



# The Sunriseser

LET'S BUILD A BETTER WORLD



## The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 50 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, 5:30 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, Fl.

### 2023-2024 Officers

**President Pro-Tem, March:**  
Jay Alperin

**President:** David Freeburn  
561-997-4897

**Secretary:** Jay Alperin  
561-289-2387

**Treasurer:** Dale Morrison  
561-278-1002

### 2023-2024 Bd. of Directors

Carlene Laseter, Peggy Kelleher,  
Doug Martin, Scott Youngberg,  
Ezra Krieg, Bob Barcinski,  
Alberta Rickard, Pam & Joel Davidson,  
Bill Morse, Regina Sablo, Rich Pollack

### 2023-2024 Committee Chairs

#### \*Community Service:

**AVDA** - Jay & Diane Alperin

**Thanksgiving** - Ezra Krieg

**Police Appreciation** - Ezra Krieg,  
Peggy Kelleher, Larry Schroeder

#### \*Club Meetings:

Jay Alperin

#### \*Fund Raising:

**General Events** - Ezra Krieg, Rich Pollack

**Delray Affair** - Rich Pollack, Reeve Bright

**Golf Journey** - Scott Youngberg

**Glo-Ball** - Bob Barcinski

#### \*Interclubs:

Steve Rubin

#### \*Membership:

Carlene Laseter,  
Regina Sablo

#### \*Newsletter/Website:

Scott Youngberg

#### \*Publicity/PR:

Rich Pollack,  
Patrick Glover

#### \*Programs:

#### \*Social Activities:

President & President Elect

#### \*Spiritual Aims:

#### \*Youth Services:

**Scholarship** - Scott Youngberg,  
Dale Morrison

**Terrific Kids** - Peggy Kelleher,  
Danielle Garcia

#### \*Key Club/Builders Club

- Bob Hayes  
American Heritage, Sally Schliefer  
Atlantic High School - Bob Hayes  
Unity School - Stacy Brookman

## Volume 2024, Issue 3

## March, 2024

## Dedicated to Marine Life & Coastal Ecosystems

Our program on February 14th was presented by Sanders Lewallen, the Director of Development for the Gumbo Limbo Coastal Stewards.

For over forty years, the Stewards have been at the forefront of marine life appreciation and conservation, inspiring a burning desire to protect our planet. Their roots are in education, where they began as humble teachers with a grand vision: to inspire young minds by connecting them directly with the wonders of our coastal ecosystems. They've since evolved into a cornerstone of our community, steadfast behind the



The COASTAL STEWARDS

scenes in their dedication to environmental stewardship.

Their initial step was launching the

Gumbo Limbo Nature Center in South Palm Beach County, transforming it into a hub of exploration and enlightenment. Their efforts in sea turtle rehabilitation have been nothing short of miraculous, cementing their role as protectors of these majestic creatures and the delicate balance of our coastal environments.



They invite you to join them on their journey to support the conservation and research of our marine and coastal environment, and perhaps most importantly, inspire the next generation to take ownership and make it a better future for us all. For more information go to [www.gumbolimbo.org](http://www.gumbolimbo.org)

## Providing Independence for the Blind



Our program on February 21st was presented by Whitney Erasmus, Development Director for Lighthouse for the Blind. Since 1946, Lighthouse for the Blind of the Palm

Beaches has been providing direct education and rehabilitation services to people who are blind or visually impaired in Palm Beach, Martin, St. Lucie, Indian River, and Okeechobee counties.

They serve thousands of individuals of all ages: Children and young adults, People of working age, and Our area's fasting growing population with age-related vision loss.

They provide services to family members and caregivers of those who are blind. They offer consultation and education to businesses, agencies,

institutions, and organizations in the community that employ or interact with persons who are blind or visually impaired.

Lighthouse for the Blind of the Palm Beaches provides comprehensive developmental services for babies & children who are blind or visually impaired from birth to age 13.

Visually Impaired Babies do not learn about their world the same way as sighted children. Their trained staff work with babies, their parents, and caregivers to help them understand how these babies learn and prepare them for their future. They also have programs for teens and adults.

For more information go to [www.lhpb.org](http://www.lhpb.org).



Like us on

Facebook



Visit our Website:

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

# Other Doings.....



## Hail! President, Pro-Tem of the Month!

\*\*\*\*\* February \*\*\*\*\*



**Joel Davidson**

Here are the upcoming scheduled PPOTM's:

March - **Jay Alperin**

April - **Regina Sablo**

May - **Rich Pollack**

June - **Bill Morse**

July - **Mykal Banta**

August - **Peggy Kelleher**

September - **Steve Rubin**

*Thank You!*



On February 24th, Our club was scheduled to participate in the Community Clean-Up Day organized by the City. WE had one member show up - **Ezra Krieg**. Thanks Ezra for your dedication and for making a difference. This is what Kiwanis is all about.

P.S. Ezra earned the very prestigious "Attaboy" Award for his efforts.

## "One AttaBoy"



For your very outstanding performance you are awarded "ONE ATTABOY". One Thousand "catniboy" qualifies you to be a leader of men, work overtime with a smile, explain assorted problems to management and be looked upon as a local hero, all without a raise in pay.

**CERTIFICATE OF COMPLETION**

Note: One "gawshiti" wipes the board clean and you have to start all over again.

Presented by: [Signature] Director of Technology Services



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



## Upcoming Important Dates:

### Upcoming Birthdays:

- March 5** - Alberta Rickard
- March 6** - Bill Morse
- Angie Gray
- March 7** - Mike Salem
- March 10** - Joel Davidson
- March 17** - Sophia Youngberg
- March 21** - Bob Barcinski
- March 23** - Sally Schleifer
- March 27** - Anneze Barthelemy
- March 28** - Carole Pollack

### Wedding Anniversaries:

None

### Membership Anniversaries:

- March 11** - Regina Sablo, 21 years
- March 29** - Pam Davidson, 14 years

**February 8th Meeting "Finnegans"** : Tonight we had guests **Marsha Eisenberg** and prospective member **Anneze Barthelemy**. Marsha & Anneze put in for the proposed Mistletoe Project (more info later). **Dave Freeburn** also put in for that. **Jay Alperin** was happy FAU's basketball team is on TV tonight. **Carlene Laseter** put in for her grandson and Kentucky's basketball team. **Mark Scheinbaum** is happy for any team that doesn't have to play Connecticut. **Pam Davidson** is happy Joel only has 3 more meetings to go as President. **Joel Davidson** likes Pam's new car. **Ezra Krieg** liked Pam's muffins at the 5k run. **Bob Hayes** is glad to be in South Florida and not Michigan. **Bill Morse** echoed that sentiment. **Scott Youngberg** likes FSU's recruiting class and **Gina Sablo** put in for Doug Martin's membership anniversary. Everyone else was Just Happy.

**February 14th Meeting:** Everyone wished a Happy Valentine's Day. We also inducted new member **Anneze Barthelemy** who was happy to be joining the club. Everyone put in for her as well. **Joel Davidson** was happy Pancake Day went well, as did **Terrence Moore** and **Bob Hayes**. **Pam Davidson** is happy there are only two more meetings for Joel as PPOTM. **Ezra Krieg**, **Reeve Bright** and **Andie DeVoe** liked the muffins that Pam made. **Scott Youngberg** is looking forward to the Daytona 500 this weekend. **Rich Pollack** ran two 5k's in 2 weeks and beat Ezra both times. Everyone else was JH.

**February 21st Meeting:** Members put in for a slew of birthdays and anniversaries today. In addition, **Terrence Moore** and **Peggy Kelleher** added for the cooler weather. **Rich Pollack** put in for the Florida Panthers who are really "Hot". **Bob Barcinski** is happy MLB's spring training is starting. **Mykal Banta** is for the Detroit Tigers. **Scott Youngberg** was happy FSU won two games last night in Basketball and Baseball. **Carlene Laseter** was happy Louisville won the softball tourney at FAU. **Larry Schroeder** is happy for his granddaughter's high school flag football team. **Pam Davidson** is happy Joel has only 1 more meeting to preside over. **Andie DeVoe** and **Lynn Korp** are happy the Leatherbacks are nesting. **Bob Hayes** is happy despite his water heater, AC and disposal all had to be replaced. Everyone else was "Just Happy".

**February 28th Meeting:** **Jay Alperin** went to Cape Canaveral to see his grandkids and saw a rocket launch. **Mark Scheinbaum** put in for **Mike Salem's** birthday. **Regina Sablo's** grandson got married and she's going on a cruise next week...(wear your mask!). **Ezra Krieg** wished Gina good luck. **Peggy Kelleher** is happy to have completed moving to a new home and she's also going on a cruise. **Rich Pollack** put in for Ezra's "Attaboy" Mike Salem's birthday and the Florida Panthers. **Carlene Laseter** was happy Kentucky won and **Scott Youngberg** was happy FSU did it again...winning in both basketball and baseball last night. **Joel Davidson** is happy his brother is coming for a visit and **Pam Davidson** is happy this was Joel's last meeting as PPOTM. **Andie DeVoe** is enjoying the beautiful day today. Everyone else was Just Happy.



I wonder why we are so so obsessed with trying to find intelligent life on other planets, when we can't even find intelligent life here?



## Interclubs

**Steve Rubin, Chairman**

On February 3rd, our club had a team participating in the Kiwanis 5K for Christmas in July. Running/walking in the race were **Steve Rubin, Rich Krieg, Pam & Joel Davidson** were there working the event.

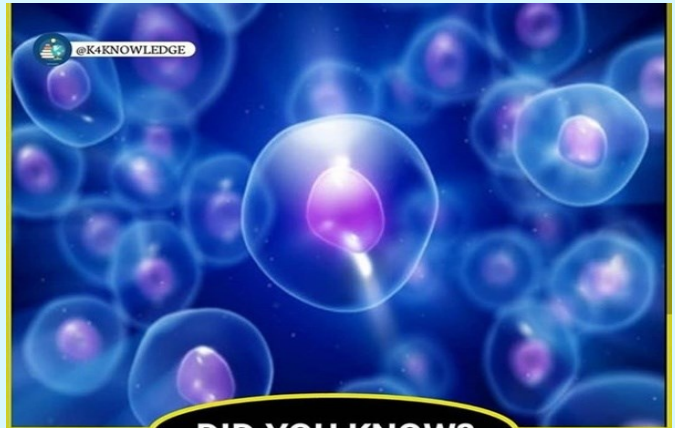
Turns out, we ended having an interclub with 13 other Kiwanis Clubs from Broward County: Coral Springs, Deerfield, Deerfield Westside, Greater Sunrise, Lauderdale Lakes, Lauderdale, Oakland Park, Pompano Beach, Pompano Beach Westside, Tamarac, Cooper City, Davie West Hollywood and Sawgrass Sunrise.

By the way, Steve Rubin finished 44th in the running division and Rich finished 54th, winning the Gold Medal for his age division. Andie Devoe finished 28th and Ezra finished 38th in the walkers division. Pam's muffins were a big hit as well.

**Congratulations to everyone!**

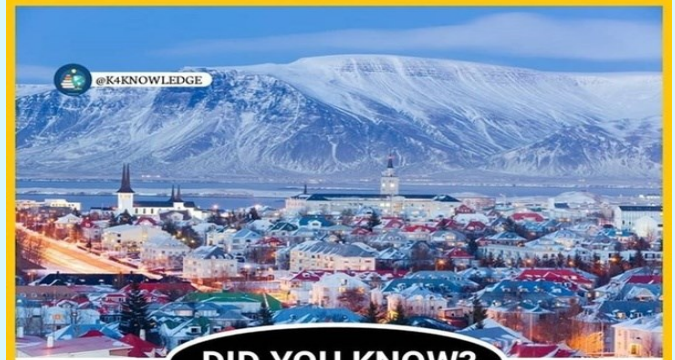


## DID YOU KNOW?



### DID YOU KNOW?

**25,000,000** of your **cells** died while you were **reading this sentence.**



### DID YOU KNOW?

**Iceland** is the **Only Country** in the **World** without any **Mosquitoes, Snakes** or other **Reptiles**. They also have **very Few Species** of **Spider**, which are **not harmful** to **Humans**.



## Think you know words?

Build your vocabulary with these new words and learn the meaning:

### **Pangloss** (ˈpan.läs)

Noun, French, late 18th century

1. A person who is optimistic regardless of the circumstances.

#### Example Sentences:

1. "When our flight was delayed, the Pangloss in front of me cheered for the opportunity to get a meal at the airport."

2. "My sister can find the silver lining in almost any situation, but she's also a realist, not a Pangloss."



## IHOP National Pancake Day

On February 13th, our club assisted IHOP in raising \$611 for Feeding America during their National Pancake Day Promotion.

Thanks to **Joel Davidson** for spearheading the effort. Also a big **THANKS** to **Pam Davidson, Carlene Laseter, Rich Pollack, Diane Colonna, Bob Hayes, Mykal Banta, Mark Scheinbaum, Terrence Moore, Dave Freeburn, Steve Rubin, Andie DeVoe, Lynn Korp, Patrick Glover,** and **Ezra Krieg** for helping out.



## Membership

Carlene Laseter - Chairperson



## Meet Our Newest Member

## Anneze Barthelemy



Anneze was born in Haiti in 1977, and moved to Delray Beach in 1991. She attended Atlantic High School, and graduated from Olympic Heights High School. She graduated from Florida International University, earning a Bachelor's degree in Social work. Anneze earned her Master's degree in Social Work from Barry University. She currently holds the position of Regional Lead with Aware Recovery Care. For fun she likes to listen to music and read.

## Welcome Anneze!



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



I was eating breakfast with my 10-year-old Granddaughter and I asked her, "What day is tomorrow?" Without skipping a beat she said, "It's Presidents Day!" She's smart, so I asked her "What does Presidents Day mean?" I was waiting for something about Obama, Bush, or Clinton, etc. She replied, "Presidents Day is when the President steps out of the White House, and if he sees his shadow, we have another year of Bullshit." You know, it hurts when hot coffee spurts out your nose.

### **PUBLIC SERVICE ANNOUNCEMENT**

## **Are You Prepared for a Natural Disaster?**

Natural disasters, such as hurricanes, earthquakes, or fires, can happen anytime, so preparing before disaster strikes is essential. Here are a few tips to help you prepare in case anything happens:

- **Update Your Family's Emergency Plans:** Your emergency plans can include knowing where to go, where you keep all necessary documents and possessions, and what you need to be prepared for. Check up on the emergency plans for your home or business frequently because things can change.
- **Create Digital Copies Of Important Documents:** Most financial organizations, such as banks and insurance companies, provide digital copies of bank statements, tax returns, and insurance policies anyway, and keeping all these digital copies saved and organized is an excellent practice to get into. If you only have paper copies of important documents, scan them and save them securely to access them in an emergency.
- **Document Valuables:** Documenting valuables makes it easier to claim insurance and tax benefits after a natural disaster. A disaster loss workbook will help you compile a list of belongings and photographs that can make this process even more accessible for both the IRS and your insurance provider.

These tips may help you have everything you need ready in the case of a natural disaster or other emergency.

*\*This tax tip is for informational purposes only and is not a replacement for real-life advice. Consult your tax, legal, and accounting professionals for more specific information.*

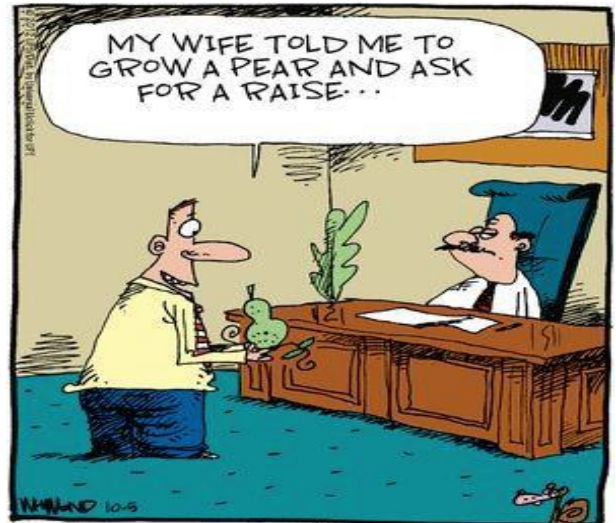
Tip adapted from IRS.gov<sup>6</sup>

## **Calendar Of Events**

**March 30 .....** "All Peoples's Day" Diversity Festival  
11-3 pm. We will have a table.  
Pompey Park Gym

**April 12-14 .....** **62nd Annual  
Delray Affair**  
(Major Fundraiser)

**62<sup>nd</sup> ANNUAL**  
*Delray Affair*



## **Upcoming Meeting Programs**

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

3/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 7th, at 5:30 pm.

3/13 Cultural Council  
3/20 NEED SPEAKER  
3/27 Sandoway House

4/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 4th, at 5:30 pm.

4/10 **Police Appreciation**  
4/17 Seniors for Seniors  
4/24 South Florida Water Coalition

5/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 2nd, at 5:30 pm.

5/8 Azul Fashion Art Design  
5/15 Little Smiles  
5/22 Palm Beach Sports Commission  
5/29 Volta Music Foundation (Jill Arbetter host)

6/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, June 6th, at 5:30 pm.

6/12 Tentative: Delray Beach Chamber of Commerce  
6/19 Tentative: Anne Gannon

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



## 50/50 Winners:

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



February 8 - Carlene Laseter

February 14 - Peggy Kelleher

February 21 - Shirley Johnson (Guest)

February 28 - Reeve Bright



Jesus grandma! It's not that hard! Go into Settings...select Wi-Fi....Select it! Tap it with your finger...oh for fuck sake!

## HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"A real friend is one who walks in when the rest of the world walks out."

– Walter Winchell



"Lord, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference."

## HEALTHY LIVING TIP



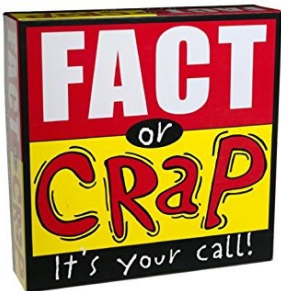
### Four Tips to Help You Sleep Better

Sleep is one of the most important things we do to stay healthy and energized. Much more goes into getting a good night's sleep than simply resting your head on the pillow, so here are some tips for getting your shut-eye:

- Increase bright light exposure during the day. You probably already know that it helps to keep your room dark while you sleep, but did you know it's also beneficial to get enough bright light during the day? These contrasts tell your body when it's time to go to sleep. This natural clock is called your circadian rhythm.
- Reduce blue light exposure in the evening. The luminance from our devices (smartphones, tablets, and TVs) is called blue light and can disrupt your sleep cycle. Try to limit blue light at least two hours before bedtime. Some devices offer a setting that automatically "warms" the light to limit these blue hues.
- Try to wake up and sleep consistently, even on weekends, as this is another way to set up your body's circadian rhythm for success.

Adjust your bedroom temperature. Did you know that the temperature in your bedroom can affect your sleep? Some studies show that temperature matters even more than noise, and some sleep experts recommend keeping your bedroom at around 70 degrees.

Tip adapted from Healthline<sup>8</sup>



**1. Fact or Crap** - Airball, barabino, and otter are all terms in the game of backgammon.

**2. Fact or Crap** - The first lipsticks were made of fish scales, oil, and flowers essence.

**3. Fact or Crap** - If you are right handed, you will tend to chew your food on your left side.

**4. Fact or Crap** - Leonardo da Vinci was the first Western artist whose biography was published while he was alive.

**5. Fact or Crap** - A teg is a sheep in its second year.

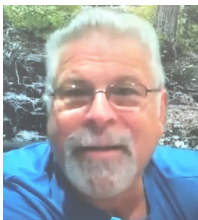
**6. Fact or Crap** - Ewe is the most common language within the Gbe language group.

**7. Fact or Crap** - The first cloned animals were created by Hans Driesch in the late 1800s.

(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 month:



### February 8:

1587, Mary, Queen of Scots was beheaded at Fotheringhay Castle in England after she was implicated in a plot to murder her cousin, Queen Elizabeth I.  
1693, a charter was granted for the College of William and Mary in Williamsburg in the Virginia Colony.  
1910, the Boy Scouts of America was incorporated.  
1922, President Warren G. Harding had a radio installed in the White House.  
1924, the first execution by gas in the United States took place at the Nevada State Prison in Carson City as Gee Jon, a Chinese immigrant convicted of murder, was put to death.  
1952, Queen Elizabeth II proclaimed her accession to the British throne following the death of her father, King George VI.  
1960, work began on the Hollywood Walk of Fame, located on Hollywood Boulevard and Vine Street in Los Angeles.  
1965, Eastern Air Lines Flight 663, a DC-7, crashed shortly after takeoff from New York's John F. Kennedy International Airport; all 84 people on board were killed.  
1971, NASDAQ, the world's first electronic stock exchange, held its first trading day.  
2007, model, actor and reality TV star Anna Nicole Smith died in Hollywood, Florida, at age 39 of an accidental drug overdose.  
2020, the U.S. Embassy in Beijing said a 60-year-old U.S. citizen who'd been diagnosed with the coronavirus had died on Feb. 5 in Wuhan; it was apparently the first American fatality from the virus.  
2023, Rescue teams in Turkey and Syria searched for signs of life in the rubble of thousands of buildings toppled by a catastrophic earthquake. The confirmed death toll from the world's deadliest quake in more than a decade approached 12,000 and eventually would be more than 50,000.

#### Birthdays:

Composer-conductor John Williams is 92.  
Broadcast journalist Ted Koppel is 84.  
Actor Nick Nolte is 83.  
Comedian Robert Klein is 82.  
Actor Mary Steenburgen is 71.  
Author John Grisham is 69.  
Retired NBA All-Star Marques Johnson is 68.  
Rock singer Vince Neil (Motley Crue) is 63.  
Basketball Hall of Famer Alonzo Mourning is 54.

### February 14:

1876, inventors Alexander Graham Bell and Elisha Gray applied separately for patents related to the telephone. (The U.S. Supreme Court eventually ruled Bell the rightful inventor.)  
1912, Arizona became the 48th state of the Union as President William Howard Taft signed a proclamation.  
1924, the Computing-Tabulating-Recording Co. of New York was formally renamed International Business Machines Corp., or IBM.  
1929, the "St. Valentine's Day Massacre" took place in a Chicago garage as seven rivals of Al Capone's gang were gunned down.  
1967, Aretha Franklin recorded her cover of Otis Redding's "Respect" at Atlantic Records in New York.  
1984, 6-year-old Stormie Jones became the world's first heart-liver transplant recipient when the surgery was performed at Children's Hospital of Pittsburgh.  
2018, a gunman identified as a former student opened fire with a semi-automatic rifle at Marjory Stoneman Douglas High School near Fort Lauderdale, Fla., killing 17 people in the nation's deadliest school shooting since the attack in Newtown, Conn., more than five years earlier. (Nikolas Cruz pleaded guilty to murder in October 2021 and was sentenced in November 2022 to life in prison without the possibility of parole.)

#### Birthdays:

Former New York City Mayor Michael Bloomberg is 82.  
Journalist Carl Bernstein is 80.  
TV personality Pat O'Brien is 76.  
Magician Teller (Penn and Teller) is 76.  
Pro Football Hall of Famer Jim Kelly is 64.  
Former NFL quarterback Drew Bledsoe is 52.

### February 21:

1885, the Washington Monument was dedicated.  
1911, composer Gustav Mahler, despite a fever, conducted the New York Philharmonic at Carnegie Hall in what turned out to be his final concert (he died the following May).  
1964, the first shipment of U.S. wheat purchased by the Soviet Union arrived in the port of Odessa.  
1965, minister and civil rights activist Malcolm X, 39, was shot to death inside Harlem's Audubon Ballroom in New York.  
1972, President Richard M. Nixon began his historic visit to China as he and his wife, Pat, arrived in Beijing.  
1975, former Attorney General John N. Mitchell and former White House aides H.R. Haldeman and John D. Ehrlichman were sentenced to 2 1/2 to 8 years in prison for their roles in the Watergate cover-up (each ended up serving 1 1/2 years).  
1992, Kristi Yamaguchi of the United States won the gold medal in ladies' figure skating at the Albertville Olympics; Midori Ito of Japan won the silver, Nancy Kerrigan of the U.S. the bronze.  
1995, Chicago adventurer Steve Fossett became the first person to fly solo across the Pacific Ocean by balloon, landing in Leader, Saskatchewan, Canada.  
2020, a temporary truce between the United States and the Taliban in Afghanistan took effect, setting the stage for the two sides to sign a peace deal the following week.

#### Birthdays:

Actor Gary Lockwood is 87.  
Actor-director Richard Beymer is 85.  
Actor Tyne Daly is 78.  
Actor Kelsey Grammer is 69.  
Actor Kim Coates is 66.  
Actor William Baldwin is 61.  
Actor Jennifer Love Hewitt is 45.  
Singer Charlotte Church is 38.

### February 28:

1849, the California gold rush began in earnest as regular steamship service started bringing gold-seekers to San Francisco.  
1911, President William Howard Taft nominated William H. Lewis to be the first Black Assistant Attorney General of the United States.  
1953, scientists James D. Watson and Francis H.C. Crick announced they had discovered the double-helix structure of DNA.  
1993, a gun battle erupted at a religious compound near Waco, Texas, when Bureau of Alcohol, Tobacco and Firearms agents tried to arrest Branch Davidian leader David Koresh on weapons charges; four agents and six Davidians were killed as a 51-day standoff began.  
1996, Britain's Princess Diana agreed to divorce Prince Charles. (Their 15-year marriage officially ended in August 1996; Diana died in a car crash in Paris a year after that.)  
2013, Benedict XVI became the first pope in 600 years to resign, ending an eight-year pontificate. (Benedict was succeeded the following month by Pope Francis.)  
2020, the number of countries touched by the coronavirus climbed to nearly 60. The Dow Jones Industrial Average finished the week 12.4% lower in the market's worst weekly performance since the 2008 financial crisis.

#### Birthdays:

Singer Sam the Sham is 87.  
Actor Bernadette Peters is 76.  
Nobel Prize-winning economist Paul Krugman is 71.  
Actor John Turturro is 67.  
Actor Rae Dawn Chong is 63.  
Author Daniel Handler (aka "Lemony Snicket") is 54.  
Actor Rory Cochrane is 52.  
Country singer Jason Aldean is 47.



**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Hall of Fame auto racer Mario Andretti joins us, we hope that you will buy him a drink, as he is 84 years old today.



## Funny Quotes about Marriage ...



-- "A good wife always forgives her husband when she's wrong." — Milton Berle

-- "Your wife won't start an argument with you if you're cleaning." — Unknown

-- "Remember that creating a successful marriage is like farming: you have to start over again every morning." —H. Jackson Brown, Jr

-- "Keep your eyes wide open before marriage, half shut afterwards." —Benjamin Franklin

-- "Who won in life? Me. Because I got to marry you." —Chip Gaines

-- "When a man opens a car door for his wife, it's either a new car or a new wife." —Prince Philip

-- "Because I always say, if you're married for 50 years, and 10 of them are horrible, you're doing really good!" —Michelle Obama

-- "By all means, marry. If you get a good wife, you will be happy. If you get a bad one, you will be a philosopher." —Socrates

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

(Answers on Page 9)

**"My favorite machine at the gym is the vending machine."**



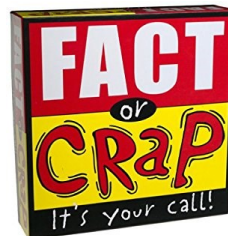
**Youth Protection Policies in Practice**  
<https://vimeo.com/863372175>

**Visit our Website:**  
[www.delraybeachkiwanis.org](http://www.delraybeachkiwanis.org)



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

### Answers.....



1. Fact. It is believed that ancient Egyptian played the game.
2. Crap. Lipstick is known to have been used around 5000 years ago.
3. Crap. If you are right handed you usually chew on your right side.
4. Crap. It was Michelangelo who had his biography published while still alive.
5. Fact. A sheep in its first winter is called a hog.
6. Fact. The 20 or so Gbe languages are most widely spoken across the area between Ghana and Nigeria.
7. Fact. Driesch proved that genetic material is not lost during cell division.



**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

**2023-24 Kiwanis Int'l President:**

Katrina Baranko  
Albany, GA

**2023-24 Florida Kiwanis Governor:**

Prairy Riehl  
Email: Prairy.Riehl@gmail.com

**2023-24 Division 21 Lt. Governor:**

Pam Davidson  
Email: g8rmomof2@gmail.com

**Other Division 21 Clubs:**

**Boca Raton**-1st & 3rd Thursdays, 5 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

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

**Lake Worth** - Tuesdays, 8:30 a.m.  
Too-Jays Restaurant  
419 Lake Avenue  
Lake Worth

**Florida Kiwanis Foundation:**

**2023-24 President:** Arlene Lewis-Marr  
Email:

**Div. 21 Trustee:** Joel Davidson  
E-mail: jid310@bellsouth.net

**You + Kiwanis =**  
Improved  
Lives & communities.

**These Kiwanis clubs learned that first responders can make ideal project partners. Get inspired! By Julie Saetre**

When your club is considering service project possibilities, don't overlook your community's first responders. They're committed to helping families and children stay safe and well, and they encounter a diverse group of community residents. That often makes them ideal project partners. Get inspiration from these Kiwanis club projects.

**Connecting cops and kids**

The **Kiwanis Club of Bluffton, South Carolina, U.S.**, donated dozens of basketballs, footballs, dodgeballs and other pieces of sporting equipment to the Bluffton Police Department. Officers use the items when on routine patrols to interact with children and young people. The officers will chat with a child or teen and sometimes play a quick game of catch — and then offer the ball as a gift. They've also used the items as a distraction to divert a child's attention from an accident or other troubling incident.

"It's a great way to build trust and rapport with children in the community," says Bluffton Police Sergeant Bonifacio Perez. "It helps build fun, not fear."

In Florida, U.S., a local program called [Dueling Dragons](#) brings together officers from the Orlando Police Department and young community residents to form teams that compete in dragon boat competitions. The program reaches out to the area's "invisible kids": inner-city youth who strive academically but receive neither praise (which is often reserved for athletic prowess) nor intervention (which is directed toward troubled behavior). When members of the **Orlando Kiwanis Club** heard about Dueling Dragons, they donated a 10-person practice boat and volunteered to provide cookouts for team members and scholarships to students.

**Supporting safety and saving lives**

The **Kiwanis Club of Brantwood, Ontario, Canada**, pioneered the [Children's Safety Village](#), a two-acre town simulation where kids learn about staying safe in even the most dangerous situations. The club provided CA\$25,000 for start-up funds, and members have volunteered for thousands of service hours. The village includes classrooms, a fire-hazard apartment and a miniature town with roads and working traffic signals. Instructors from the Brantford Fire Department help kids identify fire hazards in the home and learn how to escape a burning building. Community constables demonstrate proper bicycle maintenance techniques and safety checks and explain the meaning of various road signs and signals.

In Arkansas, U.S., the **El Dorado Kiwanis Club** partnered with the El Dorado Fire Department and ProMed Ambulance service to launch a local Stop the Bleed campaign. A national awareness effort, Stop the Bleed helps bystanders — also known as immediate responders — become trained, equipped and empowered to help in an emergency involving a bleeding person. In Eldorado, ProMed Ambulance and the El Dorado Fire Department conducted Stop the Bleed training sessions. The Kiwanis club also held training sessions and provided training kits with supplies for packing wounds and applying tourniquets.

**Sudoku Puzzle....Answers**

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



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

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

