



The Sunriseser

The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 51 Years of Service



Meets for Breakfast Wednesday's, 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL.

2024-2025 Officers

President Pro-Tem, February
Reeve Bright

President: David Freeburn
561-997-4897

Secretary: Jay Alperin
561-289-2387

Treasurer: Bill Morse
561-213-2965

2024-2025 Bd. of Directors

Carlene Laseter, Peggy Kelleher,
Doug Martin, Scott Youngberg,
Ezra Krieg, Bob Barcinski,
Pam & Joel Davidson, Regina Sablo,
Rich Pollack, Andie DeVoe,
Diane Colonna

2024-2025 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,
Bill Morse

Terrific Kids - Peggy Kelleher,
Danielle Garcia

* **Key Club/Builders Club** - Bob Hayes

American Heritage - Sally Schliefer

Atlantic High School - Bob Hayes

Volume 2025, Issue 3

March, 2025



Protecting Lives & Property

Our program on February 5th was presented by Ronald Martin, Chief of Delray Beach Fire Rescue.

Over the past three months, the department has faced challenges; however, they remain steadfast in their commitment to service in the community. From responding to critical incidents with professionalism and efficiency to engaging in proactive community outreach, their team has demonstrated resilience and excellence at every turn.

The department operates in four divisions: Administration - administrative, managerial, budgetary, logistic, and planning activities for departmental operations; Operations; Fire and Life Safety and Ocean Rescue.

The men and women of Delray Beach Fire Rescue are dually trained as Firefighters and Paramedics, and their services include:

Fire and Safety Education; Special Operations (Dive Rescue, Confined Space Rescue, Rope Rescue, Heavy Extrication, and Technical Rescue Responses); Plan Review; Code Enforcement; EMS Transport; Fire Inspection; Fire Investigations and Hazardous Materials Response.

DBFR is proud to serve our community with these programs and services to our citizens in an attempt to keep our community as safe as possible. They believe in transparency and will continue to build on their successes and meeting the evolving needs of our community. For more information, go to / www.delraybeachfl.gov/government/city-departments/fire-rescue.



Real Men Bake

Our club was well represented at the **Real Men Bake** event held on February 10th. Kiwanians **Terrence Moore & Dupree Jackson** took home top honors. Here are some pictures:



Like us on Facebook



Visit our Website:
delraybeachkiwanis.org

Other Doings.....



Hail! President, Pro-Tem of the Month!

***** February *****



Carlene Laseter

Here are the upcoming scheduled PPOTM's:

March - **Reeve Bright**

April - **Andie DeVoe**

May - **Mykal Banta**

June - **Regina Sablo**

July - **Doug Martin**

August - **Terrence Moore**

September - **Steve Rubin**

Thank You!



David Randolph was recently honored for all his accomplishments. Here's a photo of the plaque he received:



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



Upcoming Important Dates:

Birthdays:

- March 5** - Alberta Rickard
- March 6** - Bill Morse
- March 7** - Mike Salem
- March 10** - Joel Davidson
- March 15** - Barry Frette
- March 17** - Sophia Youngberg
- March 21** - Bob Barcinski
- March 23** - Sally Schleifer
- March 28** - Carole Pollack
- March 30** - Michelle Moore

Wedding Anniversaries:

None

Membership Anniversaries:

- March 11** - Regina Sablo, 22 years
- March 29** - Pam Davidson, 15 years

February 5th Meeting: **Barry Frette** was given the honor of collecting today. Barry acknowledged **Terrence Moore** for the great job he's doing as City Manager. That was echoed by a lot of members. **Doug Martin** is celebrating 33 years with the club. A lot of people put in for that. With football winding down, **Mykal Banta** is rooting for the Eagles, as well as **Dave Freeburn** and **Dave Randolph**. **Peggy Kelleher** doesn't care anymore. **Ezra Krieg** doesn't care either, as long as it's not the Bills. **Scott Youngberg** & **Joel Davidson** want the Chiefs to win. Joel is also happy UM finally won a basketball game. **Steve Rubin** was happy we had an official interclub at the 5k race in Pompano. **Rich Pollack** thanked Pam & Joel Davidson for their help at the 5k. **Carlene Laseter** had a great trip to Dallas, seeing old friends. **Lynn Korp** is anxious for Turtle season to start. **Ronnie Dunayer** thought Barry did a great job collecting. That was ditto'd by Bob Hayes & Bill Morse. A lot of members including **Jay Alperin** and **Mike Salem** put in for **Dave Randolph** for the honors he is receiving.

February 12th Meeting: This past week we had the Real Men Bake event, the Putt-Putt Challenge vs. Rotary, and **Dave Randolph** being honored. Basically, everyone put in for those events. Dave appreciates Kiwanis's support. **Pam Davidson** said "For a Club -We Rock!" **Joel Davidson** put extra in for UM Basketball winning. **Peggy Kelleher** & **Dave Freeburn** liked the Eagles winning the Super Bowl. **Rich Pollack** also liked the Panther's winning. **Ezra Krieg** really liked **Terrence Moore's** Peach Cobbler. Terrence was impressed with the level of competition. **Carlene Laseter** is happy for her niece & nephew visiting. And, **Bob Hayes** and **Reeve Bright** are still Vertical.

February 19th Meeting: **Jay Alperin's** 15 year old grandson is here for a visit. **Dave Freeburn's** older brother has his 70th birthday and **Joel Davidson's** baby brother turned 79. **Barry Frette** and **Carlene Laseter** were happy for the rain last night. **Scott Youngberg** is happy for the US Hockey Team and the start of MLB Spring training games on Friday. **Peggy Kelleher** is happy for #2 Florida basketball. **Bill Morse** and **Larry Schroeder** like the beautiful day today. Larry also likes the start of High School Flag Football. **Mykal Banta** put in for Real Men Bake. **Pam Davidson** is reeling from her 2nd shingles shot and **Terrence Moore** apologized for not recognizing Larry and the retirement celebration for **Jeff Razor**. Everyone else was JH.

February 26th Meeting: We were pleased to see long time Delray great **Yvonne Odom** today. Many members acknowledged her stewardship of Delray Beach over the years. **Steve Rubin** had a wedding anniversary and that he loves our club. **Larry Schroeder** was happy the Lady Wolverines beat Pahokee in flag football. The **Bob's (Barcinski and Hayes)** and **Mykal Banta** are happy for baseball season. **Lynn Korp** and **Andie DeVoe** are happy for the start of Turtle season. **Rich Pollack** put in for the Panthers and is also happy Andie has updated our Facebook page. **Mike Salem** is happy to be a greeter at his synagogue. **Pam Davidson** is using **Reeve Bright's** favorite line "Vertical". **Joel Davidson** is happy UM almost beat Duke. They lost by 30+ points. **Reeve's** brother is coming for a visit. **Ronnie Dunayer** is happy for a day off. Everyone else was happy to be here.





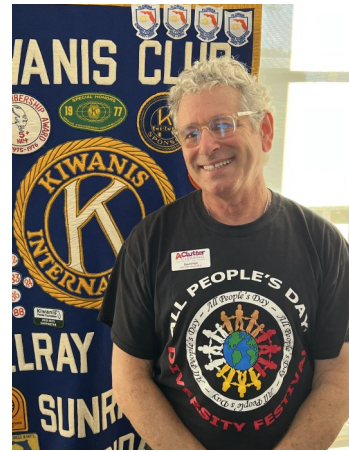
All People's Day Diversity Festival

Our program on February 12th was presented by David Hall, the Co-Chairman for the 16th Annual All People's Day, coming on Saturday, March 22nd. Discover our connections and enjoy food, crafts, music and games.

Food and admission is Free. Included are 14 performances and 50 booths from 11 am - 3 pm, with a Kids Workshop from 9:30 am-11 am.

The event will be held Indoors at Pompey Park, 1101 NW 2nd St at NW 10th Ave.

For more information, go to www.allpeoplesday.org



Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on February 3rd. Here are some notes:

I. Board Attendance: President David Freeburn; Secretary Jay Alperin, Treasurer Bill Morse. Directors: Kelleher, Davidson, Pam; Krieg,

Davidson, Joel; Sablo, Devoe, Laseter

II. Foundation Attendance : President Freeburn, Vice-President Pollack; Directors: Colonna, Youngberg, PDavidson.

III. Secretary's Report: Motion to Approve minutes of January 6, 2025 meeting. Motion made by: Bill Morse, Seconded by: Joel Davidson. Motion Passed (Ezra Krieg opposed)

IV. Financial Report: Bill Morse reported that he has not had time to do a detailed summary of the club's finances. When the information is available he will send a memo to the members. Jay Alperin brought up a situation that he and his wife Diane have encountered regarding the club's contributions to AVDA. The club had approved a donation of \$100 per month to buy groceries for the organization. However, costs have increased and that amount is no longer sufficient. After some discussion it was determined that the donation should be increased, and the limit should be established as annual, not monthly. Motion to Approve a limit of \$1,800 annually to AVDA for the purchase of grocery items. Motion made by: Pam Davidson, Seconded by: Joel Davidson. Passed unanimously.

V. Old Business

A. Christmas in July 5K. Ezra reported that Kiwanis had a team that participated in the 5K as well as two members who worked on various aspects of the walk/run. The 5K is a fundraiser for the Christmas in July organization.

B. Shoe Drive for Jacob's Shoes. Andie Devoe reported that 68 pairs of shoes (mostly athletic) were collected from club members. Jacob's Shoes also accepts different types of shoes i.e. business or formal shoes. We may want to do another collection in the near future.

C. Real Men Bake. Peggy Kelleher will have tickets for the event available for purchase at Wednesday's meeting.

D. MLK Brunch Recap. Rich Pollack reported that the event went very well and Kiwanis had a strong showing.

E. Putt Putt Golf Challenge - February 6. Rich stated the event will be better organized than it has been in the past. There will be a 50/50 raffle and a hole-in-one challenge. There was a discussion regarding the methods of payment that can be accepted.

F. Pine Grove request for support. Pam Davidson said the school was interested in funds for a big party for the school. She will speak to them about setting up a Terrific Kids program similar to the one at Orchard View Elementary.

G. Delray Affair. Bob Hayes gave the board an update on the status of the event. He is looking for a second sign. If necessary, Fast Signs can make one that will match the existing. He will distribute a sign up sheet at Wednesday's meeting. Jay suggested he meet with Rich and Carlene to discuss the budget. Rich noted that the budget is very simple and includes water, ice and the booth rental.

H. Foundation 2024 Activity list. There was a discussion about ways to inform people about the projects and activities that the club is involved in. One idea is to put the list on T-shirts that could be worn at events. Also, Scott is updating the brochure to include the list. We could also have signs at events. Motion to have cotton T-shirts made with Kiwanis on the front and a list of projects on back. Motion made by Peggy Kelleher, Seconded by Joel. Motion passed unanimously. Pam noted that the front of the shirts should specify Delray Beach Kiwanis.

I. Status of Key Club engagement. Bob Hayes has been in touch with

the Key Club president - they are still active. We should consider having them participate in some of our projects. Joel suggested they be invited to our April meeting - they will be out of school that week for spring break. Pam wants Bob to find out if they are sending kids to the district convention.

J. IHOP Pancake Day. Joel reported that twelve members had signed up for this event. Scott is finishing the new brochure and business cards to hand out.

K. Story Trail. Bill Morse, Ezra and City Manager Terrence Moore spoke with the head of the City's Parks and Recreation department.

Language in the agreement should be changed to say that Delray Kiwanis is a contributing partner (not a donor). The delay is with the City's legal department.

L. Golf Tournament. Scott spoke to Linda Brown - she is willing to manage the event. Her fee is \$1,700 plus 50% of auction proceeds and 20% of the raffle proceeds. Kiwanis would still be responsible for recruiting participants, although she will help with that. Peggy asked if all of the proceeds would go to a charity or if the club would get some of the funds. Scott noted that the charities help to draw golfers and sponsors who support them. This event has traditionally benefitted the Achievement Centers. Rich asked what the impact would be to the event's bottom line. Scott said that based on Ms. Brown's past performance the tournament will produce more revenue than Kiwanis has been able to. Pam said that Ms. Brown has had a lot of success getting auction items donated. Motion to accept Ms. Brown's terms and engage her to manage the golf tournament. Motion made by Scott Youngberg, Seconded by Joel Davidson. Motion passed unanimously.

M. Police Appreciation - April 10th. Ezra suggested that members be encouraged to bring guests to this meeting, as it is a good opportunity to showcase what Delray Kiwanis does. Rich will ask the Delray Beach Chamber of Commerce to list the event on their website.

VI. New Business

A. Ezra reported that the Dolphins have announced they'll be playing a game in Spain this coming season. We had great success with the Pancakes Pints and Pigskin event at Tim Finnegan's. Motion to organize another Pancakes Pints and Pigskin event for the Dolphin's game in Spain. Motion made by Peggy Kelleher, Seconded by Bill Morse. Motion passed unanimously.

B. Fundraising Committee. David said that so far Ezra, Joel, Rich and Ronnie have volunteered. Andie stated she will also join the committee. Club members will be asked to submit ideas in writing.

C. Mini grant request. Rich reported that a grant request was received by ????. The money would be used to paint their offices. This does not meet the criteria for grant funding. Rich will send them a letter letting them know it does not qualify.

D. Rich informed the board that The Set Neighborhood Alliance is honoring Dave Randolph on Saturday. Given the short notice there was not time to organize a group to go. He suggested that club members be invited to attend, and pay the \$35 fee directly to the event. Motion to have Scott send out a notice to members informing them of the event honoring David Randolph. Motion made by Peggy Kelleher, Seconded by Bill Morse. Motion passed unanimously.

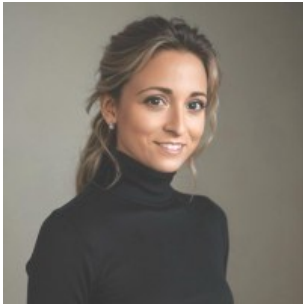
E. Peggy said that regarding the Mistletoe event, Tom Carney is meeting with the head of Guinness for the United States. He is going to bring up the event and ask the representative if the application fee could be reduced.

F. Nominations for officers - Scott will solicit nominations from members.

VII. Other

Pam stated that the Kiwanis mid-winter conference was to be held in Pompano Beach on March 8th. She would like for other members to attend. She is to be honored for her work as a distinguished Lieutenant Governor.

Next meeting: March 3, 2025. Meeting adjourned 8:35



Changing the Dialogue About Suicide

Our speaker on February 19th was Catharine Paterno, the Program Coordinator for the Hanley Foundation. Her topic today addressed Hanley's Zero Suicide Initiative.

Suicide is the second leading cause of death among people aged 15-24, and rates have

steadily increased since 2015. The Hanley Foundation's Zero Suicide Initiative is working to reverse this trend, reduce suicide rates and save lives through education, outreach, and awareness campaigns.

The Zero Suicide Initiative trains members of the community, regardless of profession or experience with mental health, to recognize the signs of someone experiencing a suicide crisis and analyzes the frameworks within mental and behavioral health facilities to ensure adequate screening processes are in place. The team provides resources and training to agencies to properly assess a client's suicide risk and provide appropriate, patient-centered care.

The Hanley Foundation's Zero Suicide Initiative is

committed to reducing stigma. Their campaigns touch lives throughout our five counties of service, sharing real-life stories of survival and hope and promoting the message that people are not alone in their struggles. They are committed to producing high-quality, shareable content and stories of hope while providing resources to ensure fewer people die by suicide.

If you or someone you know needs support now, please don't wait. 988 is a 24/7 hotline that can be called and receive live assistance. You can also text "HOME" TO 741741 to chat via text message. These resources will connect you with a trained crisis counselor who can help. For more information, Go to <https://hanleyfoundation.org/prevention/zero-suicide-initiative/>



**Zero
Suicide
Initiative**

HANLEY FOUNDATION

Two neighbors are talking to each other.

First neighbor: Do you know that my dog is so smart, he waits for the newspaper to drop at the doorstep and then delivers it to me?

Second neighbor: Of course, I know that very well.

First neighbor: Really, well then, how?

Second neighbor: My dog came and told me.

*Why is there a 'D' in fridge,
but not in refrigerator?*



Think you know words?

Build your vocabulary with these words and learn the meaning:

Sitzfleisch (ˈsits.flɪʃ)

Noun, German, late 19th century

1. A person's buttocks.
2. Power to endure or to persevere in an activity; staying power.

Example Sentences:

1. "There was no intermission in the play, and by the fifth act I was feeling the long running time in my sitzfleisch."
2. "Eunice's grandson is a piano prodigy with the sitzfleisch to practice his instrument for four hours every day."
3. "After a few bad grades his freshman year, Quentin developed the sitzfleisch to develop a study plan for each class and stick to it."



The 4th Annual Great PUTT-PUTT Challenge....

The Gauntlet was thrown again by a Rotary Club looking for revenge.....and Kiwanis was there to defend the trophy!!



Kiwanis V. Rotary



It all took place at sun-down on February 6th at **Putt'n Around**, 350 NE 5th Ave, Delray Beach. With a \$25 entry fee, we had a great turnout from both camps. We raised \$1,700+ which included a 50/50 and Hole-In-One entry fee. All proceeds went to the Diaper Bank.

**Thanks Again to Rich Pollack for Putt-ing this altogether.
Kiwanis once again got to take home the Signature Trophy**



DID YOU KNOW?

Which Came First: Wine or Beer?

Whether you're enjoying a glass of cabernet with a meal or downing IPAs with friends, you're taking part in the multifaceted, multicultural act of alcohol consumption that dates back many thousands of years.

Because spirits such as whiskey or vodka involve a more complex distillation process, beer and wine (and wine's less-prominent cousin, mead) are the earliest forms of alcohol, left over from a time before any of humanity's famous names, wars, or inventions etched themselves into history. Which sets up the ultimate bar debate: Which of these two ancient libations is older?

To let some of the air out of the suspense, we'll note that it's difficult to pinpoint when people first began drinking wine or beer, since proto-versions of both drinks can be formed with little to no human intervention.

It's likely that early humans (or even animals) stumbled upon the intoxicating effects of fermented grains and fruits, and maybe even figured out how to replicate the experience by leaving their collected wares out in the elements for too long. We can only speculate on the concoctions that may have been experimentally produced by pre-Neolithic people, although they were almost certainly different from the beers and wines that emerged under more controlled conditions in later epochs.

Mesopotamians & Egyptians Enjoyed Beer & Wine

Unsurprisingly, such conditions were well established by the civilizations that introduced writing and other major advancements in math and science: the ancient Mesopotamians and Egyptians. Along with the 5,000-year-old remnants of barley beer discovered at the Godin Tepe ruins in modern-day Iran, evidence of a Sumerian drinking culture has surfaced in the cuneiform receipts of beer sales as well as in the "Hymn to Ninkasi," an ode to the Sumerian beer goddess, which includes a recipe for brewing.

Beer also figured prominently into the lives of Egyptians around the same time; it's believed that workers on the pyramid of Giza received more than 10 pints per day in rations, while even children consumed low-alcohol varieties.

Meanwhile, non-native wine grapes were grown in both areas, although wine was typically reserved for the palates of royalty and priests. The Egyptians were the first known culture to document their winemaking, and left behind records of the process to go with jars of their handiwork in the burial chambers of rulers and other prominent figures.

New Evidence Continues To Emerge

A 2023 study showed that wine grapes were domesticated in the Caucasus region of Western Asia and Eastern Europe as far back as 11,000 years ago. While this is certainly impressive, the archaeological record suggests the possibility of an even older brew: In 2018, a Stanford University research team found the 13,000-year-old remains of starch and plant particles called phytolith, which result from wheat and barley beer production, at a Natufian gravesite near modern-day Haifa, Israel. Although critics believe the evidence points to breadmaking, the Stanford team contends that both bread and a thick, grog-type beer were created at this site.

For now, we'll give the edge in this battle of seniority bragging rights to beer. But with more discoveries sure to pop up in the coming years, it's likely this debate will be revived — and continue past many a closing hour.

Membership

Carlene Laseter - Chairperson



What's Your "One-Minute" Speech?

What's the best way to attract new people to our Kiwanis club? By grabbing their interest—and respecting their time. Put together a "one-minute speech" by thinking of answers to a few simple questions:

Why my club?

Think about what you love most about your club—and your community.

Consider how the two matter to each other.

What's our community impact?

Pick the service project that makes you proudest of your club. And think of a young person—or group—your club has mentored.

How do we make an impact?

By working together with people in our community who care. More hearts and more hands mean more opportunities for service and partnership.

Other tips

Nothing attracts a new member like a happy member. Be sure to:

- Practice your speech.
- Listen to the other person.
- Maintain eye contact.
- Smile and speak firmly.
- Most important of all: Invite him or her to a meeting or service project.

Now it's your turn!

On a piece of paper, create your own one-minute speech to promote our club by answering the questions above.

People to consider:

- Family and friends
- Coworkers
- Local business owners
- Parents of Service Leadership Program members
- Neighbors
- Clients
- Fellow church members
- Fellow parents (PTO, Little League, etc.)
- Teachers and principals
- Insurance agents, accountants, bankers and other providers.

Take an extra look at the contacts on your phone—who else would enjoy our club?



A guy walks into a bar
with a frog on his head.
Bartender says, "Where in the world did
you get that?"
Frog spoke up, "Would you believe it
started out as a wart on my ass!!"

PUBLIC SERVICE ANNOUNCEMENT



Social Security

National Slam the Scam Day March 6, 2025

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information.

Help protect your loved ones and people in your community this Slam the Scam Day by:

- Learning about the latest scams. Information can empower you to quickly recognize a scam. Signs of a scam include:
- An unexpected problem or offer of a prize or benefit increase,
- Pressure to act immediately, and
- A request for an unusual payment like cryptocurrency, gift cards, gold bars, and wire transfers, even with the promise of keeping your money "safe."
- Reporting scams as soon as possible. Victims shouldn't be embarrassed if they shared personal information or suffered a financial loss. We are all vulnerable.

Sharing our [Scam Alert](#) fact sheet and helping educate others about how to protect themselves.

Report Social Security-related scams to the Social Security Administration Office of the Inspector General (OIG).

Calendar Of Events

March 4 IHOP Pancake Day
4745 W Atlantic Ave, Delray Beach
Help us raise \$\$\$ for Feeding America
7 am - 6 pm.

March 8 Kiwanis Mid-Winter Conference
Pompano Beach, Fl.

March 22..... All People's Day Festival
Pompey Park, Delray Beach

April 4-663rd Annual Delray Affair
(Major Fundraiser)

April 9 **Police Appreciation**

June 25-28 Kiwanis Int'l
Convention
Pittsburg, PA.



*The word "swims" upside-down
is still "swims".*



Upcoming Meeting Programs

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

3/5 Bella's Angels
3/12 Surfing Florida Museum
3/19 Palm Beach Medical Society (Need Host)
3/26 Tech Hub (Rich is Host)

4/2 Legal Aid (Rich is Host)
4/9 **Police Appreciation**
4/16 Audubon Society
4/23 Angari Foundation
4/30 Delray Beach Historical Society

5/7 Honor Flight S Florida
5/14 Tentative: Community Partners
5/21 NEED SPEAKER
5/28 NEED SPEAKER

6/4 (Tentative) State Attorney Alexcia Cox

Always looking for speakers if anyone has suggestions....

**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 5 - Diane Colonna

February 12 - Rich Pollack

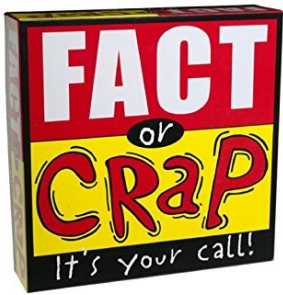
February 19 - Barry Frette

February 26 - Ronnie Dunayer

Two blondes were playing golf at a foggy par three, and could see the flag, but not the green. Each hit their ball anyway. When they walked to the green, they discovered one about three feet from the cup, while the other somehow had gone directly in.

They tried to figure out which ball belonged to who, since they were both using Titleist number threes. Unable to decide, they returned to the Club House and asked the golf pro for a ruling.

After hearing their story and congratulating them both on their superb shots under such adverse conditions he asked, "OK, so which one of you was playing the yellow ball?"



1. Fact or Crap - Nelly Furtado is Canadian, but also holds Portuguese citizenship.

2. Fact or Crap - The brothers Tetley, of the famous Tetley tea company, stated out in business by making and selling gunpowder.

3. Fact or Crap - Bruce Springsteen was born in Poland just before his parents emigrated in 1949.

4. Fact or Crap - Japanese master gardeners are sometimes known as niwa shi.

5. Fact or Crap - Jason Lee was a prominent skateboarder before leaving the sport to pursue a full-time acting career.

6. Fact or Crap - Patsy, an award recognizing the best animal actors in film, is an acronym for Pet Animals Trained as Star of the Year.

7. Fact or Crap - Saddam Hussein was executed at Camp Justice, the Iraqi army base.

(Answers on Page 10)

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"One man practicing sportsmanship is far better than 50 preaching it."

— Knute Rockne



The **HARDEST** Part About Being a **BARTENDER** is Figuring out who is **DRUNK** or Just **STUPID!!**

HEALTHY LIVING TIP



How to Start a Meditation Practice

If you're interested in starting a meditation practice, the good news is that you don't need much to get started. Here are some tips:

First, find a place to meditate. It doesn't have to be a dedicated space but should be calming and free from distractions.

Next, set a time limit. Even just 5 minutes of meditation a day is enough to get started.

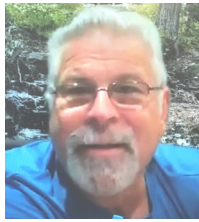
Now, it's time for the actual meditation! Meditation aims to clear your mind of intrusive thoughts and be fully present where you are. Don't focus on not thinking about anything at all. Instead, watch your thoughts float by as you stay centered on your breath.

If your mind wanders, it's okay! Gently bring it back to the present and focus on your breath or something around you.

Tip adapted from Mindful8

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 5:

1917, the U.S. Congress passed the Immigration Act of 1917 over President Woodrow Wilson's veto, an act that severely curtailed Asian immigration and mandated immigrant literacy testing.
 1918, more than 200 people were killed during World War I when the Cunard liner SS Tuscania, which was transporting over 2,000 American troops to Europe, was torpedoed by a German U-boat in the Irish Sea.
 1971, Apollo 14 astronauts Alan Shepard and Edgar Mitchell stepped onto the surface of the moon in the first of two lunar excursions.
 1993, President Bill Clinton signed the Family and Medical Leave Act, granting workers up to 12 weeks of unpaid leave for family emergencies.
 2017, Tom Brady led one of the greatest comebacks in NFL history, highlighted by a spectacular Julian Edelman catch that helped lift New England from a 25-point deficit against the Atlanta Falcons to the Patriots' fifth Super Bowl victory, 34-28; it was the first Super Bowl to end in overtime.
 2020, the Senate voted to acquit President Donald Trump, bringing to a close the third presidential trial in American history. Though a majority of senators expressed unease with Trump's pressure campaign on Ukraine that resulted in the two articles of impeachment, just one Republican, Mitt Romney of Utah, broke with the GOP and voted to convict.
 2023, Beyoncé won her 32nd Grammy to become the most decorated artist in the history of the award.

Birthdays:

Football Hall of Famer Roger Staubach is 83.
 Racing Hall of Famer Darrell Waltrip is 78.
 Actor Barbara Hershey is 77.
 Actor Jennifer Jason Leigh is 63.
 Rock musician Duff McKagan (Guns N' Roses) is 61.
 Golf Hall of Famer Jose Maria Olazabal is 59.
 Soccer star Cristiano Ronaldo is 40.

February 12:

1999, the Senate voted to acquit President Bill Clinton in his impeachment trial of charges of perjury and obstruction of justice.
 1554, Lady Jane Grey, who had claimed the throne of England for nine days, and her husband, Guildford Dudley, were beheaded after being condemned for high treason.
 1909, the National Association for the Advancement of Colored People (NAACP) was founded in New York City.
 1912, Pu Yi, the last emperor of China, abdicated, marking the end of the Qing Dynasty.
 1914, groundbreaking took place for the Lincoln Memorial in Washington, D.C.
 2019, Mexico's most notorious drug lord, Joaquín "El Chapo" Guzmán, was convicted in New York of running an industrial-scale drug smuggling operation, murder and money laundering. (Guzman is currently serving a life sentence at the federal supermax prison facility in Florence, Colorado.)

Birthdays:

Film director Costa-Gavras is 92.
 Musician Michael McDonald is 73.
 Actor-talk show host Arsenio Hall is 69.
 Supreme Court Justice Brett Kavanaugh is 60.
 Actor Josh Brolin is 57.
 Actor Christina Ricci is 45.

February 19:

1847, the first rescuers reached members of the Donner Party, who had been snowbound in the Sierra Nevada mountains near the California-Nevada border for nearly four months.
 1878, inventor Thomas Edison was issued a patent for the phonograph.
 1942, during World War II, President Franklin D. Roosevelt signed Executive Order 9066, which paved the way for the internment of 125,000 people of Japanese ancestry, including U.S.-born citizens.
 1945, Operation Detachment began during World War II as the first wave of U.S. Marines landed at Iwo Jima, where they commenced a successful month-long battle to seize control of the island from Japanese forces.
 1976, President Gerald R. Ford, calling the issuing of the 1942 internment order for people of Japanese ancestry "a sad day in American history," signed a proclamation formally confirming its termination.
 2003, an Iranian military plane carrying members of the elite Revolutionary Guards crashed in southeastern Iran, killing all 275 people on board.
 2008, an ailing Fidel Castro resigned the Cuban presidency after nearly a half-century in power; his brother Raul was later named to succeed him.

Birthdays:

Singer Smokey Robinson is 85.
 Singer Lou Christie is 82.
 Actor Stephen Nichols ("The Young and the Restless") is 74.
 Actor Jeff Daniels is 70.
 Actor Leslie David Baker ("The Office") is 67.
 Actor David Mazouz ("Gotham") is 24.

February 26:

1815, Napoleon Bonaparte escaped from exile on the Island of Elba, sailing back to France in a bid to regain power.
 1919, President Woodrow Wilson signed an act making the Grand Canyon a national park.
 1952, Prime Minister Winston Churchill announced that Britain had developed its own atomic bomb.
 1987, the Tower Commission, which had probed the Iran-Contra affair, issued its report, which rebuked President Ronald Reagan for failing to control his national security staff.
 1993, a truck bomb built by Islamic extremists exploded in the parking garage of the North Tower of New York's World Trade Center, killing six people and injuring more than 1,000 others. (The bomb failed to topple the North Tower into the South Tower, as the terrorists had hoped; both structures were destroyed in the 9/11 attack eight years later.)
 1998, a jury in Amarillo, Texas, rejected an \$11 million lawsuit brought by Texas cattlemen who blamed Oprah Winfrey's talk show for a price fall after a segment on food safety that included a discussion about mad cow disease.
 2012, Trayvon Martin, 17, was shot to death in Sanford, Florida, during an altercation with neighborhood watch volunteer George Zimmerman, who said he acted in self-defense. (Zimmerman was later acquitted of second-degree murder.)
 2013, a hot air balloon burst into flames during a sunrise flight over the ancient Egyptian city of Luxor and then plummeted 1,000 feet (305 meters) to earth, killing 19 tourists.
 2017, At the Academy Awards, "Moonlight" won three Oscars, including best picture of 2016; in a startling gaffe, the musical "La La Land" was mistakenly announced as the best picture winner before the error was corrected.

Birthdays:

Singer Mitch Ryder is 80.
 Hockey Hall of Famer Joe Mullen is 68.
 Football Hall of Famer Marshall Faulk is 52.
 Olympic swimming gold medalist Jenny Thompson is 52.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Singer Michael Bolton joins us, we hope that you will buy him a "Soul Provider" drink, as he is 72 years old today.



Funny Quotes

The Joys Of Growing Older



... Being old is when you don't care where your spouse goes, just as long as you don't have to go too.

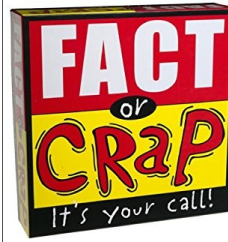
... I now know how it will all end for me. Someone will unplug my life support to charge their phone.

... At a wedding reception, someone yelled, "All married people please stand next to the one person that has made your life worth living." The bartender was almost crushed to death.

... I met my wife at a singles night. I was surprised because I thought she was home with the kids.

... I want someone I can share my entire life with who will leave me alone most of the time.

... Yesterday I bought a world map, gave my wife a dart, and said, "Throw this and wherever it lands, I will take you on vacation." We're spending 3 weeks behind the fridge.



Answers.....

1. Fact. Nellys parents were born on Sao Miguel Island, and moved to Canada in late 1960s.
2. Crap. The Tetleys started thier business, in 1822, by selling salt from the back of their packhorse in Yorkshire, England.

3. Crap. Springsteen was born in Long Branch, New Jersey.

4. Fact. Literally, niwa means Pure Place.

5. Fact. Jason is known as one of the greatest performers of the 360 flip.

6. Crap: The letters are an acronym for Picture Animal Top Star of the Year.

7. Fact. Camp Justice had previously been used as Saddam's military intelligence headquarters.

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!

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

(Answers on Page 11)

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



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

Visit our Website:
delraybeachkiwanis.org



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

2024-2025 Kiwanis Int'l President:

Lee Kuan Yong
Kuala Lumpur, Malasia

2024-2025 Florida Kiwanis Governor:

Jeremy Riehl
407-275-0747

2024-2025 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

West Boca Raton- 1st Friday. 1 pm.
Glades Road Branch Library
20701 95th Ave S, Boca Raton

Boynton Beach - 1st & 3rd Tuesdays, 8 am
2nd & 4th Tuesdays , 12 noon
Crackerbarrel, 1475 SW 8th St, 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:

2024-2025 President: James Wylie
Email: fjameswylie@gmail.com

Div. 21 Trustee: Joel Davidson
E-mail: jid310@gmail.com

You + Kiwanis =

Improved
Lives & communities.

A member shares one club's steps from near-closure to growth.

By Seth Blau, *Kiwanis Club of Island Park, Long Island, New York, U.S.*

In September 2022, Karen Davis, president of the Kiwanis Club of Island Park, Long Island, was ready to close the club. After years of struggles, worsened by the pandemic, the club was down to five members — and two of those had moved to Florida, one split time between New York and Florida, and another traveled extensively for work.

And then there was Karen. In reality, she was the club's lone active member. At that time, I was concluding my second year as lieutenant governor of the Long Island Southwest Division in the New York District. When I called Karen to discuss the club's future, she said that closing seemed like the only logical option. She worked in Island Park but lived in Oceanside, which had a thriving Kiwanis club. It simply didn't make sense to keep a club alive in name only, without regular meetings or meaningful service projects. I understood: What was the point of leading a service organization that barely existed? But I wasn't ready to give up just yet.

The road back

I asked Karen to give it one last shot — six more months. I proposed a deal: If she agreed to stay on as president, I would join the Island Park Kiwanis club and help rebuild it. She agreed.

Momentum started to build. I quickly recruited a past president from a neighboring Kiwanis club who happened to live in Island Park and was willing to help. The next task for our little group was to reintroduce Kiwanis to the community.

The first steps were simple but crucial: We established a meeting schedule, mapped out a few manageable service projects and crafted a plan to promote our mission. Ultimately, we needed a "product" to sell if we had any hope of recruiting new members.

Shortly afterward, I ran into a newly elected congressman at a neighboring Kiwanis club's pancake breakfast. He had been born and raised in Island Park, and he had heard about our efforts to keep the club going. Before I said anything beyond "Would you be interested in ... ," he had committed to joining. With that, the club had instant credibility.

Next, I turned to my own connections. As a school board trustee in Oceanside, I asked my superintendent to arrange a meeting with the Island Park school superintendent. Our pitch was simple but compelling: Kiwanis could make a real impact in local schools and the broader community.

The response exceeded our expectations. The superintendent not only embraced the idea but attended our next meeting — bringing along his assistant superintendent, a school principal, three school board members, the president of the teachers' union and multiple PTA presidents. By the end of that meeting, most of them had joined the club.

Karen recruited several of her colleagues, using her own network as a teacher in the Island Park School District. Former members returned after hearing about the club's resurgence. Within months, a club that had been on the brink of closure had grown from one active member to 26.

The Island Park club has remained strong at 25 members, including local elected officials, a few corporate members and a strong core of area residents. A club on the verge of dissolution is now a thriving force for good — proof that with dedication, teamwork and a bit of faith, even struggling organizations can find new life.

Sudoku Puzzle....Answers

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



From Our Photographer's Camera.....

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



Pictures from West Boca Kiwanis Trivia Night

