



The Sunriser

The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 49 Years of Service



"Swing for Kids"
Charity Golf Classic
October 15, 2022

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.

2022-2023 Officers

President Pro-Tem, October
Pam Davidson

President: Pam Davidson

Secretary: Jay Alperin
561-289-2387

Treasurer: Dale Morrison
561-278-1002

2022-2023 Bd. of Directors

Carlene Laseter, Doug Martin,
Ezra Krieg, Peggy Kelleher, Bob Barcinski
Alberta Rickard, David Freeburn
Joel Davidson, Bill Morse, Regina Sablo

2022-2023 Committee Chairs

*Community Service:

AVDA - Jay & Diane Alperin
Thanksgiving - Ezra Krieg
Police Appreciation - Ezra Krieg,
Peggy Kelleher

*Club Meetings: Jay Alperin

*Fund Raising:

General Events- Ezra Krieg, Rich Pollack
Delray Affair- Rich Pollack, Reeve Bright
Golf Tourney- Scott Youngberg
Glo-Ball - Bob Barcinski

*Interclubs: Steve Rubin

*Membership: Carlene Laseter

*Newsletter/Website:
Scott Youngberg

*Publicity/PR: Rich Pollack,
Patrick Glover

*Programs: Ezra Krieg

*Social Activities:
President & President Elect

*Spiritual Aims: Doug Martin

*Youth Services:
Scholarship - Scott Youngberg,
Dale Morrison
Terrific Kids - Peggy Kelleher,
Danielle Garcia

*Key Club/Builders Club -
Pam & Joel Davidson
American Heritage - Sally Schliefer
Atlantic High School- Mary Fiaschetti
Unity School - Stacy Brookman

Volume 2022, Issue 10

October, 2022



Ambassador of the Wetlands

Our program on September 14th was presented by Rob Long, Chairman of the Palm Beach Soil & Water Conservation District. Ambassador of the Wetlands is an exciting environmental science program based on a community partnership between Mounts Botanical Garden and Palm Beach Soil & Water Conservation District. The program promotes wetland stewardship, water conservation and environmental education and will enhance Everglades knowledge, inspire civic responsibility and a sense of stewardship over our natural resources.

AOW is designed for high school students and consists of a school

classroom pre-visit - focusing on core concepts of the curriculum, followed by one full day of a hands-on, experimental field trip to Mounts. During the field experience students will learn about the Everglades, dip-net in Lake Orth and identify macroinvertebrates, practice on-site water testing and interact with a working aquifer model. Students will also learn about water conservation and what they can do to make a difference. Core themes include Florida's geologic history and Everglades formation, the importance of wetlands, ecological functions, and human changes to the natural system.

Participation in this free program is on a first come, first serve basis. For more information on this program and the other services provided by the District, go to www.pbswcd.org.

Berman Speaks to Our Club

Our program on September 21st was presented by Lori Berman, Florida State Senator. Berman served in the Florida House of Representatives from 2010 to 2018 before being elected to the Florida Senate in 2018. She currently serves on the Education, Ethics & Elections, Finance & Tax and Transportation committees, as well as on the Appropriations Subcommittee on Agriculture, Environment & General Government.

Berman is running for re-election in the new District 26, which includes Berman's home base of Delray Beach, as well as Boynton Beach, Wellington and the Glades.

"It is important to make Palm Beach County a place where people can prosper," Berman said. "Job creation is very important, and I support efforts to diversify our economy. We also need to focus on clean energy and grow that part of our economy,

including solar. Other key issues include fully funding education, making sure our environment is clean; and making sure people have access to healthcare," Berman said.

Over her upcoming term in Tallahassee, she would like to see Florida address safe, clean water throughout the state, which includes a bill she is sponsoring to make sure that contaminated water sources are properly marked with signage. She is also a strong supporter of a woman's right to choose. "Any decisions about a woman's reproductive rights should be between a woman, her family and her doctor, and whomever she chooses to be involved — but not her legislators," Berman said.

For more information go to www.loriberman.com.



Visit our Website:
www.delraybeachkiwanis.org

Other Doings.....



Hail! President, Pro-Tem of the Month!

***** September *****



Steve Rubin

Here are the upcoming scheduled PPOTM's:

- October - **Pam Davidson**
- November - **Jay Alperin**
- December - **Regina Sablo**
- January, 2023 - **Open**
- February - **Bob Hayes**
- March - **Bob Barcinski**
- April - **Terrence Moore**
- May - **Peggy Kelleher**
- June - **Bill Morse**
- July - **Rich Pollack**
- August - **Carlene Laseter**
- September - **Steve Rubin**

Thank You!



CORRECTION! The new 2023-24 Kiwanis Lt. Governor for Division 21 will be our own **Pam Davidson**. It was reported earlier that she was to be Lt. Gov. for 2022-23. Pam's campaign director **Ezra Krieg** says it's still not too late for this upcoming year. Working on it!



**ONE ACT OF KINDNESS
CAN CHANGE THE WORLD.**

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



Upcoming Important Dates:

Upcoming Birthdays:

- October 6** - Mark Scheinbaum
- October 7** - Anne Bright
- October 22** - Regina Sablo
- Camilla Szymanski
- October 24** - Brian Schleifer
- October 29** - Dupree Jackson, Jr
- October 30** - Reeve Bright

Wedding Anniversaries:

- October 8** - Carlene & Robert Laseter (57 years)
- October 19** - Ezra Krieg & Marsha Eisenberg (20 years)
- October 20** - David & Cynthia Freeburn (43 years)

Membership Anniversaries:

- October 1** - Reeve Bright (49 Years !!)
- October 15** - Carole Bassford

September 8th Meeting "Finnegans" : **Scott Youngberg** put in for FSU & UF for their wins as underdogs. **Peggy Kelleher** also cheered their wins and "Go Bills". **Joel Davidson** was happy UM & UF jumped in the polls. **Ezra Krieg** cheered on the Rams over the Bills and for the Dolphins. **Carlene Laseter** was happy Kentucky won and her son is going to explore Mammoth Cave in Kentucky. **Pam Davidson** is finally finished with the "plague". **Jay Alperin** has two grandsons starting college. **Bill Morse's** son turned 50. **Rich Pollack** is happy for the rain and green grass. **Steve Rubin** is happy to be POTM. Everyone else was "Just Happy".

September 14th Meeting: **Ezra Krieg** welcomed **Reeve Bright** back from his trip up north. **Reeve** had a happy time in Maine. **Gina Sablo's** daughter completed her 3rd year in medical school. **Jay Alperin** was happy FAU won. **Bob Barcinski** happy for Purdue. **Joel & Pam Davidson** saw UM win. **Scott Youngberg** gave his condolences to Florida for losing to Kentucky. **Carlene Laseter** was happy for Kentucky and was also happy to finally getting her garage door repaired. **Steve Rubin** was happy Northwestern only lost by 8 points. Everyone else was JH.

September 21st Meeting: Today we had guest **Vivian Dimanche**, an EJS Honoree. She spoke about her trip to Wash, DC. Everyone put in for her. **Scott Youngberg** celebrated 44 years with the club and FSU as the only undefeated college team in Florida. Several other members put in for the 44 years. **Carlene Laseter** was happy Kentucky had a shut out. **Peggy Kelleher's** Gators and Bills won. She also had her 8th year anniversary with the club. **Ezra Krieg** happy for the Dolphins amazing comeback win, as was **Joel Davidson**. **Dave Freeburn** cheered on USC and is going to Oregon. **Bob Barcinski** put in for everybody else's team that won - his didn't. **Steve Rubin's** Northwestern lost again, but by only 7 pts. **Dupree Jackson** likes the Jaquars, and had a 20 year Boca High reunion. **Rich Pollack** is a NY Giants fan. **Terrence Moore** announced the City approved a new budget with reduced mileage. **Pam Davidson** and **Mike Salem** think our club is fabulous and the greatest.

September 28th Meeting: Hurricane Ian took center stage. NOBODY was happy!



Calendar Of Events

**October 15 - 40th Annual
Kiwanis "Swing For Kids"
Charity Classic**

Westchester Country Club,
Boynton Beach. 7:30 am - 2 pm



October 27 - Delray Reads Day
Orchard View Elementary



Good Carbs vs. Bad Carbs

Carbohydrates are one of your body's main sources of energy. Health

organizations such as the U.S. Department of Health and Human Services recommend that 45 to 65 percent of your daily calories should come from carbohydrates. However, the majority of these should be from complex, unrefined carbs rather than refined carbs (including starches such as potatoes and corn).



Unlike simple carbs, complex carbohydrates are digested slowly, causing a gradual rise in blood sugar. They're usually high in nutrients and fiber, which can help prevent serious disease, aid with weight-loss, and improve your energy levels. In general, "good" carbohydrates have a lower glycemic load and can even help guard against type 2 diabetes and cardiovascular problems in the future.

Good carbs include:

Unrefined whole grains – whole wheat or multigrain bread, brown rice, barley, quinoa, bran cereal, oatmeal.

Non-starchy vegetables – spinach, green beans, Brussels sprouts, celery, tomatoes.

Legumes – kidney beans, baked beans, peas, lentils.

Nuts – peanuts, cashews, walnuts.

Fruit – apples, berries, citrus fruit, bananas, pears.

What are refined, simple, or "bad" carbs?

Bad or simple carbohydrates include 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, sweet desserts, and many breakfast cereals. They digest quickly and their high glycemic index causes unhealthy spikes in blood sugar levels. They can also cause fluctuations in mood and energy and a build-up of fat, especially around your waistline.

Membership

Carlene Laseter - Chairperson



How do you share Kiwanis?

"I started to talk about the gift of Kiwanis. If I really care about other people, why would I not want to share with them the best that I have in my life?"

— Ray Mitchell, Indianapolis, Indiana

"By explaining what it means to me and the pleasure and joy I get out of it."

— John Sheridan, Kingwood, Texas

"We had a member—a long-standing member who's a very proud Kiwanian—and he reached out to people like myself ... who were invested in kids' well being. Once we saw what it was about and what we could do on a local level, that's what grabbed hold of me. And that's what made me believe in the mission of Kiwanis."

— Bill Cunningham, Jersey City, New Jersey

What's your formula for sharing Kiwanis with others?



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!

PUBLIC SERVICE ANNOUNCEMENT

Never Use Your Phone To Scan Untrusted QR Codes in Public

The FBI is warning that you should never use your phone to scan untrusted QR codes in public.

Even though they've been around for more than a decade, QR codes became more commonly used during the COVID-19 pandemic. Now, they've become so commonplace that one was used in a viral commercial during this year's Super Bowl. But while they can be handy for looking at a restaurant's menu or visiting your favorite shop's online store within seconds, criminals can also use them for nefarious purposes. The FBI is warning that scammers are now using the scannable symbols to take advantage of unsuspecting victims in some cases.

According to authorities, the recent uptick in QR codes has brought an increase in related crime with it. In many such cases, scammers will tamper with signage and replace a legitimate QR code with one that sends customers to a different website altogether. Victims are then duped into entering their personal information or credit card number, which the scammer can then use to steal funds or commit identity theft.

In some cases, fraudsters can also use the tactic to break into your phone.



"Malicious QR codes may also contain embedded malware, allowing a criminal to gain access to the victim's mobile device and steal the victim's location as well as personal and financial information," the FBI warns. "The cybercriminal can leverage the stolen financial information to withdraw funds from victim accounts."

The FBI is cautioning the public that while they can still count on QR codes to be safe in most cases, there are a few tips to follow to make sure they don't fall victim to a scam. The agency recommends only scanning codes from a trusted source, such as inside a reputable business, and always ensuring it hasn't been tampered with or altered with a sticker. You should also double-check the address of any website you're sent to via QR code and only ever enter personal or financial information when you verify you're on the webpage. When in doubt, manually enter the address of the website you're trying to visit to make sure you're not being misdirected.

The agency also warns that you should never download an app from a QR code, opting to use your phone's native app store instead. You should also avoid scanning any codes sent to you in an email requesting payment from a company. As always, you should look up the number of the company in question and contact them before handing over any information.

Upcoming Meeting Programs

These are the scheduled Programs for our meetings at the Delray Golf Club (Subject to change):

- 10/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, October 6th, at 6:00 pm.
- 10/12 Rebel Recovery
- 10/19 Ryan Boylston
- 10/26 Witches of Delray

- 11/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 3rd, at 6:00 pm.
- 11/9 Volen Center
- 11/16 **Police Appreciation**
- 11/23 NEED SPEAKER
- 11/30 Tentative: PalmTran

- 12/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 8th, at 6:00 pm.
- 12/14 Delray Beach Public Library
- 12/21 NEED SPEAKER
- 12/28 New Year's Wishes

- 1/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 5th, at 6:00 pm.
- 1/11 Clinics Can Help
- 1/18 Special Rooms
- 1/25 Marine Initiative

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

I just substituted my liter box with a fed ex box, when it's full I just close it up and place it on my porch for someone to steal

**They say every
piece of chocolate
you eat shortens your
life by two minutes.**

**I've done the maths.
Seems I died in 1537.**



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



- September 8 - Bob Barcinski
- September 14 - Scott (The Man) Youngberg
- September 21 - Peggy Kelleher
- September 28 - Hurricane Ian

HUMAN AND SPIRITUAL VALUES
(One of the six Objects of Kiwanis)



"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."

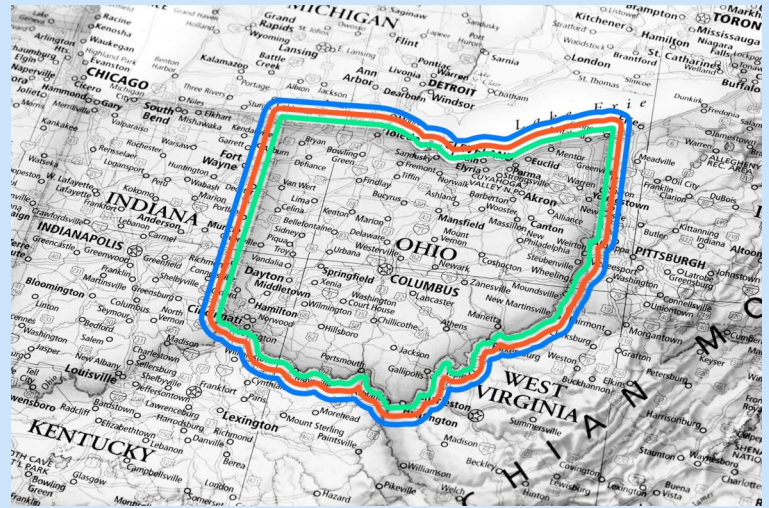
---- DR. ELISABETH KÜBLER-ROSS

Sometimes it takes me all day to get nothing done.



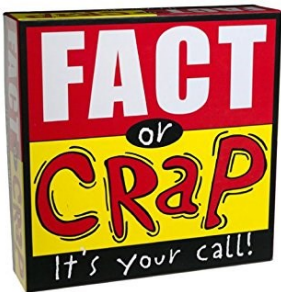
DID YOU KNOW?

Why Is Ohio Called the Buckeye State?



Ohio's Buckeye State nickname stems from the buckeye trees that proliferate within the state's natural spaces, specifically broad grasslands and low hills. These trees famously bear nuts that Native Americans and early settlers likened to the eyes of male deer — or bucks. The buckeye is even the official state tree, designated by Ohio legislature in 1953.

That said, the moniker is more than this native tree — Ohioans have been referring to themselves as Buckeyes at least since the presidential election of 1840, when Ohio resident William Henry Harrison ascended to the Oval Office. The politician's supporters used buckeye wood to fashion carved campaign souvenirs in support of Harrison (who only served 31 days in office before succumbing to pneumonia).



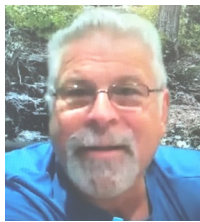
1. **Fact or Crap** - Helminthology is the study of worms.
2. **Fact or Crap** - The games of the 24th Olympiad were held in Sydney in 2004.
3. **Fact or Crap** - Jane Seymour was Henry VIII sixth and last wife.

4. **Fact or Crap** - Eurostar is the train that links Paris and London.
5. **Fact or Crap** - Mark Twain was a pseudonym for Samuel Langtree Clemont.
6. **Fact or Crap** - John Hancock and Benjamin Franklin were the first two to sign the Declaration of Independence.
7. **Fact or Crap** - The flushing toilet was invented in 1596, by Thomas Crapper.

(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:



September 8:

1504, Michelangelo's towering marble statue of David was unveiled to the public in Florence, Italy.
 1565, a Spanish expedition established the first permanent European settlement in North America at present-day St. Augustine, Florida.
 1664, the Dutch surrendered New Amsterdam to the British, who renamed it New York.
 1943, during World War II, Gen. Dwight D. Eisenhower announced Italy's surrender; Nazi Germany denounced Italy's decision as a cowardly act.
 1974, President Gerald R. Ford granted a "full, free, and absolute pardon" to former President Richard Nixon covering his entire term in office.
 1985, Pete Rose of the Cincinnati Reds tied Ty Cobb's career record for hits, singling for hit number 4,191 during a game against the Cubs in Chicago.
 1986, "The Oprah Winfrey Show" began the first of 25 seasons in national syndication.
 2012, Strong storms pummeled the East Coast, spawning a pair of tornadoes in the New York City boroughs of Brooklyn and Queens, while temperatures at Washington Dulles International Airport plunged 25 degrees in one hour, falling from 89 degrees to 64.

Birthdays:

Ventriloquist Willie Tyler is 82.
 Sen. Bernie Sanders, I-Vt., is 81.
 Pop singer Sal Valentino (The Beau Brummels) is 80.
 TV personality Brooke Burke is 51.
 Actor Martin Freeman is 51.
 Actor David Arquette is 51.
 R&B singer Pink is 43.

September 14:

1814, Francis Scott Key was inspired to write the poem "Defence of Fort McHenry" (later "The Star-Spangled Banner") after witnessing the American flag flying over the Maryland fort following a night of British naval bombardment during the War of 1812.
 1847, during the Mexican-American War, U.S. forces under Gen. Winfield Scott took control of Mexico City.
 1861, the first naval engagement of the Civil War took place as the USS Colorado attacked and sank the Confederate private schooner Judah off Pensacola, Florida.
 1867, the first volume of "Das Kapital" by Karl Marx was published in Hamburg, Germany.
 1901, President William McKinley died in Buffalo, New York, of gunshot wounds inflicted by an assassin; Vice President Theodore Roosevelt succeeded him.
 1994, on the 34th day of a strike by players, Acting Baseball Commissioner Bud Selig announced the 1994 season was over.
 2015, Rowan County, Kentucky, clerk Kim Davis returned to work for the first time since she was jailed for defying a federal court and announced that she would no longer block her deputies from issuing marriage licenses to same-sex couples.
 2021, The Justice Department said it was curtailing federal agents' use of "no-knock" warrants, and would also prohibit its agents from using chokeholds in most circumstances.

Birthdays:

Actor Walter Koenig (KAY'-nihg) is 86.
 Basketball Hall of Fame coach Larry Brown is 82.
 Singer-actor Joey Heatherton is 78.
 Actor Sam Neill is 75.
 Singer Jon "Bowzer" Bauman (Sha Na Na) is 75.
 Actor-writer-director-producer Tyler Perry is 53.
 Actor Chad Duell (TV: "General Hospital") is 35.
 Actor Jessica Brown Findlay is 35.

September 21:

1792, the French National Convention voted to abolish the monarchy.
 1937, "The Hobbit," by J.R.R. Tolkien, was first published by George Allen & Unwin, Ltd. of London.
 1957, the legal mystery-drama "Perry Mason," starring Raymond Burr, premiered on CBS-TV.
 1981, the Senate unanimously confirmed the nomination of Sandra Day O'Connor to become the first female justice on the Supreme Court.
 1989, Hurricane Hugo crashed into Charleston, South Carolina (the storm was blamed for 56 deaths in the Caribbean and 29 in the United States).
 2017, Millions on Puerto Rico faced the prospect of weeks or months without power in the aftermath of Hurricane Maria. Facebook said it would provide congressional investigators with the contents of 3,000 ads that had been bought by a Russian agency; it had already released the ads to federal authorities investigating Russian interference in the U.S. presidential election.

Birthdays:

Author-comedian Fannie Flagg is 81.
 Producer Jerry Bruckheimer is 79.
 Author Stephen King is 75.
 Actor-comedian Bill Murray is 72.
 Actor David James Elliott is 62.
 Country singer Faith Hill is 55.
 Actor-talk show host Ricki Lake is 54.
 Actor Luke Wilson is 51.
 R&B singer Jason Derulo is 36.

September 28:

1781, American forces in the Revolutionary War, backed by a French fleet, began their successful siege of Yorktown, Virginia.
 1841, Henry Wadsworth Longfellow completed his poem "Excelsior."
 1850, flogging was abolished as a form of punishment in the U.S. Navy.
 1920, eight members of the Chicago White Sox were indicted for allegedly throwing the 1919 World Series against the Cincinnati Reds. (All were acquitted at trial, but all eight were banned from the game for life.)
 1924, three U.S. Army planes landed in Seattle, having completed the first round-the-world trip by air in 175 days.
 1928, Scottish medical researcher Alexander Fleming discovered penicillin, the first effective antibiotic.
 1995, Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat signed an accord at the White House ending Israel's military occupation of West Bank cities and laying the foundation for a Palestinian state.
 2000, capping a 12-year battle, the government approved use of the abortion pill RU-486.
 2020, the worldwide death toll from the coronavirus pandemic topped 1 million, according to a count by Johns Hopkins University.

Birthdays:

Rock musician George Lynch is 86.
 Actor Mira Sorvino is 55.
 Actor Naomi Watts is 54.
 Country singer Karen Fairchild (Little Big Town) is 53.
 Actor Melissa Claire Egan is 41.
 Pop-rock singer St. Vincent is 40.
 Actor Hilary Duff is 35.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Brigitte Bardot joins us, we hope that you will buy her a "Former Hubba-Hubba" drink, as she is 88 years old today.



Then

Now



Think you know words?

Build your vocabulary with these new words and learn the meaning, history, and fun facts:

Arable

[ER-ə-bəl]
 adjective. Origin: Middle French, 15th century
 Definition: land fit or used for the growing of crops

Examples of Arable in a sentence:

"The land at the back of the house is arable and ready for crops to be planted."

"This county has twice as much arable land as its neighbors, which is why we have so many farms."

You can tell a lot about a woman by her hands. For instance, if they're around your throat she's probably slightly upset.



benefitting
ACHIEVEMENT
CENTERS FOR
CHILDREN
& FAMILIES

2022

GOLF TOURNAMENT



Delray Beach Kiwanis "Swing For Kids" Charity Golf Classic

40th Annual Kiwanis Golf Outing - 4 Person Scramble
benefitting Achievement Centers for Children & Families

Enjoy a complete program of special events, 18 holes of golf (including cart), BBQ lunch, goody bag, range balls and Awards Presentation
\$100 per player or \$380 per foursome

Saturday, October 15th, 2022 · 8:00 am to 2:00 pm

Westchester Country Club – 12250 Westchester Club Dr, Boynton Beach FL 33437-TEL: (561) 369-1000
Registration 7:00 -7:45 AM (If not Pre-registered) · 72 Golfers - 18 Teams

CONTESTS

- Sports Event VIP Ticket Putting challenge
- \$10,000 Hole In One Prize
- Closest to the pin "7-Day Getaway" challenge
- \$50,000 Hole-in-One Shootout for 4 players
- Other Fun On-Course Contests
- Awesome Raffle Prizes

To help us properly plan for this event,
please pre-register by going to:
Kiwanis-Swingforkids.com
or call 561-386-5237 for more information

Enjoy a fun round of golf while helping the children of your community!

Please Note: The event is now only 2 weeks away, We still need help signing up Sponsors, Golfers and Raffle Prizes.

We Need Everyone's Help!

To date, We have 18 hole sponsors and 9 teams signed up. For more information and If you are playing, sponsoring or both, You can register now on-line by going to:

<http://www.kiwanis-swingforkids.com/>

We accept credit cards on our website, so please keep that in mind.

It will be a FUN event and will ultimately benefit the children and other projects in our area.



The "Golden" Years ...



--- Life is great.

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant and I don't have acne.

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time. When I was a child I thought "nap time" was a punishment. Now it feels like a small vacation.

The biggest lie I tell myself is... " I don't have to write that down, I'll remember it".

I don't have gray hair... I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting Lucky" means walking into a room and remembering what I came in there for.

This Month's Sudoku Puzzle....



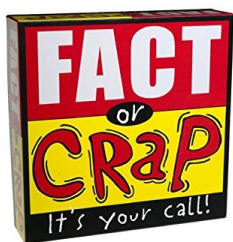
A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

- 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!

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

(Answers on Page 9)



Answers.....

1. Fact. The term comes from the Greek word for worm, heminth.
2. Crap. The 24th Olympic games were held in Beijing in 2008.
3. Crap: Jane was his third; his sixth wife was Catherine Parr, who outlived him.
4. Fact, Eurostar started service in 1994.
5. Crap: It was in fact a pseudonym for Samuel Langhorn Clemens
6. Crap. It was John Hancock and Charles Thomson on July 4th.
7. Crap, it was invented by Sir John Harington.



"Which leg is it?"

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

2022-23 Kiwanis Int'l President:

Bert West
Divide, Colorado

2022-23 Florida Kiwanis Governor:

Sharon Moody
Email: sharonmoody91@yahoo.com

2022-23 Division 21 Lt. Governor:

Tom Thayer
Email: TomThayer@Earthlink.net

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:

2021-22 President: Dan Borba
Email: dpborba@aol.com

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

International President's Corner

Bert West
President of Kiwanis International



Wow! Over 50 years ago, as a very young boy of 4 "helping" my grandpa and the Tulare Kiwanis club serve pancakes for the Fair Parade, nothing suggested that some day I would write an article for Kiwanis magazine. In 1988, reading "Green Eggs and Ham" to second graders at Woodlake Elementary School in a very small chair, nothing suggested future leadership. In the late 1990s, working three days on a girls softball tournament for the Ute Pass Woodland Park club, I hadn't even considered being governor of the Rocky Mountain District.

But here we are. Sometimes it's hard to believe that a small-town boy could be president.

Every one of us has an opportunity to lead this organization at every level. Every Kiwanian around the world has a unique perspective and brings another voice to the table. I hope that you will use your voice and perspective to help shape our image in the best way possible to promote the Objects of Kiwanis - not only this year, but in years to come.

When we focus on collaboration, not competition, we will continue to succeed in positive service.

I encourage you to use your skills and passion to help promote and expand our Service Leadership Programs - especially K-Kids. If we start elementary school students with the knowledge that the world is bigger than their school and with the importance of service to their community, we start them on a path to their own legacies of service.

Thank you for the opportunity to serve along side each of you. And remember, details matter. So, "Don't Forget the Salt."

Sudoku Puzzle....Answers

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



Visit our Website:

www.delraybeachkiwanis.org



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

--- Thank you



From Our Photographer's Camera.....

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

