Abraham Lincoln signed a measure creating the Montana Territory.  
 1938, the House Un-American Activities Committee was established by Congress.  
 1940, Operation Dynamo, the evacuation of some 338,000 Allied troops from Dunkirk, France, began during World War II.  
 1972, President Richard M. Nixon and Soviet leader Leonid Brezhnev signed the Anti-Ballistic Missile Treaty in Moscow. (The U.S. withdrew from the treaty in 2002.)  
 1977, George Willig scaled the outside of the South Tower of New York's World Trade Center; he was arrested at the top of the 110-story building.  
 1998, the U.S. Supreme Court ruled that Ellis Island, historic gateway for millions of immigrants, was mainly in New Jersey, not New York.  
 2004, nearly a decade after the Oklahoma City bombing, Terry Nichols was found guilty of 161 state murder charges for helping carry out the attack. (Nichols later received 161 consecutive life sentences.)  
 2020, Minneapolis police issued a statement saying George Floyd had died after a "medical incident," and that he physically resisted officers and appeared to be in medical distress; minutes after the statement was released, bystander video was posted online. Protests over Floyd's death began, with tense skirmishes developing between protesters and Minneapolis police. Four police officers who were involved in Floyd's arrest were fired.

### Birthdays:

is 82.  
 Rock musician Garry Peterson (Guess Who) is 76.  
 Singer Stevie Nicks is 73.  
 Actor Pam Grier is 72.  
 Actor Philip Michael Thomas is 72.  
 Country singer Hank Williams Jr. is 72.  
 Comedian Bobcat Goldthwait is 59.  
 Singer-actor Lenny Kravitz is 57.  
 Distance runner Zola Budd is 55

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....(Oh wait.....Bars aren't a good idea. Let's all join Jay at his house.... ) and Sportscaster Brent Musberger joins us, we hope that you will buy him a drink, as he is 82 years old today.



**KIDS NEED KIWANIS TO GROW UP STRONG**





**Henny Youngman .....**  
*"The King of One-Liners"*

-- "Do you know what it means to come home at night to a woman who'll give you a little love, a little affection, a little tenderness? It means you're in the wrong house, that's what it means."

-- "I told the doctor I broke my leg in two places. He told me to stop going to those places."

-- "A drunk was in front of a judge. The judge says "You've been brought here for drinking." The drunk says "Okay, let's get started."

-- "When I read about the evils of drinking, I gave up reading."

-- "I once wanted to become an atheist, but I gave up - they have no holidays."

-- "If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

-- "My grandmother is over eighty and she still doesn't need glasses. Drinks right out of the bottle."

-- "Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing.

She goes Tuesdays, I go Fridays. "



**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!**

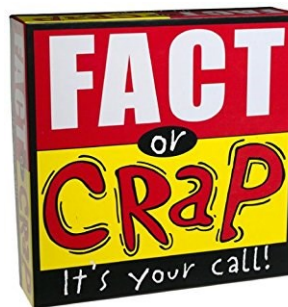
		2	7					8
				2				
	3				5		1	7
6	7			5	8			3
		1				8		
5			2	9			7	6
2	6		5				9	
				1				
1					4	6		

**(Answers on Page 8)**

**I PUT REDBULL IN MY COFFEE THIS MORNING  
 INSTEAD OF WATER**



**AND NOW I CAN SEE NOISES**



**Answers.....**

1. Crap. Her death is unknown.
2. Crap. Tolkien was a professor of Anglo-Saxon the English language.
3. Fact. The Cup was originally known as Royal Yacht Squadron Cup.
4. Fact. Polar bears can occasionally drift widely.
5. Fact. Tsunamis are usually caused by earthquake in the ocean.
6. Crap. ISO 216 is the international paper size standard.
7. Crap. A cowpuncher in the US is a person who, herds, castrates, and brands cattle on farms.

**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

**2020-21 Kiwanis Int'l President:**  
 Arthur N. Riley  
 Westminster, Maryland

**2020-21 Florida Kiwanis Governor:**  
 Mary-Lynn Desjarlais  
 Email: MLDesjarlais@gmail.com

**2020-21 Division 21 Lt. Governor:**  
 Tom Ramiccio

**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:**

**2020-21 President:** Richard Leys  
 Email:

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

**Sudoku Puzzle....Answers**

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

# From the executive editor

by KASEY JACKSON, EXECUTIVE EDITOR, Kiwanis Magazine

## Getting the "Stucks"..... Unstuck

I've been thinking about dreams and wishes a lot lately. Maybe it's because I'm feeling stuck at home during a pandemic that, as I write this, is beginning to ease. I'm anxious. I want to get out and go places and see people and hug friends again.

Feeling stuck can really drag you down. Some people feel stuck in a job that isn't satisfying. Some feel stuck in a relationship that isn't healthy. Sometimes people are literally stuck — stuck in mud, wheels spinning.

But feeling stuck can be a real motivator. It can be exactly what we need to get out of a rut and move forward to bigger and better things, like those wishes and dreams I mentioned earlier. Stucks can be a way toward collaboration as well. At Kiwanis, we have daily team huddles where we're asked if we "have any stucks." It's a great way to brainstorm about how to get a job done. Everyone helps everyone, and the stucks get unstuck a lot easier when you work together.

Focus on your stucks this month. Think about where you are personally and where you want to be. Where are you stuck and why? Who can help you?

Now, let's put those same ideas into the context of Kiwanis. Have you taken time to think of where your club is stuck? Where Kiwanis International is stuck? Do you have dreams and wishes for your club or organization? Don't let any dream seem too big.

I remember being so excited to take part in an event called "Hands Across America." My family and I stood hand-in-hand and joined strangers to attempt to form a human chain across the entire country to raise funds for and bring awareness to hunger, poverty and homelessness. I felt part of something big and wanted to feel that rush forever.

What big things will you dream up? What will you wish for?

Did you know? Some believe the superstition of blowing a dandelion sends its seeds into the air, carrying your thoughts and dreams to loved ones. When's the last time you made a wish on a dandelion?



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*If you have something for the newsletter, please send it to Scott Youngberg via E-mail: [esysy@att.net](mailto:esysy@att.net)*

*--- Thank you*



# Police Appreciation - Additional Pics





# From Our Photographer's Camera.....

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

