



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, 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL.

2023-2024 Officers

President Pro-Tem, April:
Bill Morse

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,
Andie DeVoe

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 Tourney - 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: Ezra Krieg

*Social Activities:

President & President Elect

*Spiritual Aims: David Freeburn

*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 6

June, 2024

Empowering Adults with Disabilities



Our program on May 8th was presented by Sandra Raffaelli, the CEO of Azul Fashion, Art & Design, Inc. Helping Sandra was Jessica Reiter.

Azul is a non-profit dedicated to offering alternative art-focused programs for adults with disabilities (i.e. down syndrome, autism, and other disabilities) and their caregivers/families. Their philosophy focuses on bringing empowering experiences that transform family dynamics, integrate social skills, workforce skills, personal skills, and

therapeutic artistic activities for better mental health.

Azul's programs are divided into 3 key approaches - all flexible and uniquely tailored to each individual or organization, and encourage team collaborations between Creatives (person with disabilities) and Collaborators (caregiver). In the past five years, aZul has directly impacted over 600 individuals with their programming.

For more information go to www.azulfashionartdesign.org



Helping Kids Be Kids During Difficult Times

Our program on May 15th was presented by Luke Lostroscio, Senior Manager of Community Relations for Little Smiles.

For over 25 years, Little Smiles™ has served children in difficult circumstances throughout South Florida. In 2023 alone, Little Smiles™ helped more than 55,000 local children during times of illness, homelessness, and tragedy.

Right now, thousands of children in Southeast Florida are facing the most difficult time of their lives, serious illness, homelessness, and other tragedies. They are spending their days alone in hospital rooms, shelters, or other temporary homes going through painful procedures and

experiencing emotional strains they are not equipped to handle.

Little Smiles is proud to work alongside Child Life specialists, nurses, law enforcement, and other critical staff members at over 30 facilities to bring (big) little smiles.

Their programs are created to provide experiences, toys, and essential items to children in need through the help and generosity of our community.

Through Project S.M.I.L.E.™, Little Smiles™ is able to provide the basic necessities for the children identified and referred to the program. Basic necessities include, but are not limited to, clothing, shoes, underwear, socks, hygiene supplies, and school supplies.

For more information go to <https://littlesmilesfl.org>



Like us on Facebook



Visit our Website:

delraybeachkiwanis.org



Other Doings.....



Hail! President, Pro-Tem of the Month!

***** **May** *****



Rich Pollack

Here are the upcoming scheduled PPOTM's:

June - **Bill Morse**

July - **Mykal Banta**

August - **Peggy Kelleher**

September - **Steve Rubin**

Thank You!



Pam & Joel Davidson and Gwen Leys, Florida Kiwanis Foundation Secretary at Empowerment Conference on May 4th at Keiser University in West Palm Bch



Our club has been helping the West Boca Club with their first project supporting The Hands and Feet non-profit by collecting new underwear for children in the foster care system.



Congratulations **Dr. Mark Scheinbaum!** Mark recently received his diploma for his Doctorate Degree, showing his Kiwanis pride.



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



Upcoming Important Dates:

Birthdays:

- June 1** - Bonnie Morse
- June 2** - Danielle Garcia
- June 6** - Scott Youngberg
- June 10** - Dale Morrison
Bob Laseter
- June 11** - Susan Ruby
- June 13** - Kimberly Rasor
- June 14** - Peggy Kelleher
- June 21** - Marsha Eisenberg

Wedding Anniversaries:

- June 4** - Jeffrey & Kimberly Rasor
- June 14** - Larry & Terri Schroeder-48 Years!
- June 17** - Sally & Brian Schleifer

Membership Anniversaries:

None

May 1st Meeting : **Rich Pollack** is celebrating another birthday. Several members put in for that. Rich also put in for the Fla Panthers and for beating **Ezra Krieg** again in a 5k. Ezra saluted **Tom Carney** as Mayor. **Bob Hayes** was happy for the Panthers and for the Marlins who actually won a game. **Scott McLean** had dollars for the Herd Foundation, the Patriots, Celtics and Bruins. **Andie DeVoe** is happy the gardenia's are blooming and she finished the final step for her clinical certification. **Peggy Kelleher** didn't know what to make of the FSU player drafted by the Bills. **Larry Schroeder** granddaughter's flag football team are now regional champs. **Joel Davidson** was happy about Pam's latest painting. **Russ Mager** is proud to be Delray's Chief. **Lynn Korp** has identified her 1st Loggerhead nest, waiting for vacation. **Dave Freeburn** put in \$5 to show he still has money after his daughter's wedding. **Carlene Laseter** is grateful for the club to remind her of when she retired from teaching. **Scott Youngberg** was happy to learn he has a 2nd grandson on the way. Everyone else was "Just Happy".

May 8th Meeting : Mother's Day is coming up with many members putting in for that. **Jay Alperin**'s grandson is going to high school next year, with shoulder length hair. **Carlene Laster** is celebrating 17 years with the club. **Bob Hayes** is going to Japan and noted **Rich Pollack's** article in the Coastal Star. Rich took 1st place in his age group in the latest 5K (He was the only one in the age group). **Mykal Banta** wished good luck to the Kiwanis team in the upcoming Trivia Night event. **Scott McLean** put in for Military Appreciation month and the Bruins. **Steve Rubin** is going to the Panther's/Bruins game. **Bob Barcinski's** grandson got his drivers license. **Pam & Joel Davidson's** grandson made the dean's list at Lynn University. **Jeff Rasor's** son is graduating from UCF. **Larry Schroeder's** son got Principal of the Year and his granddaughter's flag football team won their quarter finals game for the State Championship. **Terrence Moore's** son graduated Cum laude from Texas AM . **Dupree Jackson** had a great block Party for EJS and has moved the headquarters to a new location. **Gina Sablo** celebrated 2 grandchildren's birthdays. Everyone else was JH.

May 15th Meeting : **Steve Rubin** put in \$40 for his 40th membership anniversary. **Bob Barcinski** celebrated his 52nd wedding anniversary. Many other members also put in for Steve and Bob. **Larry Schroeder** announced his granddaughter's flag football team lost in the semi-finals. **Jeff Rasor** put in for Police Memorial Week. **Joel Davidson, Rich Pollack** and **Diane Colonna** cheered on the Panthers. New Member **Ronnie Dunayer** saluted Coco Gauff in Tennis. **Mykal Banta** put in for our "Brave" Trivia Team. **Terrence Moore** reported that Rotary is our to beat us at Trivia Night. **Peggy Kelleher** noted that the Bills play the Dolphins on a Thursday night. **Carlene Laseter's** granddaughter is graduating 8th grade and **Gina Sablo's** grandson turned 1 year old. Everyone else was Just Happy.

May 22nd Meeting : Today we inducted **Ronnie Dunayer** as a new member. We also celebrated our Trivia Team. Everybody put in for those two items. In addition, **Andie DeVoe** had a wonderful get-a-way with "HUBS". **Peggy Kelleher** is going to Buffalo and is willing to pick up Bills stuff for anyone (What? No one?) **Mykal Banta** thanked **Rich Pollack** and Peggy for their help with Trivia Night. Rich, along with **Ezra Krieg**,



► Continues—See **Happy Dollars**, Page 4



Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on May 6th. Here are some notes:

- Minutes from April Meeting with correction; Delray Citizens for Delray Police contribution is \$500 not \$550. Half going for Ice cream and half to ad. Passed

- Add that Rich announced that \$250 donation to Delray Citizens for Delray Police will go to Ice Cream Truck and \$250 will go to National Night Out in the Fall.

No Financial report? Motion to appoint Bill Morse as Treasurer starting in October. Passed.

Old Business

- West Boca (Raton?) Club Charter Update – Pam. 11 members now and will need 4 more to meet the minimum. The West Boca Kiwanis group (which we are sponsoring) is holding its first service project. We can help them succeed by donating packages of new underwear for foster children. Their almost chartered club is meeting this Friday at the West Boca Library from 11:30-12:30.
- Christmas in July Update – Pam; This is a district 23 & 24, Broward Project. Here is a service opportunity: Our sister divisions, Division 23 and 24, provide essentials for homeless children throughout Broward County. We have a sorting and packing facility at 2701 SR 7 in Margate (a blue roofed building next to the hospital). We will be sorting on Saturday packing on June 1, 15th and 22nd from 9:00 am to 2:00 pm. If you're available, please attend.
- Delray Affair Feedback to Bob Hayes. Rich: Net profit is \$2,904.
- Other hands-on volunteer opportunities (ideas). Looking for ideas to bring Millennials to a project and into the club. Like Christmas in July
- New Member recruitment and retention ideas. Opportunities for new members to get involved, buddy system, etc. Joel, Pam David, to meet and create a plan. Send out email to invite other members to be on this committee.
- Terrific Kids status moving forward – Peggy. Not getting return calls. Maybe next year.
- Status of MOU for Storybook trail – Joel. The city just wants the check, but we have no MOU. Rich with Steve's help will create our own MOU and offer it to the City. Rich wants his name removed here but I don't think so!

New Business

Add that Rich is going to be looking into club participating in Spirit of Giving's Back to School Bash.

- Input for Happy Hour setup – Peggy. It was agreed that once a quarter, on a Thursday around 5 or 5:30 would be best. Peggy will contact Finnegan's for the first one. Peggy will decide with location the details as to room, food, and booze arrangements.
- Mistletoe Event Ideas – Peggy. Working with DDA to arrange the date and invitations to World Record Setting Kissing Under the Mistletoe, in December, at Old School Square by the Christmas Tree. The record is 480 couples, we are targeting 500 couples. Arrangements will have to be made for food and drink trucks, sponsors, drone coverage etc.
- Ronnie Dunayer- Finnegan's Fundraiser – Ezra. Ezra will arrange for the mini grant application. Saturday, June 29, 2024. The funds will go the provision of shower and laundry trucks for the homeless. Tickets for the dinner event will be \$50 each but we are looking at sponsorship.
- Next Board Meeting Monday, June 3rd, 2024, at 7:30 A.M. on Zoom.

Just Bring Your Game

Our program on May 22nd was presented by Michael Zeff, Senior Director of the Palm Beach County Sports Commission.

Palm Beach County was recently recognized as one of the elite sports destinations in the United States per the Sports Business Journal (SBJ),

which announced its second year of rankings for Best Sports Business Cities (BSBC). The Palm Beaches ranked number five in the "Cities Without a Big Five Team" category, which represents destinations without a local sports franchise participating in the NFL, MLB, NBA, NHL, and MLS. Furthermore, Sports ETA selected the Palm Beach County Sports Commission as a finalist for "Sports Commission of the Year" due to its record-breaking year for sports tourism in 2023. The Palm Beach County Sports Commission hosted 196 events, representing over 40 different types of sports during the last year, creating new benchmarks for sports related attendees, lodging room nights, and economic impact.

Palm Beach County's sports resume is robust and diverse. Equestrian show jumping and baseball are two of the top-producing sports in The Palm Beaches. The Palm Beaches represent the only county that is home to two MLB Spring Training facilities that each accommodate two teams. In addition to hosting one out of four MLB Spring Training games in Florida, Palm Beach County is also home to one of the largest collection of national baseball tournaments compared to any other destination in the United States.

Each year, the events they support are responsible for nearly one million sports visitors to Palm Beach County – sleeping in our hotels, utilizing our facilities, enjoying our attractions and eating in our restaurants.

For more information go to www.palmbeachsports.com.



Think you know words?

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

Crepitate ('krepə.tāt)

Verb, Latin, early 17th century

1. Make a crackling sound.

Example Sentences:

1. "The fallen leaves crepitate under Samuel's feet as he runs through the woods."
2. "I could practically hear electricity crepitating beneath my fingers when I touched the plasma ball at the science museum."
3. "Lisa relished how the fire crepitated as more logs were thrown on."

Nurturing Lives Through Music



Our program on May 29th was presented by Yalyen Savignon, the Executive Director of the Volta Music Foundation.

Volta's vision is to build a worldwide support network that empowers young musicians from underserved communities in reaching their full potential. Volta aims to bring students, mentors, higher education institutions, and symphony orchestras together in this higher purpose.

Volta's programs benefit students in the United States and Latin America by providing: After-school music education programs and lessons; Performance opportunities at festivals and competitions; Musical instrument donations and maintenance workshops; Cultural exchange and study abroad opportunities; and Access to a network of global music professionals. The After School Program provides additional music education and resources for students in elementary schools in South Florida schools, including Broward and Palm Beach schools, under Title I administration. These students are from low-income populations, and a significant majority (90%) are people of color and members of minority groups that have been historically excluded from or not actively engaged by established arts programs available in the country or even the state. Link Up is another music education program created by Carnegie Hall's Weill Music Institute to unite the classroom with the concert hall, giving students in grades 3-5 the opportunity to explore music through a year long curriculum of classroom activities and a culminating concert in which students perform with a professional orchestra. For more information, go to Voltamusicfoundation.org.



► Continued From **Happy Dollars**, page 2

Mike Moschette and **Joel Davidson** are cheering on the Panthers. **Larry Schroeder** put in for Memorial Day and all the men & women who fought for our country. **Gina Sablo's** husband Bob had a stent put in and **Reeve Bright** reached 98 Gallons donated at the Blood Bank. **Mark Scheinbaum** attended graduations in Texas and Rhode Island in the same week. **Terrence Moore's** younger son is graduating high school and will be attending Texas Tech. **Scott Youngberg** put in for both Miami and FSU winning their first round games in the ACC Baseball Championship. **Jay Alperin** is happy to have a Sports Psychologist in the club.

May 29th Meeting : Last night, the Florida Panthers won their playoff game. Many members put in for that. Everyone was also happy to see **Jill Arbetter**, who was glad to be back. **Bob Hayes** returned from his trip to Japan, whose knees did not appreciate all the walking he did. **Peggy Kelleher** returned from Buffalo saying they are ready for football. **Tom Carney** was featured in a magazine article and **Reeve Bright's** picture from 20 years ago appeared on TV. **Carlene Laseter's** granddaughter graduated 8th grade with honors. **Pam Davidson's** grandson graduated from Brown University with honors in Applied Mathematics. **Jay Alperin** put in for his 3rd grandson graduating high school. **Larry Schroeder's** granddaughter made the all-area first team in flag football. **Gina Sablo's** granddaughter turns 6 today. **Bill Morse** put in for his wife's birthday on Saturday. **Scott Youngberg** put in for Florida State and Florida making the NCAA Regional playoffs in baseball (Miami didn't make it). **Mike Salem** is enjoying the French Open. **Andie DeVoe** witnessed her first Leatherback Hatch of the season. **Lynn Korp** put in for that as well. **Rich Pollack** is happy this is his last meeting as PPTOM. Everyone else was JH.



.... Did you know about 90% of the worlds population kisses?

.... Did you know Coca-Cola originally contained cocaine?

.... Did you know the Internet was originally called ARPANet (Advanced Research Projects Agency Network) designed by the US department of defense?

.... Did you know toilets use 35% of indoor water use?

.... Did you know the fortune cookie was invented in San Francisco?

.... Did you know Koalas sleep around 18 hours a day?

.... Did you know the first Burger King was opened in Florida Miami in 1954?

.... Did you know all insects have 6 legs?

.... Did you know the croissant was invented in Austria?

.... Did you know In eastern Africa you can buy beer brewed from bananas?

.... Did you know African Grey Parrots have vocabularies of over 200 words?

.... Did you know a giraffe can clean its ears with its 21 inch tongue?

Registration is now OPEN!
Florida Kiwanis is **AWESOME!**

DISTRICT CONVENTION
August 15-18th
Orlando, FL

Here's the Link to Register....

<https://k05.site.kiwanis.org/>

Did Someone Say Trivia?

THE DELRAY BEACH PUBLIC LIBRARY PRESENTS



Our club once again had a team for this year's Trivia Night at the Delray Beach Library, taking 3rd place on May 18th. BTW, Rotary had two teams, and neither one was in the top 5.)

Thanks to members **Bill Morse, Terrence Moore, Dave Freeburn,**

Rich Pollack, Ezra Krieg, Peggy Kelleher and their spouses/friends for upholding Kiwanis greatness.



There once was a magic mirror which would kill you if you lied to it. One day a brunette was doing her makeup and said to herself "I think I'm the smartest woman ever!" She immediately dropped dead. The next day a redhead was doing her hair and said to herself "I think I'm the prettiest woman alive!" She immediately dropped dead. Finally, the following day, a blond was flossing her teeth. She stopped and said to herself "I think," and dropped dead.

givebacks

Shop to Give - Givebacks

When you shop through Givebacks, every eligible purchase powers a donation to **Delray Beach Kiwanis**. All at no extra cost to you!

To never miss a potential donation, get the online shopping extension. Don't miss an opportunity to give back!

From local eats to online purchases, you can give back with no extra cost to you at over 25,000 brands and restaurants.

Scan the QR Code



Membership

Carlene Laseter - Chairperson



Meet Our Newest Member

Ronnie Dunayer



Ronnie is a reformed New Yorker, has been in Delray for 25 years, and proclaims "Love It!" She is self employed as a Teaching Golf Professional and Sports Psychologist. Previous to this, she was a clinical psychologist in New York and the director of a Human Service Agency. Ronnie's athletic career includes playing on the Tennis Tour, and owning a Tennis Club and Teaching Facility.

Since residing in Delray Beach, Ronnie has served on several non-profit boards and currently is most involved with the Arts Garage. She very much enjoys theatre, musical events and discovering and supporting new talented performers in those areas.

Welcome Ronnie!



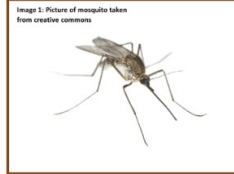
Remember, This is The Formula:
Love being a Kiwanian. Love your club.
Share it with others. Live it.
Doing Good... Feeling Good!

PUBLIC SERVICE ANNOUNCEMENT

As Public Health Threat of Mosquito-Borne Illness Increases, Florida's World-Class Scientists & Professionals are Ready

Tallahassee, FL – For more than 20 million residents and 137 million tourists each year, Florida is simply a place where life is better. Unfortunately, we share the Sunshine State with more than 80 species of mosquitoes.

Known as the world's deadliest animal, mosquitoes also love Florida, and carry deadly diseases like malaria, West Nile virus, and dengue fever. "Many of the same things that draw people to Florida, such as our year-round tropical weather, also bring mosquitoes," said Richard Weaver, president of the Florida Mosquito Control Association, (FMCA). "Sound science and around-the-clock surveillance has kept our residents, tourists, and businesses safe. We will continue to deploy the latest technologies and advance the science of mosquito control to maintain Florida's standing as the best place in the nation to live, work and visit."



A month ago was Florida Mosquito Control Awareness Week, highlighting the incredible science, training and resources dedicated to combating the world's most dangerous animal.

Mosquitoes are responsible for more human deaths than any another animal, killing nearly a quarter of a million people globally each year. Mosquitoes also kill livestock and domestic animals, inflicting damage on agriculture and economies.

Last year, south Florida counties saw the largest dengue fever outbreak in more than 75 years. Similarly, malaria was locally transmitted in the state for the first time in more than 20 years.

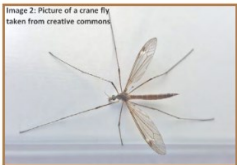
With experts predicting a severe hurricane season this year, bringing standing water for millions of mosquitoes to breed, the work of mosquito control professionals is more critical than ever.

As an international business hub with a tropical climate that attracts invasive mosquito species from around the world, Florida has long been a leader in mosquito control. Formed more than 100 years ago, the FMCA has helped scientists and entomologists battle mosquitoes and educate the public about the multitude of dangerous diseases transmitted via a mosquito bite.

Florida's mosquito control efforts focus on scientific discovery and inquiry, front-line deployment of personnel and technology, and a strong network of professionals sharing best practices and experiences.

For the 67 mosquito control programs in the state, the battle against mosquitoes and the diseases they carry is an evolving challenge, particularly due to the issue of insecticide resistance and disease outbreaks. To address this, innovative approaches are being adopted across various regions, showcasing the importance of advancing mosquito control methods.

Go to www.yourfmca.org for more information.



Calendar Of Events

June 3.....Board Meeting at 7:30 A.M. on Zoom.

June 14..... **West Boca Club**
Charter Event, 1 pm
20701 95th Ave S, Boca Raton

July 3-6Kiwanis Int'l
Convention, Denver



August 15-19.....Kiwanis District
Convention - Orlando, FL

October 18 Kiwanis "Swing for Kids"
Golf Tourney
Westchester CC, 11:30 am - 5 pm.

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff." --Mariah Carey *Huh???*

Upcoming Meeting Programs



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

6/5 Palm Beach County Financially Supported Charities Program (Greg Lerman guest)
6/12 Delray Beach Chamber of Commerce
6/19 Sunflower Creative Arts
6/26 Hands and Feet (Ric Bradshaw guest)

7/3 AVDA
7/10 Palm Beach County Veterans Services
7/17 Take Stock in Children
7/24 Marci Woodward
7/31 NAMI (NEED HOST...I will miss meeting)

8/7 NEED SPEAKER (Mike Gauger guest)
8/14 Children's Home Society
8/21 Palm Beach Ethics Commission
8/28 Diaper Bank

9/4 NEED SPEAKER (need host: I will miss meeting)
9/11 Tentative: Champions Empowering Champions
9/18 CROS Ministries

**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:



May 1 - Russ Mager

May 8 - Dupree Jackson

May 15 - Larry Schroeder

May 22 - Michael (1st Timer?) Moschette

May 29 - Steve Rubin

NEVER BUY A DOG WHEN YOU'RE DRUNK



- 1. Fact or Crap** - A teg is a sheep in its second year.
- 2. Fact or Crap** - Ewe is the most common language within the Gbe language group.
- 3. Fact or Crap** - Shakira is the first Colombian to have a star on the Hollywood Walk of Fame.
- 4. Fact or Crap** - Ancient Egyptian Queen Nefertiti committed suicide.
- 5. Fact or Crap** - Tolkien, author of the Load of The Rings was a professor of mathematics for 15 years.
- 6. Fact or Crap** - If you ordered sweetbreads in a restaurant, you would be served cooked and spiced cow testicles.
- 7. Fact or Crap** - If you suffer from tachycardia, your heartbeat is excessively rapid.

(Answers on Page 9)

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"The secret of happiness isn't found in seeking more, but in developing the capacity to enjoy less."

- Socrates



A man has his car full of penguins. He drives past a policeman, but the policeman stops him. He says, "Hey, you! Yeah, you! You should take those penguins to the zoo!" The man does that.

The next day in the same spot, the man still has the penguins. Once again he drives past the policeman. "Hey, I thought I told you to take those penguins to the zoo!"

"I did," replies the man. "We had so much fun that were going to the beach today!"

HEALTHY LIVING TIP



4 Benefits of Yoga

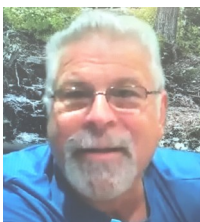
In addition to helping you finally touch your toes, yoga may confer many other benefits, from helping you relax to even potentially helping your heart health. Below are some other potential benefits of yoga:

- Yoga can decrease stress and promote relaxation. Becoming more in tune with your body and where you hold stress is rewarding.
- Yoga may also be able to relieve anxiety. In one study, 34 women diagnosed with an anxiety disorder participated in yoga classes twice weekly for two months. At the end of the study, those who had practiced yoga had significantly lower levels of anxiety than the control group.
- Yoga may help improve heart health and reduce several risk factors for heart disease. One study found that participants over 40 who practiced yoga for five years had lower blood pressure and pulse rates than those who did not.
- Lastly, yoga may help fight depression; this may be because yoga can decrease cortisol levels, a stress hormone that influences serotonin levels, the neurotransmitter frequently associated with depression.

Tip adapted from Healthline⁸

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:



May 1:

1707, the Kingdom of Great Britain was created as a treaty merging England and Scotland took effect.

1866, three days of race-related rioting erupted in Memphis, Tennessee, as white mobs targeted Black people, 46 of whom were killed, along with two whites. (The violence spurred passage of the 14th Amendment to the U.S. Constitution defining American citizenship and equal protection under the law.)

1960, the Soviet Union shot down an American U-2 reconnaissance plane over Sverdlovsk and captured its pilot, Francis Gary Powers.

1963, James W. Whittaker became the first American to conquer Mount Everest as he and Sherpa guide Nawang Gombu reached the summit.

1964, the computer programming language BASIC (Beginner's All-Purpose Symbolic Instruction Code) was created by Dartmouth College professors John G. Kemeny and Thomas E. Kurtz.

1971, the intercity passenger rail service Amtrak went into operation.

1991, Nolan Ryan of the Texas Rangers threw his seventh no-hitter at age 44, shutting out the Toronto Blue Jays 3-0.

2011, President Barack Obama announced the death of Osama bin Laden during a U.S. commando operation. (Because of the time difference, it was early May 2 in Pakistan, where the al-Qaida leader met his end.)

2011, Pope Benedict XVI beatified Pope John Paul II, moving his predecessor a step closer to sainthood in a Vatican Mass attended by some 1.5 million pilgrims.

2023, regulators seized troubled First Republic Bank in the second-largest bank failure in U.S. history.

Birthdays:

Singer Judy Collins is 85.

Singer Rita Coolidge is 79.

Pop singer Nick Fortuna (The Buckingham) is 78.

Country singer Tim McGraw is 57.

Gospel/R&B singer Tina Campbell (Mary Mary) is 50.

May 8:

1541, Spanish explorer Hernando de Soto reached the Mississippi River.

1846, the first major battle of the Mexican-American War was fought at Palo Alto, Texas; U.S. forces led by Gen. Zachary Taylor were able to beat back Mexican forces.

1915, Regret became the first filly to win the Kentucky Derby.

1973, militant American Indians who had held the South Dakota hamlet of Wounded Knee for 10 weeks surrendered.

1978, David R. Berkowitz pleaded guilty in a Brooklyn courtroom to murder, attempted murder and assault in connection with the "Son of Sam" shootings that claimed six lives and terrified New Yorkers. (Berkowitz was sentenced to six consecutive life prison terms.)

1996, South Africa took another step from apartheid to democracy by adopting a constitution that guaranteed equal rights for Blacks and whites.

2018, President Donald Trump withdrew the U.S. from the nuclear accord with Iran and restored harsh sanctions; Trump had been a severe critic of the deal negotiated by the Obama administration in which Iran agreed to restrictions on its nuclear program.

2020, the unemployment level surged to 14.7%, a level last seen when the country was in the throes of the Great Depression; the government reported that 20 million Americans had lost their jobs in April amid the economic fallout from the coronavirus pandemic.

Birthdays:

Naturalist Sir David Attenborough is 98.

Singer Toni Tennille is 84.

Singer Philip Bailey (Earth, Wind and Fire) is 73.

Rock musician Alex Van Halen is 71.

Actor David Keith is 70.

Sports commentator/former NFL coach Bill Cowher is 67.

Singer Enrique Iglesias is 49.

May 15:

1862, President Abraham Lincoln signed an act establishing the Department of Agriculture.

1928, the Walt Disney cartoon character Mickey Mouse appeared for the first time in front of a public audience in a test screening of the short "Plane Crazy." (Mickey made his formal screen debut with the release of "Steamboat Willie" six months later.)

1948, hours after declaring its independence, the new state of Israel was attacked by Transjordan, Egypt, Syria, Iraq and Lebanon.

1967, the U.S. Supreme Court, in its unanimous In re Gault decision, ruled that juveniles accused of crimes were entitled to the same due process afforded adults.

1972, Alabama Gov. George C. Wallace was shot and left paralyzed while campaigning for president in Laurel, Maryland, by Arthur H. Bremer, who served 35 years for attempted murder.

1988, the Soviet Union began the process of withdrawing its troops from Afghanistan, more than eight years after Soviet forces entered the country.

2015, a jury sentenced Dzhokhar Tsarnaev (joh-HAHR' tsahr-NEYE'-ehv) to death for the 2013 Boston Marathon bombing that killed three and left more than 250 wounded.

Birthdays:

Actor-singer Lainie Kazan is 82.

Baseball Hall of Famer George Brett is 71.

Football Hall of Famer Emmitt Smith is 55.

Actor Brad Rowe is 54.

Actor David Charvet (shahr-VAY') is 52.

Actor Russell Hornsby is 50.

Tennis player Andy Murray is 37.

May 22:

1939, the foreign ministers of Germany and Italy, Joachim von Ribbentrop and Galeazzo Ciano, signed a "Pact of Steel" committing the two countries to a military alliance.

1960, an earthquake of magnitude 9.5, the strongest ever measured, struck southern Chile, claiming some 1,655 lives.

1962, Continental Airlines Flight 11, en route from Chicago to Kansas City, Missouri, crashed after a bomb apparently brought on board by a passenger exploded, killing all 45 occupants of the Boeing 707.

1964, President Lyndon B. Johnson, speaking at the University of Michigan, outlined the goals of his "Great Society," saying that it "rests on abundance and liberty for all" and "demands an end to poverty and racial injustice."

1968, the nuclear-powered submarine USS Scorpion, with 99 men aboard, sank in the Atlantic Ocean. (The remains of the sub were later found on the ocean floor 400 miles southwest of the Azores.)

1969, the lunar module of Apollo 10, with Thomas P. Stafford and Eugene Cernan aboard, flew to within nine miles of the moon's surface in a dress rehearsal for the first lunar landing.

1992, after a reign lasting nearly 30 years, Johnny Carson hosted NBC's "Tonight Show" for the final time. (Jay Leno took over as host three days later.)

2012, the Falcon 9, built by billionaire businessman Elon Musk, sped toward the International Space Station with a load of groceries and other supplies, marking the first time a commercial spacecraft had been sent to the orbiting outpost.

Birthdays:

Actor-director Richard Benjamin is 86.

Retired MLB All-Star pitcher Tommy John is 81.

Rock musician Dan Roberts (Crash Test Dummies) is 57.

Olympic gold medal speed skater Apolo Anton Ohno is 42.

Actor Molly Ephraim (TV: "Last Man Standing") is 38.

Tennis player Novak Djokovic is 37.

May 29:

1765, Patrick Henry denounced the Stamp Act before Virginia's House of Burgesses.

1790, Rhode Island became the 13th original colony to ratify the United States Constitution.

1848, Wisconsin became the 30th state of the union.

1914, the Canadian ocean liner RMS Empress of Ireland sank in the St. Lawrence River in eastern Quebec after colliding with the Norwegian cargo ship SS Storstad; of the 1,477 people on board the Empress of Ireland, 1,012 died. (The Storstad sustained only minor damage.)

1953, Mount Everest was conquered as Edmund Hillary of New Zealand and Tensing Norgay of Nepal became the first climbers to reach the summit.

1977, Janet Guthrie became the first woman to race in the Indianapolis 500, finishing in 29th place.

2014, Starbucks closed thousands of stores for part of the day to hold training sessions for employees on unconscious bias, in response to the arrests of two Black men at one of its Philadelphia stores for sitting in the Starbucks without ordering anything.

2020, fired Minneapolis police officer Derek Chauvin was arrested and charged with third-degree murder and second-degree manslaughter in the death of George Floyd. (He would be convicted in April 2021 on those charges as well as second-degree unintentional murder.)

Birthdays:

Former Baseball Commissioner Fay Vincent is 86.

Actor Anthony Geary is 77.

Actor Annette Bening is 66.

Actor Rupert Everett is 65.

Singer Melissa Etheridge is 63.

Singer Melanie Brown (Spice Girls) is 49.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and NBA player Carmelo Anthony joins us, we hope that you will buy him a "Slam-Dunk" drink, as he is 40 years old today.



Funny Quotes about Marriage ...



--- "A man doesn't know what happiness is until he's married. By then it's too late."
—Frank Sinatra

-- "My most brilliant achievement was my ability to persuade my wife to marry me." —Winston Churchill

-- "Michelle's like Beyoncé in that song, 'Let me upgrade ya!' She upgraded me." —Barack Obama

-- "Marriage has no guarantees. If that's what you're looking for, go live with a car battery." —Erma Bombeck

-- "Marriage is like a graph—it has its ups and downs, and as long as things bounce back up again, you've got a good marriage. If it heads straight down, then you've got some problems!" —Dame Julie Andrews

-- "People say, 'Jeez, it must be hard to stay married in show business.' I think it's hard to stay married anywhere, but if you marry the right person, it might work out." —Tom Hanks

-- "Make sure you have date night even if it's once in a blue moon because most of the time you're just too tired and you'd actually prefer to sleep."
—Chris Hemsworth

-- "Only married people can understand how you can be miserable and happy at the same time." —Chris Rock

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

(Answers on Page 10)

Being an adult is the dumbest thing I have ever done.



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

Visit our Website:
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. A sheep in its first winter is called a hog.
2. Fact. The 20 or so Gbe languages are most widely spoken across the area between Ghana and Nigeria.
3. Fact. Shakira's star was laid in 2009.
4. Crap. Her death is unknown.
5. Crap. Tolkien was a professor of Anglo-Saxon the English language.
6. Crap. Sweetbreads are thymus glands and lamb, beef, or pork.
7. Fact. The most common type of tachycardia is sinus tachycardia whose causes include fever.

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 - 1st & 3rd Tuesdays, 7 am
Crackerbarrel, 1475 SW 8th St, Boynton Beach
2nd & 4th 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.

Sudoku Puzzle....Answers

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

UNICEF announces MNT elimination in Mali



With help from organizations including Kiwanis, Mali is the latest country to eliminate maternal and neonatal tetanus.
By Erin Chandler

Kiwanis International joins organizations and individuals around the world in celebrating the elimination of maternal and neonatal tetanus (MNT) in Mali. On April 24, UNICEF confirmed that Mali is the most recent country to achieve MNT elimination out of the priority countries identified in 1999 — those with more than one case of neonatal tetanus per 1,000 live births.

MNT is a painful and deadly disease that disproportionately affects areas where poverty, lack of education and inadequate health infrastructure make unhygienic birth practices more common. Kiwanis partnered with UNICEF in its global campaign to eliminate MNT in 2010, and since then, newborn deaths from tetanus have dropped significantly. Twenty-eight of the 49 priority countries that have achieved MNT elimination have done so since Kiwanis became involved in the project. Prior to Mali, the most recent was Chad in 2019.

In 2023, the Kiwanis Children's Fund granted US\$275,000 to UNICEF to help facilitate mass tetanus vaccination campaigns for women of reproductive age in countries such as Pakistan, Guinea and Yemen, where MNT remains a significant threat. The grant also funded the assessments and surveys that validated the elimination of MNT in Mali, and it will help strengthen the health systems there to ensure that MNT does not make a comeback.

Support for UNICEF's fight against MNT is just one way Kiwanis has furthered the cause of children's health around the world. In June, the Kiwanis Children's Fund's Pediatric Medicine Support Grant Program awarded funds to help renovate a burn unit at a children's hospital in Jamaica, add a pediatric play therapy room to a new hospital in North Dakota, U.S., and deliver comfort items to hospitalized kids in California, U.S. In addition, Children's Fund grants and microgrants fund Kiwanis club projects like free clinics and health screenings, meal programs and accessible playgrounds every month in communities around the world.

ELIMINATE
maternal/neonatal tetanus



You can make a gift to the Children's Fund today to make a healthier world possible for kids everywhere. Go to:

<https://www.kiwanis.org/who-we-are/kiwanis-childrens-fund/ways-to-give/>



From Our Photographer's Camera.....

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



WOMAN'S ASS SIZE STUDY

There is a new study about women and how they feel about their asses, the results were very interesting.

- 10%** Of women think their ass is too skinny.
- 30%** Of women think their ass is too fat.
- 60%** Say they don't care, they love him, he is a good man and they wouldn't trade him for the world.