

The Sunriser



The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 45 Years of Service

Meets for Breakfast Wednesday's (except the 1st Week), 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, Fl. And the 1st Thursday, 6:00 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, Fl.

2018-2019 Officers

President, October: Jay Alperin
561-289-2387

Secretary: Barbara Schooler
561-271-6649

Treasurer: Dale Morrison
561-278-1002

Immediate Past President:
Peggy Kelleher

2018-2019 Bd. of Directors

Carlene Laseter, Susan Ruby,
Ben Ruby, Doug Martin,
Alberta G. Rickard, David Freeburn

2018-2019 Committee Chairs

*Community Service:

AVDA - Dianie Alperin, Ben Ruby
Thanksgiving- Alberta G. Rickard
Jeff Goldman

Police Appreciation - Ezra Krieg,
Peggy Kelleher

*Club Meetings: Jay Alperin

*Fund Raising:

Delray Affair- Carlene Laseter
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 -Jack Foley,
Dale Morrison

Key Club/Builders Club -

American Heritage - Tony Marazita
Atlantic High School- Erica McFarlane
Unity School - Stacy Brookman

Volume 2018, Issue 11

November, 2018

Kiwanis ONE DAY

Each year, Kiwanis clubs around the world join in a day of service. Kiwanis One Day is a great opportunity to bring together the Kiwanis family of clubs to focus on local community service. It's an example of our belief that kids need Kiwanis. Kids need Kiwanis to provide programs and services no longer available because of school and municipal budget constraints, and kids who want to be in youth clubs need Kiwanis club members as mentors to help them thrive, prosper and grow.

This year, our club held a Kiwanis One "Fun Day" on October 20th. Along with the help of our local Key Clubs and the Delray Beach Police Department, we provided Fun & Games, Arts & Crafts, Giveaways, Fitness Walk, DJ, and Hotdogs

free of charge to the kids of Delray Beach at Barwick Park. Here are some pictures from this fun event:



(More Pictures on Page 5)

Fall 2018 Police Appreciation Awards

Twice a year, our club recognizes the outstanding performance of the Officers and Civilian Employees of the Delray Beach Police Department. On October 24th, we presented the Fall 2018 awards to Officers Michael DeBree & Brian Griffith, and Pins Supervisor Beverly Wright.

Officers DeBree and Griffith responded to a

host of frantic calls that a young "deranged" female was on

Continues—See **Awards**, Page 5



Visit our Website:

www.delraybeachkiwanis-sunrise.org



Other Doings.



Hail! President of the Month!

Here are the scheduled POTM's. Still need someone for December & August.

Want to help? Sign-Up. Easy-Peasy Job

November - **Dave Freeburn**

December - Open

January - **Bob Barcinski**

February - **Carlene Laseter**

March - **Ben & Carol Bassford**

April - **Reeve Bright**

May - **Doug Martin**

June - **Steve Rubin**

July - **Alberta Rickard**

August - open

September - **Ezra Krieg**

Thank You!



Ernie Galinis is taking a leave of absence.

We will miss your smiling face at our meetings and the support you give us during our projects. Feel better and we hope to see you soon.



On October 17th, in support of our community, our club voted to give \$250 each to Delray's Project Holiday and Delray Reads Day.



Our club was represented recently at the Key Club's Kiwanis One project. Attending were **Doug & Jody Martin, Bob & Connie Barcinski** and **Peggy Kelleher** and her son **Shawn**. Hey, also qualifies as an interclub!



After two months the great missing **Putt-Putt Trophy** mystery has been SOLVED! Your crack reporter, following his killer instincts and brilliant intellect, on a whim, decided to check out the trophy case at the club. Well, what'ya know....there it was!

A very homely person made an appointment with a psychiatrist. The homely person walked into the doctor's office and said, "Doctor, I'm so depressed and lonely. I don't have any friends, no one will come near me, and everybody laughs at me. Can you help me accept my ugliness?"

"I'm sure I can." the psychiatrist replied. "Just go over and lie face down on that couch."

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



Upcoming Important Dates:

Upcoming Birthdays:

November 4 - Gail Colvin
November 7 - Betty Galinis
November 16 - Gene Sapino
November 27 - Jeff Goldman

Wedding Anniversaries:

November 20 - Ben & Susan Ruby

Membership Anniversaries:

November 10 - Ben Ruby, 14 Years
November 13 - Alberta Gaum Rickard, 12 Years
November 29 - Jay Alperin, 45 Years!!!

October 4th Meeting "Finnegan's": This month starts the POTM series. Our first President is the famous **Jay Alperin**. Jay put in for the last 2 years of leadership we had with **Peggy Kelleher** and is hoping FAU will win this weekend. **Carol Bassford** also put in for the last 2 years leadership. **Dale Morrison** put in for the NY Yankees in the playoffs. **Scott Youngberg** is happy to get off this "football stuff", go Braves! **Ezra Krieg** put in \$3—Peggy as President, Go Red Sox and for his Niece who is having a show she produced aired on CNN. **Mike Salem** has been enjoying the Laver's Cup in Tennis and **Ben Bassford** put in for his birthday. Finally, Peggy said "Go Gators! Beat LSU".

October 10th Meeting : We had a guest today, **Mark Schienbaum**, a member of the Biscayne Club and former charter member of the Greenacres club. Great to see you Mark! He is happy his oldest son is back from deployment in the Army. **Doug Martin** acknowledged the people who do a lot of work behind the scenes to make our club great. **Jay Alperin** also put in for that. **Scott Youngberg** is happy FSU won't lose this weekend...they have a bye. **Peggy Kelleher** is still "Go Gators! Now ranked 14th in the nation." **Ezra Krieg's** son Max and his soccer team are challenging for the NCAA playoffs. **Dave Freeburn's** niece had her 3rd baby born in San Diego.

October 17th Meeting : **Scott Youngberg** announced he has joined the grandpa brigade with the birth of his grandson Jackson on October 11th. **Steve Rubin** added a dollar for "Grampy". **Reeve Bright** pointed out that their were 4 Florida teams ranked last week, not sure any state could ever say that. **Bob Barcinski** was happy Purdue won 2 in a row. **Dave Freeburn** put in for his anniversary and "Go Red Sox!". **Peggy Kelleher** had a dollar for the Gators, now ranked #11. **Ezra Krieg** put in for his anniversary and the Dolphins. **Jay Alperin** was happy FAU & FSU didn't lose last week (They didn't play). **Gene Sapino** is looking forward to his new job in the DBPD and **Doug Martin** ADIP.

October 24th Meeting : Today was Police Appreciation Day. Basically, everyone put in for the DBPD. **Dave Freeburn** cheered on the Red Sox and **Scott Youngberg** put in for the Boston "Hot" socks. **Reeve Bright** said baseball wasn't meant to be played in 20 degree weather. **Peggy Kelleher** spent her dollars on lottery tickets. **Jeff Goldman** thanked our club for their support along with many other members of the DBPD. Former member **Wes Caldwell** dittoed that. **Lisa Lee** was appreciative of the officers that protect her school. **Carlene Laseter** was happy for Kentucky winning again and for her son taking second place in the Florida Ironman. Finally, **Jay Alperin** was happy to see the crowd today and he's still a Brooklyn Dodger fan.

October 31st Meeting : **Bob Barcinski** reported that his wife Connie had successful cataract surgery. **Reeve Bright** celebrated his birthday yesterday and **Steve Rubin** also added for that. **Peggy Kelleher** was happy UF wasn't embarrassed in last week' football loss. **Scott Youngberg** wished a happy Halloween to everyone and happy to see everyone wearing their costumes. **Carlene Laseter** thought the Police Appreciation breakfast was great and continues to cheer Kentucky. **Ezra Krieg** is happy Haverford College won their Conference in soccer. Everyone else was "Just Happy".



Determined To "Crack The Code"



Our program on October 17th was presented by Cassie Volker and Melissa Williams, representing The Wild Dolphin Project.

Spanning over three decades The Wild Dolphin Project is the longest running underwater dolphin research project in the world. With their underwater focus on observing and recording behavior and sound, they are determined to "Crack the Code" of dolphin communication.

Their Strategies and Principles include: Non-invasive research builds a trust between the research team and dolphin pod, which allows data to be captured in the most natural setting; Underwater observation provides an inclusive approach to analyze behavior, genetics, associations, cognition, and geography; along with, a reliable photo-identification tracking system; Preserving the natural environment gives long-term viability to all life-forms; Education provides a tool in which all can make informed decisions and appropriate actions; and "IN THEIR WORLD, ON THEIR TERMS".

So how can you take part in this scientific adventure? Several research trips, typically lasting ten days, depart from Florida to the Bahamas during the summer field season. Each trip on an open-ocean catamaran has a maximum of six participants who help the staff collect data and observe the dolphins. Physical contact with the dolphins is not permitted. Participants also have the opportunity to snorkel on shipwrecks, eat fresh fish caught by the crew and see some spectacular sunsets.

The goal of the Wild Dolphin Project is to tell the story of a healthy, free ranging dolphin society to create awareness and respect for wildlife. What better way to do that than giving people that wouldn't ordinarily have the chance the opportunity to see them in their everyday habitat. For more information go to www.wilddolphinproject.org.

The Wild
Dolphin
PROJECT
A NONPROFIT ORGANIZATION



Research, Education, Conservation

Pie It Forward



Our speaker on October 10th was long time friend Rich Pollack of Pollack Communications, who talked about the Meals on Wheels of the Palm Beaches program.

The Meals on Wheels program prepares meals for people who are homebound due to age, infirmity, chronic disease, disability, or who are suffering from a debilitating illness, and are unable or find it difficult to food shop and prepare nutritious meals for themselves. Many are just people who are outliving their retirement savings.

Their meals are delivered 5 days a week, and are providing nourishment for the soul as well as the body. The three part program ensures that, in addition to a warm smile, their clients receive a nutritious meal, a well-being check and follow-up with emergency contacts if needed. This provides an essential human connection which is too often lost when seniors or disabled adults live alone.

One of their fundraisers is "Pie It Forward". We all need two things at Thanksgiving time; a delicious pie, and to give thanks by paying it forward. More than a fundraiser, "Pie It Forward" fosters community spirit and supports the mission of Meals on Wheels of the Palm Beaches.

Here's the deal. Hotels, country clubs, and restaurants sign up to bake the pies. YOU buy the pies for \$25. YOU get the pie. The proceeds fund a week's worth of meals for a local senior. "Pie It Forward" this Fall! For more information, go to <https://mowpie.org/>.

Information on Rich's services can be found at www.pollackcommunications.com.

Buy a Pie and Feed a Senior



PALM BEACH COUNTY'S BIGGEST
THANKSGIVING PIE SALE!

HAVE YOU SEEN THE INTERNET LATELY?



KIDS NEED KIWANIS

Calendar Of Events

- November 2**Terrific Kids,
Orchard View Elementary
- November 7** Delray Reads Day at
Orchard View Elementary, 9 am.
- November 13** Putt-Putt Challenge, 6 pm at
Putt'n Around, Delray Beach
- January 16**..... Jeff Goldman Roast Breakfast
- February 23** Night Time "Glo-Ball"
Golf Tournament

Two Polish hunters were driving through the country to go bear hunting. They came upon a fork in the road where a sign read "BEAR LEFT" so they went home.

Upcoming Meeting Programs

- 11/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 8th, at 6:00 pm.
- 11/14 Mark Lauzier, City Manager
- 11/21 47 Reasons
- 11/28 *Tentative*: Starz Foundation
- 12/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 6th, at 6:00 pm.
- 12/12 Comedy for Unity
- 12/19 Health
- 12/26 *Need Speaker*
- 1/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 3rd, at 6:00 pm.
- 1/9 Fishing for Families in Need
- 1/16 Jeffrey Goldman Who?
- 1/23 Memory for Memory
- 1/30 *Tentative*: HATT Foundation

**Please contact Ezra Krieg at
954-260-8838 if you have
a program idea for our meetings.**



HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

Most of what we say and do is not essential. If you can eliminate it, you'll have more time, and more tranquillity. Ask yourself at every moment, "Is this necessary?"

- - Marcus Aurelius



Membership

Carlene Laseter - Chairperson



Let's All Work On "Recruiting new members"

Our club does so much good for the community, why wouldn't someone want to join? Maybe that someone doesn't know about Kiwanis. Maybe that someone needs to be invited.

Recruiting new members is about sharing the Kiwanis message, telling of your club experience and asking them to join you in service. These tips and tools will show you how.

Prospect lists

Can't figure out who to ask? Create a list of people you know who would benefit from membership in our club. Be sure to include names you've gathered during community events.

Customized "We Are Kiwanis" Flyer & club brochure

Educate your prospect with a "We are Kiwanis" Flyer and club brochure. Ask me for one if you don't have it.

Recruitment Tip - Look the part.

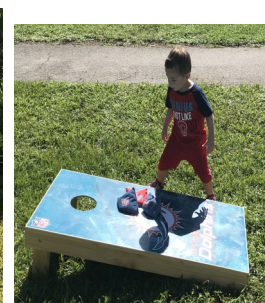
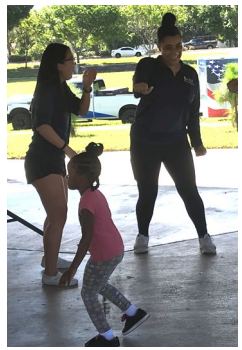
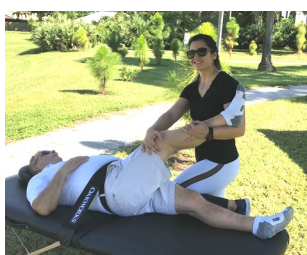
Wearing your Kiwanis pin, shirt, etc. is an easy way to promote Kiwanis and get the attention of prospective members. Be ready with your 1 minute elevator speech if someone asks about Kiwanis.

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



Doing Good....Feeling Good

More Pictures from



from **Awards**, Page 1

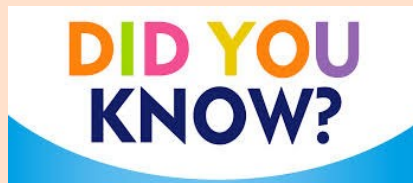
the outside ledge of a second story townhouse with her 2 young children, 1 and 2 years of age, They successfully rescued the children and their



mother while putting their own lives at risk.

Beverly Wright was honored for her tireless work in the reorganization and digitalization of the Front Desk and Records Department.

We were proud to recognize these individuals for their dedication and to say thank you for a job well done.



Project Holiday

Delray Beach seeks support in Annual Effort to Deliver the True Spirit of the Season to Deployed Military Members.

Recipients & Volunteers

Residents of Delray Beach or Boca Raton with a family member serving overseas in the military who would like to request a care package be sent, or who would like to volunteer to help pack items to be shipped, please contact Delores Rangel at 561-243-7010 or rangel@mydelraybeach.com

Much Needed Items May be donated Nov. 4 to Dec. 7 . For more information, go to [Project Holiday](#). Items may be dropped off at the Delray Beach Golf Club.

By the way, our club donated \$250 to their effort.



50/50 Winners:

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



October 4 - Peggy (The Prez) Kelleher

October 10 - Dave Freeburn

October 17 - Dave (Mr. Two 'n Row) Freeburn

October 24 - Bob Colvin

October 31 - Carlene Laseter

PUBLIC SERVICE ANNOUNCEMENT

Know the 12 Suicide WARNING SIGNS

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

5 Steps to help someone at risk

1. Ask.
2. Keep them safe.
3. Be there.
4. Help them connect.
5. Follow up.

Find out how this can save a life by visiting:
www.BeThe1To.com



Blondes.... Gotta Love'Em

A blonde gets on an airplane and sits down in the first class section of the plane. The stewardess rushes over to her and tells her she must move to coach because she doesn't have a first class ticket. The blonde replies, "I'm blonde, I'm smart, I have a good job, and I'm staying in first class until we reach Jamaica."

The disgusted stewardess gets the head stewardess who asks the blonde to leave. The blonde yet again repeats "I'm blonde, I'm smart, I have a good job and I'm staying in first class until we reach Jamaica." The head stewardesses doesn't even know what to do at this point because they still have to get the rest of the passengers seated to take off; the blonde is causing a problem with boarding now, so the stewardess gets the copilot.

The copilot goes up to the blonde and whispers in her ear. She immediately gets up and goes to her seat in the coach section. The head stewardess asks the copilot in amazement what he said to get her to move to her correct seat. The copilot replies, "I told her the front half of the airplane wasn't going to Jamaica."



The "Golden" Years ...



..... An old geezer says to his buddy, "I hear you're getting married"

"Yes, I am!" "Have I met her?" "Nope!"

"Is she good looking?" "Not especially."

"Can she cook?" "Not really very well."

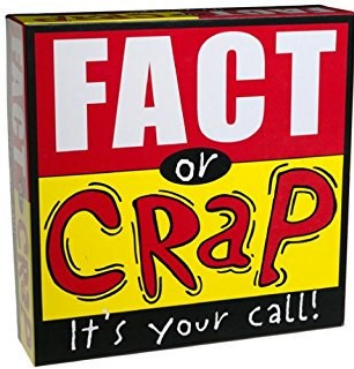
"Is she loaded?" "Nope! Poor as a church mouse."

"Well, then, why do you want to marry her?"

"Because she still drives!"

..... I knew I was getting bald because it was taking longer and longer to wash my face.

..... Funny, I don't remember being absent minded.



1) Fact or Crap - The White House has a bowling lane and movie theater.

2) Fact or Crap - By the year 2000 only three countries had launched men in to outer space.

3) Fact or Crap - The world's first test tube baby was a boy.

4) Fact or Crap - The can opener was invented 48 years after the invention of cans.

5) Fact or Crap - September 10, 1752 does not officially exist in American History

6) Fact or Crap - Airplane pioneers Orville Wright and Amelia Earhard both died in plane crashes.

(Answers on Page 9)



Emotional Eating

If you've ever made room for dessert even though you're already full or dove into a pint of ice cream when you're feeling down, you've experienced emotional eating. Emotional eating is using food to make yourself feel better—eating to fill emotional needs, rather than to fill your stomach.

Using food from time to time as a pick me up, a reward, or to celebrate isn't necessarily a bad thing. But when eating is your primary emotional coping mechanism—when your first impulse is to open the refrigerator whenever you're upset, angry, lonely, stressed, exhausted, or bored—you get stuck in an unhealthy cycle where the real feeling or problem is never addressed.

Emotional hunger can't be filled with food. Eating may feel good in the moment, but the feelings that triggered the eating are still there. And you often feel worse than you did before because of the unnecessary calories you consumed. You beat yourself for messing up and not having more willpower. Compounding the problem, you stop learning healthier ways to deal with your emotions, you have a harder and harder time controlling your weight, and you feel increasingly powerless over both food and your feelings.

Are you an emotional eater? •Do you eat more when you're feeling stressed? •Do you eat when you're not hungry or when you're full? •Do you eat to feel better (to calm and soothe yourself when you're sad, mad, bored, anxious, etc.)? •Do you reward yourself with food? •Do you regularly eat until you've stuffed yourself? •Does food make you feel safe? Do you feel like food is a friend? •Do you feel powerless or out of control around food?

If you don't know how to manage your emotions in a way that doesn't involve food, you won't be able to control your eating habits for very long. Diets so often fail because they offer logical nutritional advice, as if the only thing keeping you from eating right is knowledge. But that kind of advice only works if you have conscious control over your eating habits. It doesn't work when emotions hijack the process, demanding an immediate payoff with food.

In order to stop emotional eating, you have to find other ways to fulfill yourself emotionally. It's not enough to understand the cycle of emotional eating or even to understand your triggers, although that's a huge first step. You need alternatives to food that you can turn to for emotional fulfillment.

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:

October 4:

- 1895 The first U.S. Open golf tournament was held, at the Newport Country Club in Rhode Island.
 1931 The comic strip "Dick Tracy" by Chester Gould made its debut.
 1957 Jimmy Hoffa was elected president of the Teamsters Union.
 1957 "Leave It to Beaver" premiered on CBS.
 1957 The Space Age began as the Soviet Union launched Sputnik, the first man-made satellite, into orbit.
 2001 Authorities said a man in Boca Raton, Fla., had contracted the inhaled form of anthrax; he died the following day.
 2002 Richard Reid pleaded guilty in a federal court to trying to blow up a trans-Atlantic flight with explosives hidden in his shoes.

Birthdays:

- Actor Clifton Davis ("Amen") is 73
 Actress Susan Sarandon is 72
 Actor Armand Assante is 69
 Actor Christoph Waltz ("Inglourious Basterds,") is 62
 Singer Jon Secada is 57
 Actress Alicia Silverstone is 42
 Actress Rachel Leigh Cook ("Josie and the Pussycats,") is 39
 Actress Melissa Benoist ("Supergirl," "Glee") is 30
 Actress Dakota Johnson is 29

October 10:

- 1845 The U.S. Naval Academy opened in Annapolis, Md.
 1886 The tuxedo dinner jacket made its American debut at the autumn ball in Tuxedo Park, N.Y.
 1935 George Gershwin's opera "Porgy and Bess," featuring an all-black cast, opened on Broadway.
 1966 The Beach Boys released the single "Good Vibrations."
 1973 Vice President Spiro T. Agnew pleaded no contest to one count of federal income tax evasion and resigned his office.
 2005 Angela Merkel became Germany's first female chancellor and its first leader from the former Communist east.

Birthdays:

- Actor Peter Coyote is 77
 Actor Charles Dance ("Game of Thrones") is 72
 Singer Cyril Neville of The Neville Brothers is 70
 Actress Jessica Harper ("Pennies From Heaven,") is 69
 Singer David Lee Roth (Van Halen) is 64
 Country singer Tanya Tucker is 60
 Actress Julia Sweeney ("Saturday Night Live") is 59

October 17:

- 1777 British forces under Gen. John Burgoyne surrendered to American troops in Saratoga, N.Y., in a turning point of the Revolutionary War.
 1919 The Radio Corporation of America was created.
 1931 Mobster Al Capone was convicted of income tax evasion and sentenced to 11 years in prison.



- 1945 Col. Juan Peron staged a coup, becoming absolute ruler of Argentina.
 1979 Mother Teresa of India was awarded the Nobel Peace Prize for her work on behalf of the destitute in Calcutta.
 2007 President George W. Bush, raising Beijing's ire, presented the Dalai Lama with the Congressional Gold Medal and urged Chinese leaders to welcome the monk to Beijing.

Birthdays:

- Actress Julie Adams ("Creature from the Black Lagoon") is 92
 Singer Jim Seals of Seals and Crofts is 76
 Singer Gary Puckett of Gary Puckett and the Union Gap is 76
 Actor Michael McKean is 71
 Actor George Wendt is 70
 Singer-comedian Bill Hudson of The Hudson Brothers is 69
 Country singer Alan Jackson is 60
 Reggae singer Ziggy Marley is 50
 Rapper Eminem is 46

October 24:

- 1648 The Peace of Westphalia ended the Thirty Years' War and, effectively, the Holy Roman Empire.
 1861 The first transcontinental telegraph message was sent from California to President Abraham Lincoln.
 1931 The George Washington Bridge connecting New York and New Jersey was dedicated.
 1940 The 40-hour work week went into effect in the United States.
 1945 The United Nations charter took effect.
 1992 The Toronto Blue Jays became the first team outside the United States to win a World Series as they defeated the Atlanta Braves 4-3 in Game 6.
 2003 The era of supersonic jet travel came to an end as three British Airways Concorde landed at London's Heathrow Airport.

Birthdays:

- Former Rolling Stones bassist Bill Wyman is 82
 Actor F. Murray Abraham is 79
 Actor Kevin Kline is 71
 Actor Doug Davidson ("The Young and the Restless") is 64
 Actor B.D. Wong is 58

October 31:

- 1864 Nevada became the 36th state.
 1938 The day after his "War of the Worlds" broadcast had panicked radio listeners, Orson Welles expressed "deep regret" but also bewilderment that anyone had thought the show was real.
 1984 Indian Prime Minister Indira Gandhi was assassinated near her residence by two Sikh security guards.
 2005 President George W. Bush nominated Judge Samuel Alito to the Supreme Court.

Birthdays:

- Actress Lee Grant is 93
 Anchorman Dan Rather is 87
 Folk singer Tom Paxton is 81
 Actress Deidre Hall ("Days of Our Lives") is 71
 Journalist Jane Pauley is 68
 Director Peter Jackson is 57
 Musician Rob Van Winkle (Vanilla Ice) is 51
 Actor Eddie Kaye Thomas ("American Pie") is 38

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Actor Rob Schneider comes in, we hope that you will buy him a drink, as he is 54 years old today.

Visit our Website:

[www.delraybeach
kiwanis-sunrise.org](http://www.delraybeachkiwanis-sunrise.org)



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

--- Thank you

A guy had been feeling down for so long that he finally decided to seek the aid of a psychiatrist.

He went there, lay on the couch, spilled his guts then waited for the profound wisdom of the psychiatrist to make him feel better.

The psychiatrist asked me a few questions, took some notes then sat thinking in silence for a few minutes with a puzzled look on his face.

Suddenly, he looked up with an expression of delight and said, "Um, I think your problem is low self-esteem.

It is very common among losers."



Here Comes "Little Johnny"

..... One day, Little Johnny's grandmother sent him to the water hole to get some water for cooking dinner.

As he was dipping the bucket in, he saw two big eyes looking back at him.

He dropped the bucket and ran back to grandma's house as fast as he

could. "Where's my bucket and my water?" She asked.

"I can't get any water from that water hole, there's a mean ol' alligator down there!"

"Now don't you mind that ol' alligator, Johnny.

He's been there for years, and he's never hurt no one.

Why, he's probably as scared of you as you are of him!"

"Well, Grandma," replied Johnny, "if he's as scared of me as I am of him, then that water ain't fit to drink!"

..... The Teacher had asked the class to write an essay about an unusual event that happened during the past week.

Little Johnny got up to read his.

It began, "My daddy fell in a well last week."

"Good Lord!" the teacher exclaimed. "Is he OK?"

"He must be," said Little Johnny. "He stopped calling for help yesterday."



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- Hard. Be sure to use a pencil!

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

(Answers on Page 10)

Answers.....

1) Fact - Besides having 132 rooms, 35 bathrooms, and 8 staircases it also has a tennis court, jogging track and swimming pool. The original pool commissioned by FDR in the 1930's was covered by Richard

Nixon in 1969 to accommodate White House reporters in what is now the press center. Gerald Ford had an outdoor pool installed in 1975.

2) Crap - Only 2 countries, the USA and Soviet Union, had launched manned spacecraft in to orbit. It was not until October 15, 2003 that China became the third country to claim this status, sending 38 year old Yang Liwei on his historic journey.

3) Crap - Louise Joy Brown of England was the first on 7/25/78. Since then more than 1 Million have been born via the in vitro process.

4) Fact - The tin can used to preserve food was invented in 1810 by Peter Durand of London. It was not until 1858 that Ezra Warner invented a way to open these contraptions. Until then, people were instructed to use a chisel and hammer. Beer cans were introduced in 1935.

5) Fact - In 1752 the Gregorian calendar replaced the Julian calendar in Great Britain and the American Colonies. The day the change took place was September 2, 1752. Because the Julian calendar was 11 days BEHIND the Gregorian calendar, the next day was September 14, thereby completely skipping September 3 through 13, 1752.

6) Crap - Orville was involved in a flying accident in 1908 that killed his copilot. Orville died of a heart attack in 1948. Amelia Earharts plane disappeared in 1937 over the Atlantic ocean. It is believed she crashed but no one knows for sure.



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

2018-19 Kiwanis Int’l President:

Poly Lat

2018-19 Florida Kiwanis Governor:

Steve LeBlanc

Email: stephenjohnleblanc@gmail.com

2018-19 Division 21 Lt. Governor:

John Sullivan

Email: dnite10@bellsouth.net

Other Division 21 Clubs:

Boca Raton-1st & 3rd Thursdays, 4 p.m.

Clive Daniels Furniture Store Upstairs
1351 NW Boca Raton Blvd
Boca Raton (NW Corner Glades Road & NW 2nd Ave)

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

Green Acres - Wednesdays, 12 Noon

New China Buffet
5841 Lake Worth Road
Greenacres

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:

2018-19 President: Winifred Holland

Email: Winnieh1024@gmail.com

Div. 21 Trustee: Tom Thayer

E-mail: TomThayer@Earthlink.net



Executive Perspective

by Stan D. Soderstrom, *Executive Director of Kiwanis and the Kiwanis Children’s Fund.*

Meetin’ time

If you consider that Kiwanis exists in more than 80 nations, Kiwanians likely are meeting at every hour somewhere in the world. I’ve had the privilege of attending Kiwanis meetings on six of the seven continents.

In Europe, I’ve attended multi-course dinners that lasted late into the evening. In Malaysia, I’ve enjoyed nasi lemak, which members were eager to share with their guests. At a meeting in Canada, we toasted the Queen. And in Anthony, Kansas, I joined in the singing of the “Catfish Song.”

The meetings of my own club in Zionsville, Indiana, are very much about having a guest speaker talk about something going on in the community and handling the business of the club.

Perhaps the biggest change to Kiwanis meetings over the years has been the presence of music at the meetings. We recently came across the book *Songs of Kiwanis*, printed in 1921 by the Kiwanis International Committee on Music — which is a committee we do not have today. The booklet contains 128 pages of songs of the day, many of which I’ve never heard of. Many of the songs were about World War I and its soldiers, like “We’re Tenting Tonight,” “Just Before the Battle, Mother” and “When Johnny Comes Marching Home,” which dates back to the U.S. Civil War. Many had a romantic theme, like “Juanita” and “Sweet Genevieve.” Most unique, however, were the dozen songs about Kiwanis: “Kiwanis Ideals,” “The Song of Kiwanis,” “I’ll Sing of Kiwanis,” “Brother Kiwanians,” “The Kiwanis Smile Song,” “My Kiwanis” and “It’s a Hard Thing to Beat Kiwanis.”

I know many of our clubs include a patriotic song in their meeting’s agenda, and some still include group singing. And the Kiwanis Store still sells a greatly simplified Kiwanis Songbook. But for most of us, if we want music at our meetings, we are much more likely to play it from a phone, tablet or laptop.

The bottom line is our meetings are important. They are our most frequent time to gather in fellowship as an organization. Whether you include music, singing or good food and drink, I hope you take the time to participate and make the time together worthwhile.

Thankyou for being a Kiwanian.

Sudoku Puzzle...Answers

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





From Our Photographer's Camera.....

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

