



The Sunriser



The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 46 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.

2019-2020 Officers

President, November:
Doug Martin

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 - 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
Terrific Kids - Peggy Kelleher,
Lisa Lee

Key Club/Builders Club -

American Heritage - Tony Marazita
Atlantic High School - Stacy Brody
Unity School - Stacy Brookman

Volume 2019, Issue 11

November, 2019

Working today to change tomorrow!



Our program on October 9th was presented by Taylor Kilpatrick, the Director of Paul's Place, a ministry of St. Paul's Episcopal church.

Paul's Place began in the fall of 2000 as a response to the mainly Haitian-American children living in the neighborhood surrounding the church who were in the need of a safe haven and homework help.

Paul's Place currently welcomes 30 students each school day. They begin arriving about 2:15 pm and stay until 7:00 pm. During those hours the

students receive tutoring, work on social skills, have a nutritional snack and a balanced family-style meal, participate in a variety of extracurricular activities and enjoy an "earned" Friday field trip. Although academics are an important focus at Paul's Place, they frequently provide a variety of non-academic services to their children and their families in order to promote their overall well-being (e.g., social service referrals, medical appointments, transportation needs, clothing, food, etc). For more information, go to <https://paulsplaceafterschool.com/>

Defending our rights

Our program on October 30th was presented by Mark Schneider, President of the Palm Beach County ACLU Board. The American Civil Liberties Union (ACLU) is our nation's guardian of liberty, working daily in courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States.

This year, voting rights, immigrants' rights, and our broken criminal justice system were among the most high-profile issues considered by the Legislature. With strong support from Governor Ron DeSantis, the legislature passed anti-civil liberties bills that will: Tear families apart and codify racial profiling into law, Restrict Amendment 4 and bar hundreds of thousands of

Floridians from voting, Exacerbate the school to prison pipeline, And, divert taxpayer dollars from public school education to fund private religious schools.



Florida Senator Randolph Bracy has introduced legislation that would incentivize good behavior and rehabilitation in Florida's prisons by adjusting the "gain time" for first time nonviolent offenders, allowing some people to earn more than 15 percent off of their prison sentence. Under the current law, prisoners must serve 85 percent of their sentence, regardless of any rehabilitation efforts.

For more about ACLU, go to <https://www.aclufi.org>

Visit our Website:

www.delraybeachkiwanis-



sun-



Like us on Facebook

Other Doings.....



Hail! President of the Month!

***** October*****



Gene Sapino
(Mr. 4 Times)

Here are the upcoming scheduled POTM's:

- November - **Doug Martin**
- December - **Reeve Bright**
- 2020 January - **Peggy Kelleher**
- February - **Carlene Laseter**
- March - **Bob Barcinski**
- April - **Suzanne Fisher**
- May - **Larry Schroeder**
- June - **David Freeburn**
- July - **Jay Alperin**
- August - **Bill Morse**
- September - **Steve Rubin**

Thank You!



NOTE: We need a new Chairperson for the Delray Affair in April. Please step forward and volunteer.



Ezra Krieg was *President for the Day* at our Finnegan's meeting. Man, did he love ringing that bell. My ears are still ringing!



Our club donated \$250 to Delray Reads Day.

We also donated \$250 through Roots & Wings to help sponsor the Orchard View Elementary safety patrol trip to Washington. We also Sponsored a T-Box sign for the Park Vista H.S. Golf tournament benefiting their baseball and golf teams.

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



Upcoming Important Dates:

Upcoming Birthdays:

- November 4** - Gail Colvin
- Cynthia Freeburn
- November 7** - Betty Galinis
- November 16** - Gene Sapino
- November 21** - Beverly Morrison

Wedding Anniversaries:

November 20 - Ben & Susan Ruby

Membership Anniversaries:

- November 10** - Ben Ruby, 15 Years
- November 13** - Alberta Gaum Rickard, 13 Years
- November 21** - Larry Schroeder
- November 29** - Jay Alperin, 46 Years!!!

October 3rd Meeting "Finnegan's": Ben Bassford celebrated another birthday and Dale Morrison mentioned his brother's birthday. Scott Youngberg put in for Dale having a brother. Matt Byrne introduced his guest tonight, Phil Litman, who was happy to be here. Matt announced "Singing's back!" and started singing happy birthday to Ben. Steve Rubin congratulated Scott for the golf tournament, and Ezra Krieg was happy the Dolphin's won't lose a game this week (They're not playing). Peggy Kelleher cheered on the Gators, and Bill Morse echoed that. Everyone else was "Happy to be here."

October 9th Meeting: Slim turnout today. Jay Alperin is going to Maine tomorrow to visit the Bright's. Matthew Byrne put in \$2, 1 for the people here today and 1 for those not here. Peggy Kelleher touted her Gators again and is going to her Nephew's wedding in California this weekend. Regina Sablo was happy to be back in Florida for 3 weeks straight. Bob Barcinski and Gene Sapino were Just Happy. (Ed Note: Thanks to Bob Barcinski for his sharp reporting skills today)

October 16th Meeting: Today we inducted John Crane-Baker into the club. John was so happy he contributed \$20! Wow! Everyone put in for that. In addition Jay Alperin described a 45 degree downhill hike he took in Maine. Reeve Bright then finished the story that he had to hike back up to get the car for Jay. Scott Youngberg celebrated his grandson's first haircut and his first birthday at Disney. Bob Barcinski was happy Purdue won a game and Peggy Kelleher had a great time with the family in California. Mark Scheinbaum told the story of how the Swat team had to help people who locked themselves in a vault at Tiffany's in the Boca Mall during a shooting scare. Turned out to be balloons popping. Bill Morse is happy tax season is finally over. Ezra Krieg and Dave Freeburn are celebrating anniversaries and Ezra still has hope for the Dolphins. Everyone else was "Just Happy".

October 23rd Meeting: Jay & Diane Alperin were talked into being food judges at a picnic last weekend. His stomach hurt for 6 hours. Mark Scheinbaum's wife has completed 3 of 4 graduate courses with "A's". It was also 22 years ago that Mark took his daughter to her first world series game and now she his taking her son to his first world series game tonight in Houston. Carlene Laseter had a great vacation out west and loved the 18 degree weather. Brrrrr! Steve Rubin just noticed Doug Martin's beard...It's only been over a year he's had it. Peggy Kelleher thanked everyone that signed up for Delray Reads and "Go Gators". Ezra Krieg celebrated a moral victory for the Dolphins, they beat the point spread. Everyone else was "Just Happy".

October 30th Meeting: Jay Alperin started us with a PSA about the census. Larry Schroeder was happy until he heard that. John Crane-Baker is cheering on the Nationals in tonight's game 7 World Series. Scott Youngberg is rooting for Houston and FSU's upcoming victory over the Hurricanes (he hopes). Carlene Laseter is happy Kentucky won and Bill Morse is going on a cruise and said "Go UF!" Reeve Bright had a birthday dollar. Peggy Kelleher also had a dollar for #6 UF and the Delray Initiative on Saturday. Everyone else was JH.



Whitfield Addresses Our Club

Our program on October 16th was a presentation by Erica Whitfield, District 4 School Board Member. Erica brought us up to date on the main issues before the Palm Beach County School Board and our local schools.



Topics included a big Thank you for the ballot referendum that provided money to repair our schools; protection at every school by providing police officers and mental health specialists; getting bonuses for teachers; improving school grades and the early learning coalition. You can reach Erica at: Erica.Whitfield@palmbeachschools.org

Delray Raising Literacy



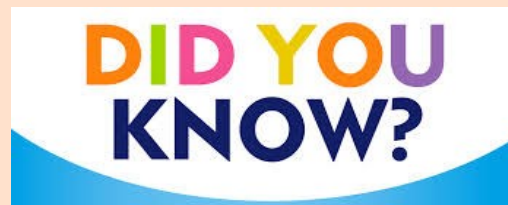
Our program on October 23rd was a presentation by Janet Meeks, the Education Coordinator for the City of Delray Beach. The Education Board has a unique role to the City Commission as an advisory board. They are the Board that shapes education policies within the City. The

Board serves as a liaison between the City Commission, the School District of Palm Beach County, and the City's public and private schools. The Board also monitors Federal and State legislative actions as well as School Board activities and policies. Partnering with various organizations, local businesses, private citizens and non-profits, the City promotes grade level reading initiatives and academic programs.

Programs range from the annual Delray Reads Day, to summer camps focused on fighting "summer slide" where students fall out of reading habits. Together with the library, the city is able to give students books to keep as their own.

Experts said students learn to read up until third grade. Afterward, they read to learn. So making sure they can read proficiently in third grade sets them up for success the rest of their lives. "Strong schools create strong communities. We'll have more students who are academically successful, going on to college, creating a strong labor pool," explained Janet.

The city has seen a 22 percent jump in the number of third graders at Title 1 schools reading at their grade level. Plus absenteeism dropped by more than 65 percent over the same time. Janet can be reached at: (561) 243-7203 ext. 7231 or meeksj@mydelraybeach.com



1. Kiwanis International conventions began when the Kiwanis Club of Cleveland invited representatives of other clubs to meet there in May 1916. At that time there were a total of 16 clubs with 1,924 members. A Kiwanis International convention has been conducted every year since then, except for limited conferences in 1943-45 due to wartime travel restrictions. Today, the usual attendance at an International convention is about 12,000.

2. The first president of Kiwanis International was George F. Hixson of the Rochester, New York, club. He was elected at the first convention in Cleveland in 1916 and re-elected the next year. He is the only International President to serve for two terms. The Hixson Fellowship of the Kiwanis International Foundation is named in his honor; Hixson medals are presented to donors who have contributed at least \$1,000 to the Hixson Endowment Fund or the Worldwide Service Project.

3. Kiwanis International's continuing service focus is called "Young Children: Priority One." This program seeks to serve the special needs of young children from prenatal development to age 5 in four areas: maternal and child health; child care and development; parent education and support; and safety programs and pediatric trauma care.

4. Kiwanis became international with the organization of the Kiwanis Club of Hamilton in Ontario, Canada, in November 1916. However, the organization's official name, "Kiwanis Club," was not changed to "Kiwanis International" until the Constitutional Convention in Denver in 1924.

5. The first Kiwanis headquarters, a two-room office, was opened in Chicago in 1918. Kiwanis continued to rent larger and larger offices in the "Windy City" until 1957, when the first Kiwanis International building was dedicated. This building served Kiwanis for 25 years but was eventually outgrown. In 1982 the sale of this valuable property allowed construction of a larger building in Indianapolis, a site with lower costs and greater convenience than downtown Chicago.

6. Club delegates approved in principle the establishment of Kiwanis districts at the Providence, Rhode Island, convention in 1918. The purpose of Kiwanis districts is to promote communication and interchange between clubs and assist in carrying out the administrative responsibilities of Kiwanis International. Most of the original 29 districts were organized by the end of that year.

Just 1 Book

Would Make a Difference in the Life of a Child



50/50 Winners:

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



October 3 - Phil (Visiting Guest) Litman

October 9 - Peggy Kelleher

October 16 - Ezra Krieg

October 23 - Jay (Mr. Winning Ticket) Alperin

October 30 - Carlene Laseter

The "Golden" Years ...

Two elderly women were out driving in a large car—both could barely see over the dashboard.

As they were cruising along they came to an intersection. The stoplight was red but they just went on through. The woman in the passenger seat thought to herself "I must be losing it, I could have sworn we just went through a red light."

After a few more minutes they came to another intersection and the light was red again and again they went right though. This time the woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on.

At the next intersection, sure enough, the light was definitely red and they went right through and she turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row! You could have killed us!"

Mildred turned to her and said, "Oh, am I driving?"



Crowded elevators smell different to midgets.

Keys to a heart-healthy diet (Con't)

The DASH Diet, and Portions



The Dietary Approaches

to Stop Hypertension, or DASH diet, is a specially designed eating plan to help you lower your blood pressure, which is a major cause of hypertension and stroke. When combined with a reduction in salt, the DASH diet can be more effective at lowering blood pressure than medication.

Look at labels

In the U.S., look for foods displaying the American Heart Association's heart-check mark to spot heart-healthy foods that meet the American Heart Association's criteria for fat and cholesterol.

Control portion size

—and your weight. Carrying excess weight means that your heart must work harder, and this often leads to high blood pressure—a major cause of heart disease. As well as eating less sugar, salt, and unhealthy fats, reducing portion sizes is a crucial step toward losing or maintaining a healthy weight.

Understand serving sizes.

A serving size is a specific amount of food, defined by common measurements such as cups, ounces, or pieces—and a healthy serving size may be a lot smaller than you're used to. The recommended serving size for pasta is ½ cup, while a serving of meat, fish, or chicken is 2 to 3 ounces (57-85 grams). Judging serving size is a learned skill, so you may initially need to use measuring cups, spoons, and a food scale to help.

Eyeball it.

Once you have a better idea of what a serving should be, you can estimate your portion. You can use common objects for reference; for example, a serving of pasta should be about the size of a baseball (slightly smaller than a cricket ball), while a serving of meat, fish, or chicken is about the size of a deck of cards.

If you're still hungry at the end of a meal fill up on extra servings of vegetables or fruit.

Beware of restaurant portions. They're often more than anyone needs. Order an appetizer instead of an entrée, split an entrée with your dining companion, or take half your meal home for tomorrow's lunch.



BE THE PERSON YOU NEEDED WHEN YOU WERE YOUNGER.





You might be a redneck if

- Your family tree does not fork.
- The flood history of the area can be seen on your living room walls.
- You haul more than U-Haul.
- Your momma has ever stomped into the house and announced, "The feud is back on!"
- There is a gun rack on your bicycle.
- Your wedding was held in the delivery room.
- Your soap on a rope doubles as an air freshener.

PUBLIC SERVICE ANNOUNCEMENT

Vaccinating Pregnant Women Protects Moms and Babies

Influenza and whooping cough can be deadly, especially in a baby's first few months of life. Vaccinating women against these diseases during each pregnancy helps protect both them and their babies. Studies show flu and whooping cough vaccines are very safe for pregnant women and developing babies.

CDC recommends all pregnant women receive flu vaccine at any time during pregnancy, and whooping cough vaccine (Tdap) early in their third trimester, during each pregnancy.

Pregnant women who get vaccinated pass antibodies to their babies, protecting babies in the first few months of life before they can get their own vaccines.

Recommendations from healthcare providers are one of the strongest motivators for pregnant women to get vaccinated.

Flu vaccination during pregnancy lowers risk of influenza hospitalization in:

Pregnant women by an average of 40%

Babies less than 6 months old by an average of 72%

Tdap vaccination during pregnancy lowers risk of:

Whooping cough in babies less than 2 months old by 78%

Hospitalization due to whooping cough in babies less than 2 months old by 91%

Membership

Carlene Laseter - Chairperson



Share It.....

Have you ever shared your Kiwanis experience with others? With your colleagues, friends or family? Would you proudly post pictures from a Club event on your Facebook page? Would you invite someone you witnessed performing a random act of kindness to visit your club?

If not, what would it take for you to want to do so? What would it take for you want to spread Kiwanis not only to others in your community, but to other communities without clubs?

"Share it" is what happens when members love their clubs. It's human nature to tell others about great experiences we've had with products, services—even Kiwanis. The "Share it" component of The Formula encourages members to spread the word about their clubs. This applies to word-of-mouth communications, including person-to-person invitations to club meetings, social events, fundraisers and service projects.

Think about what you love about Kiwanis. The service. The impact. The fellowship.

Then think about people who would love those things too—and the impact they could help us make. That's where you come in. And that's why your story matters.

Share what you love. So you can live what you love.

Make your story a part of your formula for the future.



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

Doing Good....Feeling Good!

Upcoming Meeting Programs

11/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 7th, at 6:00 pm.
 11/13 On the Table Conversation
 11/20 Shamrock Restoration
 11/27 All Nets

12/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 5th, at 6:00 pm.
 12/11 Tentative: PB Behavioral Health Coalition
 12/18 Annie Appleseed Project
 12/25 --- No Meeting--- Merry Christmas

1/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 2nd, at 6:00 pm.

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



Answering Machine Messages

-- Thank you for calling 434-2322. If you wish to speak to Tim, push 1 on your touchtone phone now. If you wish to speak to Lynn, push 2

on your touchtone phone now. If you have a wrong number, push 3 on your touchtone phone now. All of this button pushing doesn't do anything, but it is a good way to work off anger, and it makes us feel like we have a big time phone system.

-- [Very fast] Hi, this is 904-4344. If you want to leave a message, please wait for the tone. If you want to leave your name and number, please press pound, press 3, then dial your name, then press 6 and dial your number. If you want to leave your name and just a message, press star, press 6, ask for extension 4443, then leave your name and message. If you want to leave your number and the time you called, please press star twice, spin in a circle, press 1 twice, talk loud and BEEP.

-- This is not an answering machine—this is a telepathic thought-recording device. After the tone, think about your name, your reason for calling, and a number where I can reach you, and I'll think about returning your call.

-- [In a bored voice] Heaven, God speaking...

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

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"It takes 20 years to build a reputation and 5 minutes to ruin it. If you think about that, you'll do things differently."



--- Warren Buffett

Calendar Of Events

November 7th.....Delray Reads Day@ Orchard View Elem. 9 a.m.

November 15th....Terrific Kids, 8:15-9:am, Orchard View Elementary

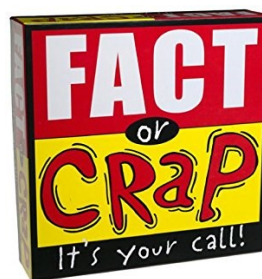
November 28Turkey Meal Delivery's Meet at Delray Golf Club 9 a.m.

TBD 3rd Annual Putt-Putt Challenge

TBD Holiday Party

December 25..... Merry Christmas! No meeting Today

February 8 Night Time "Glo-Ball" Golf Tournament, Delray Golf Club



1. Fact or Crap - A minstrel is the same as a troubadour.
2. Fact or Crap - Elvis Presley had a twin brother.
3. Fact or Crap - Salvatore, Toro, Schillaci became the oldest goal-scorer in FIFA World Cup History.
4. Fact or Crap - The Pioneer was the first spacecraft to orbit Uranus.
5. Fact or Crap - Johnny Carson and Eva Gabor found themselves in a Twister tangle on national TV.
6. Fact or Crap - The US Navy invested nearly a half million dollars in Frisbee research.

(Answers on Page 8)

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 3:

1863 President Abraham Lincoln declared the last Thursday in November Thanksgiving Day.
 1929 The Kingdom of Serbs, Croats and Slovenes changed its name to the Kingdom of Yugoslavia.
 1951 Bobby Thomson hit the "shot heard 'round the world" – a three-run home run in the bottom of the ninth inning of a playoff game at the Polo Grounds – to send the New York Giants into the World Series.
 1955 "Captain Kangaroo" premiered on CBS and "The Mickey Mouse Club" premiered on ABC.
 1960 "The Andy Griffith Show" premiered on CBS.
 1961 "The Dick Van Dyke Show" premiered on CBS.
 1974 The Cleveland Indians hired Frank Robinson as major league baseball's first black manager.
 1990 West Germany and East Germany ended 45 years of postwar division, declaring the creation of a new unified country.
 1995 A jury found ex-football player O.J. Simpson innocent of murder in the 1994 slayings of his former wife, Nicole Brown Simpson, and Ronald Goldman.

Birthdays:

Singer Chubby Checker is 78
 Actor Alan Rachins ("Dharma and Greg") is 77
 Magician Roy Horn of Siegfried and Roy is 75
 Singer-guitarist Lindsey Buckingham of Fleetwood Mac is 70
 Singer Gwen Stefani is 50
 Singer Kevin Richardson of the Backstreet Boys is 48
 Actress Lena Headey ("Game of Thrones") is 46

October 9:

1701 The Collegiate School of Connecticut – later Yale University – was chartered in New Haven.
 1888 The public was first admitted to the Washington Monument.
 1930 Laura Ingalls became the first woman to fly across the United States as she completed a nine-stop journey from Roosevelt Field in New York to Glendale, Calif.
 1936 The first generator at Boulder (later Hoover) Dam began transmitting electricity to Los Angeles.
 1967 Guerrilla leader Che Guevara was executed in Bolivia while attempting to incite revolution.
 2001 Letters postmarked in Trenton, N.J., that later tested positive for anthrax spores were mailed to Sens. Tom Daschle, D-S.D., and Patrick Leahy, D-Vt.
 2006 North Korea announced that it had conducted its first nuclear weapons test.
 2006 Google Inc. announced it was snapping up YouTube Inc. for \$1.65 billion in a stock deal.
 2007 The Dow Jones industrial average closed at an all-time high of 14,164.53.
 2008 The Dow Jones industrials fell below 9,000 – to 8,579.19 – for the first time in five years.
 2010 Chile's 33 trapped miners cheered and embraced each other as a drill punched into their underground chamber where they had been stuck for an agonizing 66 days.

Birthdays:

R&B singer Nona Hendryx (LaBelle) is 74
 Singer Jackson Browne is 70
 Actor Gary Frank ("Family") is 68
 Manager-TV personality Sharon Osbourne is 66
 Actor Scott Bakula is 64
 Actor John O'Hurley ("Seinfeld") is 64
 Actor Brandon Routh ("DC's Legends of Tomorrow") is 39
 Actor Zachery Ty Bryan ("Home Improvement") is 37

October 16:

1793 Marie Antoinette was beheaded during the French Revolution.
 1964 China detonated its first atomic bomb.
 1969 The New York Mets, a previously hapless expansion team, won the World Series 4 games to 1 over American League powerhouse the Baltimore Orioles.
 1984 Anglican Bishop Desmond Tutu of South Africa was named winner of the Nobel Peace Prize.
 2002 President George W. Bush signed a congressional resolution authorizing war against Iraq.
 2011 The Martin Luther King Jr. Memorial was formally dedicated in Washington, D.C.

Birthdays:

Actress Angela Lansbury turns 93
 Actor and director Tim Robbins turns 60
 Singer John Mayer turns 41
 Actress Caterina Scorsone turns 38
 Singer Wendy Wilson (Wilson Phillips) is 49
 Rapper B-Rock (B-Rock and the Bizz) is 47

October 23:

1707 The Parliament of Great Britain, created by the Acts of Union between England and Scotland, held its first meeting.
 1973 President Richard M. Nixon agreed to turn White House tape recordings requested by the Watergate special prosecutor over to Judge John J. Sirica.
 1998 Israeli Prime Minister Benjamin Netanyahu and Palestinian leader Yasser Arafat signed a land-for-peace agreement at the White House, following nine days of talks at Wye River, Md.
 2001 Apple Computer Inc. introduced the iPod portable digital music player.
 2011 Libya's interim rulers declared the country liberated, formally marking the end of Moammar Gadhafi's 42-year tyranny.

Birthdays:

Singer Barbara Ann Hawkins of The Dixie Cups is 76
 Country singer Dwight Yoakam is 63
 Singer "Weird Al" Yankovic is 60
 Actor Ryan Reynolds is 43
 "The View" host Meghan McCain is 35
 Actress Masiela Lusha ("George Lopez") is 34
 Actress Emilia Clarke ("Game of Thrones") is 33
 Actress Amandla Stenberg ("The Hunger Games") is 21.

October 30:

1961 The Soviet Union tested a hydrogen bomb.
 1974 Muhammad Ali knocked out George Foreman in the eighth round of a 15-round bout in Kinshasa, Zaire, to regain his world heavyweight title.
 1997 A jury in Cambridge, Mass., convicted British au pair Louise Woodward of second-degree murder in the death of 8-month-old Matthew Eappen. The judge later reduced the verdict to manslaughter and set Woodward free.
 2003 Lebron James made his NBA debut with the Cleveland Cavaliers.
 2005 Civil rights pioneer Rosa Parks became the first woman to lie in honor in the U.S. Capitol Rotunda.

Birthdays:

Singer Otis Williams of The Temptations is 78
 TV journalist Andrea Mitchell is 73
 Actor Harry Hamlin is 68
 Actor Michael Beach ("Soul Food," "Third Watch") is 56
 "Cash Cab" host Ben Bailey is 49
 Actor Matthew Morrison ("Glee") is 41

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Actor Henry Winkler comes in, we hope that you will buy him "The Fonz-Heyyyy" drink, as he is 74 years old today.



There was an old owl that lived in an oak. Everyday he saw incidents happening around him. Yesterday he saw a boy helping an old man to carry a heavy basket. Today he saw a girl shouting at her mother. The more he saw the less he spoke.

As he spoke less, he heard more. He heard people talking and telling stories. He heard a woman saying that an elephant jumped over a fence. He also heard a man saying that he had never made a mistake.

The old owl had seen and heard about what happened to people. Some became better and some became worse. But the old owl had become wiser each and every day.

Remember? You should be observant, talk less but listen more. This will make you a wise person.





Here Comes "Little Johnny"

-- Little Johnny's teacher asks him to make a sentence using the following words: defeat, deduct, defense and detail.

Little Johnny says, "De feet of de duck went over de fence before de tail."

-- Little Johnny: Teacher, can I go to the bathroom?

Teacher: Little Johnny, May I go to the bathroom?

Little Johnny: But I asked first!

-- The teacher asks little Johnny if he knows his numbers.

"Yes," he says. "My daddy taught me."

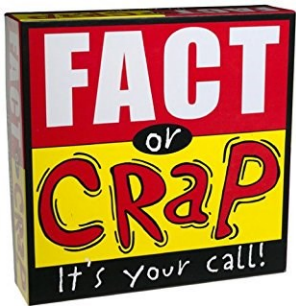
"Can you tell me what comes after three?" "Four," answers little Johnny.

"What comes after six?" "Seven," answers little Johnny.

"Very good," says the teacher. "Your father did a very fine job."

What comes after ten?"

"A jack," answers little Johnny.



Answers.....

1) Crap. While both are considered musical performers, minstrels merely sing the songs, troubadours actually write them.

2) Fact. Elvis and twin brother Jessie Garon were born January 8th, 1935. Jessie was a stillborn, Elvis was raised as an only child.

3) Crap. Roger Milla was the player who came out of retirement to score the age-based record.

4) Crap. Pioneer 10 was the first spacecraft to visit Jupiter back in 1973.

5) Fact. The late night comic and Hungarian bombshell helped launch the new Milton Bradley game in 1966.

6) Fact. The government agency was actually using the flying disc to test a prototype flare launcher back in 1968.



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!

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

(Answers on Page 10)



Who 'Dat?

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

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.
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:

2019-20 President: F. James Wylie
Email: fjameswylie@gmail.com
Div. 21 Trustee: Tom Thayer

Executive Perspective

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



Inclusion takes effort

At the Kiwanis International convention in June, the delegates amended our organization's bylaws to reinforce our organization's commitment to inclusion and diversity — and our stand against discrimination.

Article 1, Section 10, of the Kiwanis International Bylaws now states: "Kiwanis clubs shall not discriminate based upon race, color, creed, national origin, age or sex, including sexual orientation and gender identity, when considering membership or during any of their activities or operations and shall conduct business in compliance with local nondiscrimination laws."

On one level, this is perfectly straightforward language. For any organization that intends to be welcoming and inclusive in 2019, it's a logical — perhaps even routine — position to take.

But I think it's more than that. In fact, it goes beyond a piece of business put before the House of Delegates. It stands as a proclamation of our values, a statement of our place in the world.

Previously, our lack of restrictions or definitions for membership was our way of showing that we're inclusive. The board's explanation of this new wording expresses something significant: Having a stated nondiscrimination provision can raise consciousness among clubs of the importance of diversity and inclusion.

In other words, it sometimes takes specific attention and effort to fulfill those values. We'd all love to simply fling open the doors and instantly attract people of all races, religions and identities. In reality, we often have to be active and intentional about showing people in our communities what we do, who we are — and why they should join us.

Today, many clubs in the Kiwanis family have a true diversity of members. For most of them, it's because they've worked to make it happen. It reminds me of one of my favorite quotes, from John F. Kennedy's challenge to go the moon: "We do these things not because they are easy, but because they are hard." It's a belief that good work ultimately proves its worth.

And it's as true as ever. This increasingly diverse world shows what the future looks like. For Kiwanis, it should also show how crucial an active commitment to inclusion is to us.

Sudoku Puzzle...Answers

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

Visit our Website:
www.delraybeachkiwanis-sunrise.org





From Our Photographer's Camera.....

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

