



Kiwaniis®
BIG LAGOON-PENSACOLA

Contact Info

**10447 SORRENTO
RD.**

**SUITE 100 PMB#96
PENSACOLA, FL
32507**

**Breakfast meeting
begins at 8:00
AM, and Lunch
meeting at
11:30AM, both at
The Point Baptist
Church.**

***Feb 17: Reading is Fun at
Pleasant Grove Elementary***

***Feb 17: Lunch meeting,
11:30AM
Reggie Dogan NW Florida
Community Health Clinics
Low birth weight infants***

***Feb 21: Florida District Mid-
Year Conference***

***Feb 24: Breakfast Business
Meeting***

***3 MAR: AMI KIDS GUEST
SPEAKER***

***Improving the world and our
community, one child at a
time!***

BIRTHDAYS

MARCH 6TH

JACK KNOTT

ANNIVERSARIES

MARCH 4TH

DAYRE AND SUNSHINE

LIAS



***MY DUCKS ARE
NOT IN A ROW, I
AM NOT EVEN
SURE WHERE
THEY ARE NOW***

Kiwanis Pledge

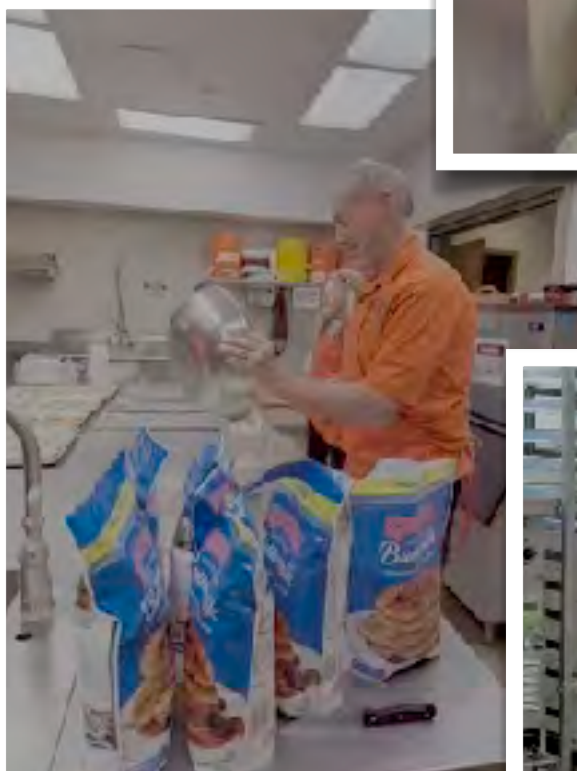
***I Pledge On My Honor
to Uphold the Objects of
Kiwaniis International
To Aid in the Growth of the
Organization, and to Actively
Participate in the Fulfillment
Of It's Mission
to
Improve the World,
One Child
and
One Community at
At time***

The Kiwanis Pancake Breakfast was Another Huge Success this year. The Breakfast held at Holy Spirit Catholic Church was open to the public. Kiwanis Members cooked up Wonderful Pancakes and even had blueberry pancakes, which were a huge hit.

BATTER UP AND FLIP THE FLAPJACKS



Keeping up with the pancake batter is a full time job



YUM YUM SAUSAGES





***DON'T YOU KNOW A
WATCHED POT NEVER
OH, YOUR BOB WHITE
THE COFFEE MAN. VERY
IMPORTANT JOB***



***LINED UP FOR
FAMOUS KIWANIS
PANCAKES***



***GREETING OUR
GUESTS AND
TELLING WHAT
KIWANIS DOES FOR
OUR COMMUNITY***





***BAILEY BUILDERS CLUB
HELPED
TREMENDOUSLY, AND
EVEN K-KIDS HELPED***



***PANCAKES WENT
FAST AND
FURIOUS. A
GREAT TME WAS
HAD BY ALL***

READING IS FUN AT GLOBAL LEARNING WHERE EVERY STUDENT RECEIVED A NEW BOOK FROM KIWANIS MEMBERS WITH LOTS OF SMILES AND FUN



Why Did You Join Kiwanis?

In each newsletter, we'll feature Big Lagoon Kiwanians' testimonies of what encouraged them to join Kiwanis. Email the Membership Chair, Terry Brotherton, with your testimony.

Tom Porter

I was five years old the first time I heard the word Kiwanis. It usually came up when I asked my dad why he was leaving instead of eating dinner with the family. Every Thursday night, without fail, he went to his Kiwanis meeting. For years, that was all I knew about it—until one summer, when I learned there was a Kiwanis baseball team and they wanted me to play.

Suddenly, Kiwanis meant a blue baseball hat with a white "K" on it, feeling grown up, and spending afternoons on the field. Before long, I also discovered that Kiwanis could cook a great pancake breakfast. For the next several years, Kiwanis was simple in my mind: baseball, pancakes, and a group of "old guys" my dad spent time with once a week.

Fast forward thirty years. My accountant asked if I knew what Kiwanis was. Confidently, I told him it was a group of guys who sponsored kids' baseball teams and cooked pancakes once a year. He laughed and said, "Well... yes and no," and then invited me to a meeting. That invitation changed everything.

Three years later, I found myself serving as president of my local Kiwanis club, with a much deeper appreciation of the organization and its mission to change the world one child at a time. I discovered that Kiwanis is one of the most selfless organizations I've ever known. From Terrific Kids and reading programs to community service projects, to leadership programs in elementary schools, high schools, and even colleges, Kiwanis reaches children at every stage of their lives. It builds character, service, and a sense of responsibility that lasts far beyond any single project.

Now, another thirty years have passed, and I'm still a Kiwanian. Once again, I am president of my "new" local club. Some things haven't changed. Kiwanis is still focused on changing the world one child at a time. But one thing is different.

That difference is me.

Over the years, I've learned that while Kiwanis does incredible things for the kids we serve, I may be the one who benefits the most. Kiwanis has given me purpose, perspective, and lifelong friendships. What began as baseball and pancakes has become a commitment to service—and a reminder that giving back enriches our own lives in ways we never expect.

WHY I JOINED KIWANIS-Tim McNay

Before I joined Kiwanis, I was at a point where I wanted to do something meaningful, but I wasn't sure where I fit. Like a lot of people, I was busy, a little skeptical, and unsure whether joining another organization would really be worth the time. When I was invited to a Kiwanis meeting, I decided to give it a try—and I'm glad I did.

From the very first meeting, I felt welcomed. There was no pressure, just genuine people who cared about each other and about making a difference. It didn't take long before I was involved in hands-on service, especially projects that support kids and families in our community.

What surprised me most was how quickly those service projects turned into real friendships.

Through Kiwanis, I've found purpose, connection, and a chance to give back in ways that truly matter.

Whether it's reading to children, supporting local schools, or mentoring a young person who needs someone in their corner, the impact is real—and you can see it. Knowing that our time and effort are helping shape better futures is incredibly rewarding.

I originally came to Kiwanis because I wanted to help. I stayed because this club combines service with friendship, purpose with community, and impact with belonging.

It's not just something I do—it's where I belong.

WHY I JOINED KIWANIS. RANDY VALLES

I was "freshly" retired in 2022 and strength training at my Church. My workout partner,

Kiwanian BoB White and I were having a conversation about Kiwanis. I became instantly interested. I wanted to give back to our community. My college career started out as a Pre-Primary education major at Framingham State College, which eventually changed into a career as a Merchant Mariner.

I was contemplating a retirement job as an elementary school volunteer or substitute teacher.

What better purpose could I serve as a volunteer member of the Kiwanis of Big Lagoon?

I become transparent in my community and help children. It has been a great and very rewarding decision.

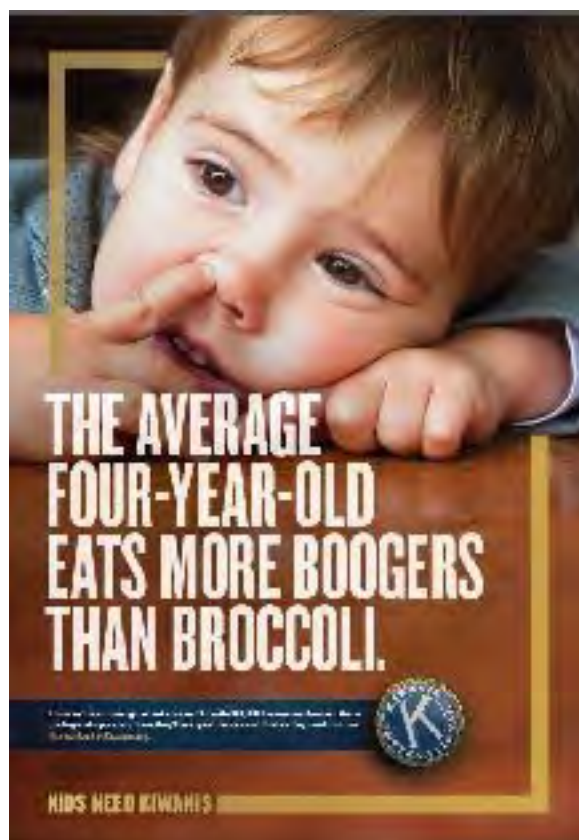
We have a talented membership mix, strong Veteran leadership, and a mission-oriented commitment to the children of our community. I look forward to accomplishing the responsibilities that the Kiwanis of Big Lagoon entrusted to me. I am grateful to Kiwanis for fulfilling my life and giving me the enjoyment to serve children, our greatest gift.

God placed me on this path to become a Kiwanian

February 2026 Calendar [CLICK HERE](#)



***THE FUTURE OF OUR WORLD IS OUR CHILDREN AND
GRANDCHILDREN AND KIWANIS IS WORKING HARD***



Kiwanis is an old Indian word with several meanings-one we like is “We make noise, and we have fun”. [CLICK HERE](#) to watch a video of our ORANGE-shirted members having fun and making noise!

***K-KIDS CAN BECOME KIWANIS MEMBERS TOO. K-KIDS
BEING LEADERS IN THEIR SCHOOL AND SETTING
EXPAMPLES FOR OTHER TO LEAD***



***TO OUR FRIENDS OF KIWANIS, IF YOU KNOW KIDS WHO
WOULD LIKE TO BE IN K-KIDS AT BLUE ANGELS
ELEMENTARY OR ANOTHER ELEMENTARY SCHOOL,
CONTACT THE KIWANIS CLUB FOR INFORMATION
CONTACT: KIWANISCRAIG@GMAIL.COM
MAKE THE WORLD BETTER ONE COMMUNITY AND ONE
CHILD AT A TIME***

Join Kiwanis Club of Big Lagoon, Pensacola

[CLICK HERE TO APPLY TO HELP THE
CHILDREN OF OUR COMMUNITY](#)



Kiwanis®

BIG LAGOON-PENSACOLA

The Club Officers and Directors 2025-2026

1. *President Tom Porter* tomporter6@live.com*
2. *President Elect Terrence Brotherton* twbroton@gmail.com*
3. *Secretary Karin Wiseman* karin.wiseman@gmail.com*
4. *Treasurer Jack Knot * knott.jt@gmail.com*
5. *Director: Randall Valles* rvmuddy@gmail.com*
6. *Director: Martin Haygood* mhaygood@mpgpc.com*
7. *Director Jon Freeland* jonfreeland1@aol.com*
8. *Director Wanda White* wbperdidokekey@gmail.com*
9. *Director: Tim McNay* mcbama07@gmail.com*

Click on any of the underlined links to learn more about how you can also serve the children.

Web site: BigLagoonKiwanis.org

Facebook: facebook.com/biglagoonkiwanis

Wreaths Across America:

Newsletter Editor: dayrelias@gmail.com

HONORING VETERANS

EVERY YEAR HONORING VETERANS AND THEIR
FAMILIES AT BARRANCAS NATIONAL CEMETERY



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Join Us in Honoring Our Heroes!

Help the Kiwanis Club of Big Lagoon *honor every fallen veteran* at Barrancas National Cemetery. You can make a difference by sharing our mission on social media and sponsoring Veterans

Wreaths to help us *completely cover every resting with Remembrance this December place with remembrance this December.* COVER BARRANCAS NATIONAL CEMETERY.

"SAY I DID"

WWW.HonorAVeteran.org

HONOR A VETERAN TODAY
TELL YOUR FRIENDS TOO





By failing to prepare, you are preparing to fail. --Benjamin Franklin

- Do not try to make circumstances fit your plans. Make plans that fit the circumstances.
--General George Patton (1947)
- A good plan today is better than a perfect plan tomorrow. --
George S. Patton

If we could first know where we are, and whither we are tending, we could better judge what to do, and how to do it. - Abraham Lincoln

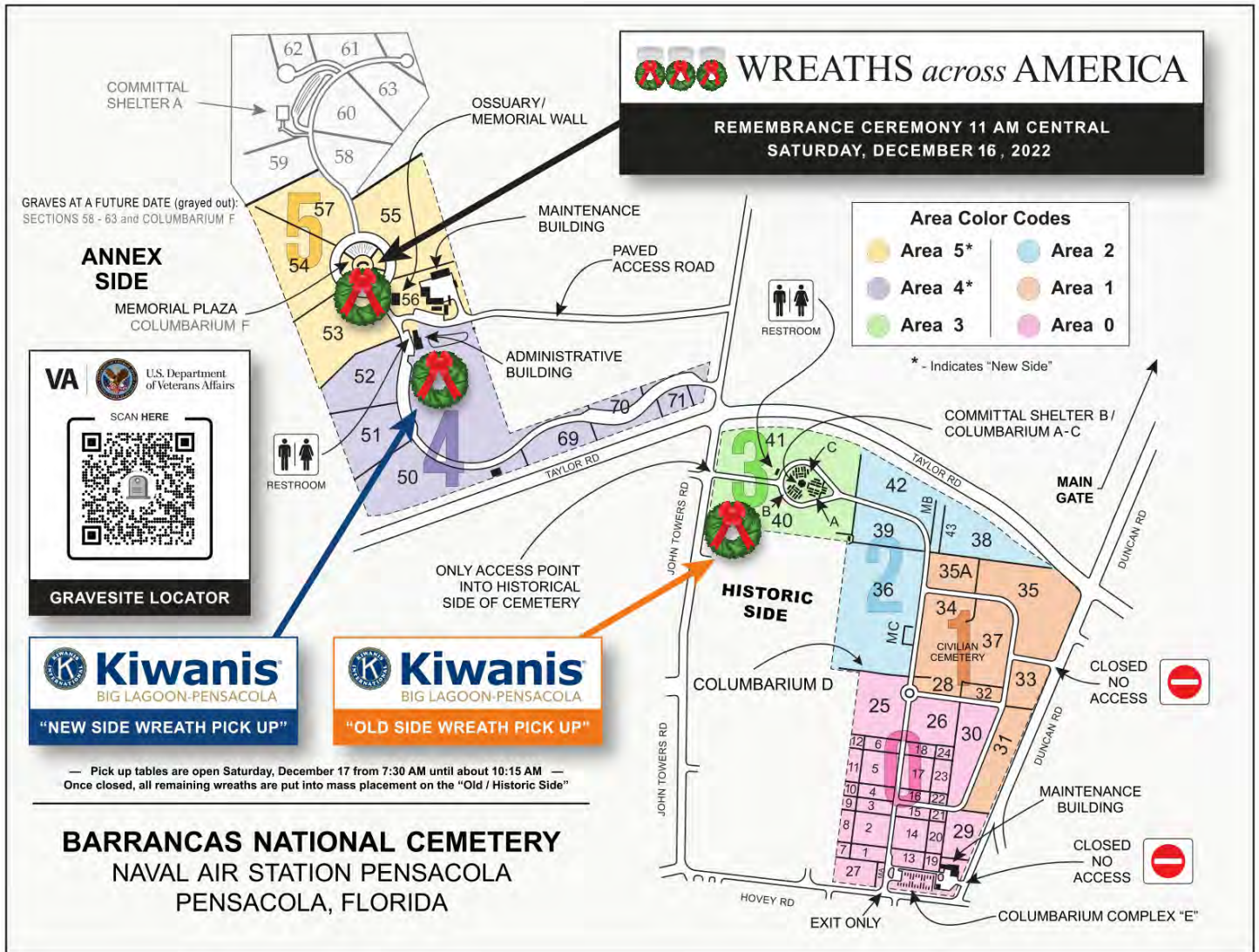
Plan for what will be difficult while it is easy. Do what is great while it is small. --Sun Tzu, Chinese General, 400 BC

A man who does not plan long ahead will find trouble at his door.
—Confucius

- Prediction is difficult, especially about the future. - Yogi Berra
- The future isn't what it used to be. –Yogi Berra

Always plan ahead. It wasn't raining when Noah built the ark. --
Richard Cushing

Plans are only good intentions unless they immediately degenerate into hard work. - Peter Drucker



I hate it when I can't figure

out how to operate the iPad and my tech guy is asleep. But he's 5 and it's past his bedtime.

- For every action, there is an

equal and opposite criticism. • Never do card tricks for the group you play poker with.

- I don't mean to interrupt people. I just randomly remember things and get excited.



I'm confused, What's this foundation thing you keep talking about?

The Kiwanis Club of Big Lagoon Foundation Inc. is a separate legal entity from the Kiwanis Club of Big Lagoon. All members of the Club are also members of the Foundation and they elect the Foundation Directors (also referred to as Trustees). Final decisions for managing the Services Budget must be approved by the Foundation. All Administration budget decisions are the responsibility of the Club Board of Directors. The Club presents the Services Budget to the Foundation for final approval. This normally occurs at the beginning of the fiscal year (Oct 1, 2023 for the 2023-2024 Budget). Administrative expenses **MUST** be separate from Services expenses in accordance with Kiwanis International ByLaws.

Establishing the Foundation was deemed necessary to qualify as a 501.3C entity, enabling donors to make tax deductible contributions. The Foundation was established in 1998. Kiwanian Russ James, a retired employee of the IRS, suggested we be designated as a 501.3 C entity. He gathered up the necessary info, prepared the IRS forms and personally walked them through the IRS. The Articles of Incorporation and bylaws for the foundation can be downloaded by members from the "Documents" menu at members.portalbuzz.com

2023-2024 Kiwanis Club of Big Lagoon Foundation Board

***President- John Sebold (traditionally the immediate past Club President)**

Club President: Ed Treft

Club President Elect: Mike Nelson

***Secretary: Vacant-does not require an elected board member**

***Treasurer- Jack Knott**

Director Mike Cardinal (term expires October 2025)

Director- Caryl Yzenbaard (term expires October 2025)

Director- Martin Haygood (term expires October 2025)

Director Terri Craney (term expires Oct 2024)

(Foundation Bylaws require a minimum of two directors)

***Note: all Foundation officers are selected by the 2023-2024 Foundation Board of Directors**

The Club Officers and Directors Oct 1, 2023 to Sep 30, 2024*:

- 1. President Ed Treft***
- 2. President Elect Mike Nelson***
- 3. Secretary Terri Craney***
- 4. Treasurer Dean Kirschner***
- 5. Director Jon Freeland***
- 6. Director Mike Cardinal***
- 7. Director Martin Haygood***
- 8. Director Wanda White***
- 9. Director Randall Valles***

WHO WE ARE

Kids need adults who care. That's why people join Kiwanis clubs. They're local groups of like-minded volunteers who make a difference. Friends. Neighbors. Anyone who loves serving together to change children's lives. In fact, Kiwanians are part of a global network of clubs and members who partner with each other and with organizations whose missions align with ours. All around the world — and in communities like yours — Kiwanis International is serving the kids who need us most.

438,087

The number of Kiwanis family members around the world

7,300,000

Service hours performed by the Kiwanis family each year

106

The average number of kids each Kiwanian reaches

1,600,000

How Children perceive their grandparents.

- 1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....**
- 2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 68. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"**
- 3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"**
- 4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"**
- 5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.**
- 6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."**
- 7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"**
- 8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."**
- 9. When my grandson asked me how old I was, I teasingly replied, "I'm not**

The grandmother, more than a little surprised, tried to keep her cool.

"That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

11. Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

15. My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog.



- 1 - I'd kill for a Nobel Peace Prize.**
- 2 - Borrow money from pessimists -- they don't expect it back.**
- 3 - Half the people you know are below average.**
- 4 - 99% of lawyers give the rest a bad name.**
- 5 - 82.7% of all statistics are made up on the spot.**
- 6 - A conscience is what hurts when all your other parts feel so good.**
- 7 - A clear conscience is usually the sign of a bad memory.**
- 8 - If you want the rainbow, you have got to put up with the rain.**
- 9 - All those who believe in psychokinesis, raise my hand.**
- 10 -**
- 11 - I almost had a psychic girlfriend... But she left me before we met.**
- 12 - OK, so what's the speed of dark?**
- 13 - How do you tell when you're out of invisible ink?**
- 14 - If everything seems to be going well, you have obviously overlooked something.**
- 15 - Depression is merely anger without enthusiasm.**
- 16 - When everything is coming your way, you're in the wrong lane.**
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.**
- 18 - Hard work pays off in the future; laziness pays off now.**
- 19 - I intend to live forever... So far, so good.**



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- 20 - If Barbie is so popular, why do you have to buy her friends?**
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.**
- 22 - What happens if you get scared half to death twice?**
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."**
- 24 - Why do psychics have to ask you for your name?**
- 25 - If at first you don't succeed, destroy all evidence that you tried.**
- 26 - A conclusion is the place where you got tired of thinking.**
- 27 - Experience is something you don't get until just after you need it.**
- 28 - The hardness of the butter is proportional to the softness of the bread.**
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.**
- 30 - The problem with the gene pool is that there is no lifeguard.**
- 31 - The sooner you fall behind, the more time you'll have to catch up.**
- 32 - The colder the x-ray table, the more of your body is required to be on it.**
- 33 - Everyone has a photographic memory; some just don't have film.**
- 34 - If at first you don't succeed, skydiving is not for you.**

Thought provoking quotes from Steven Wright:

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- 7 -**
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- 10 - The early bird may get the worm, but the second mouse gets the cheese.**
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"The older we get, the fewer things seem worth waiting in line for."

Will Rogers

"We must recognize that, as we grow older, we become like old cars ...

more and more repairs and replacements are necessary."

C.S. Lewis

"Inside every older person is a younger person wondering what happened."

Jennifer Yanez

"I'm so old that my blood type is discontinued."

Bill Dana

"The older I get, the more clearly I remember things that never happened."

Mark Twain

"Old people shouldn't eat healthy foods. They need all the

Winston Churchill loved paraprosochians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

1. Where there's a will, I want to be in it.
 2. The last thing I want to do is hurt you, but it's still on my list.
 3. Since light travels faster than sound, some people appear bright until you hear them speak.
 4. If I agreed with you, we'd both be wrong.
 5. War does not determine who is right - only who is left.
 6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
 7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
 8. To steal ideas from one person is plagiarism. To steal from many is research.
 9. I thought I wanted a career. Turns out, I just wanted pay checks.
 10. In filling out an application, where it says, 'In case of emergency, notify:' I put "DOCTOR."
 11. I didn't say it was your fault, I said I was blaming you.
 12. Women will never be equal to men until they can walk down the street...with a bald head and a beer gut, and still think they are sexy.
 13. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
 14. A clear conscience is the sign of a fuzzy memory.
 15. You do not need a parachute to skydive. You only need a parachute to skydive twice.
 16. Money can't buy happiness, but it sure makes misery easier to live with.
 17. There's a fine line between cuddling and...holding someone down so they can't get away.
 18. I used to be indecisive. Now I'm not so sure.
 19. You're never too old to learn something stupid.
 20. To be sure of hitting the target, shoot first and call whatever you hit the target.
 21. Nostalgia isn't what it used to be.
 22. Change is inevitable, except from a vending machine.
 23. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
 24. I'm supposed to respect my elders, but now it's getting harder and harder for me to find one.
-

Bubba walked into a doctor's office and the receptionist asked him what he had. Bubba said, Shingles. So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aid came out and asked Bubba what he had. Bubba said, Shingles. So she wrote down his height, weight, a complete medical history and told Bubba to wait in the examining room.

A half hour later a nurse came in and asked Bubba what he had. Bubba said, Shingles. So the nurse gave Bubba a blood test, a blood pressure test, an electrocardiogram, and told Bubba to take off all his clothes and wait for the doctor.

An hour later the doctor came in and asked Bubba what he had. Bubba said, shingles. The doctor asked, Where?

Bubba said, "Outside on the truck. Where do you want them???!!!"

So I just bought a greyhound, my mate said: "What you going to do it with it?" I said: "Race it". He said: "My money's on the dog".



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

I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time.

When I was a child I thought "nap time" was a punishment. Now it feels like a small vacation.

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

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

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

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

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

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

I have more friends I should send this to, but right now I can't remember their names.

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

When a person dies hearing is the last sense to go. The first sense lost is sight.

Your tongue is the only muscle in your body that is attached at only one end.

The tooth is the only part of the human body that cannot heal itself.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

Bananas and corn cannot reproduce themselves. They can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid 28 million for the copyright to the song Happy Birthday, which was written in 1935!

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

In ancient times strangers shook hands to show that they were unarmed.

Strawberries and cashews are the only fruits whose seeds grow on the outside.

Avocados have the highest calories of any fruit at 167 calories per hundred grams.

11. I'm starting my new job at a restaurant next week. I can't wait.

12. I visited a weight loss website, they told me I have to have cookies disabled.

13. Did you hear about the famous Italian chef that recently died? He pasta way.

14. Broken guitar for sale – no strings attached.

15. I could never be a plumber, it's too hard watching your life's work go down the drain.

16. I cut my finger slicing cheese the other day but I think I may have grater problems than that.

17. What time did you go to the dentist yesterday? Tooth-hurty.

18. I, for one, like Roman numerals.

19. What kind of music do astronauts listen to? Neptunes.

20. Rest in peace, boiled water. You will be mist.

21. What is the only concert in the world that costs 45 cents? 50 Cent, featuring Nickelback.

22. It's not a dad bod, it's a father figure.

23. My wife recently went on a tropical food diet and now our house is full of this stuff. It's enough to make a mango crazy.

24. What do you call Santa's little helpers? Subordinate clauses.

25. Want to hear a construction joke? Sorry, I'm still working on it.

26. What's the difference between a hippo and a zippo? One is extremely big and heavy, and the other is a little lighter.

27. I burnt my Hawaiian pizza today in the oven, I should have cooked it on aloha temperature.

28. Anyone can be buried when they die, but if you want to be cremated then you have to urn it.

29. Where did Captain Hook get his hook? From the second-hand store.

30.

31. Occasionally to relax I just like to tuck my knees into my chest and lean forward. That's just how I roll.

33. I've never trusted stairs. They are always up to something.

34. Why did Shakespeare's wife leave him? She got sick of all the drama.

35. I just bought a dictionary but all of the pages are blank. I have no words to describe how mad I am.

36. If you want to get a job at the moisturizer factory you're going to have to apply daily.

37. I don't know what's going to happen next year. It's probably because I don't have 2020 vision.

38. Want to hear a joke about going to the bathroom? Urine for a treat.

39. I couldn't figure out how to use the seat belt. Then it just clicked.

40. I got an email the other day teaching me how to read maps backwards, turns out it was just spam.

To whoever stole my copy of Microsoft Office, I will find you. You have my Word!

I'll call you later. Don't call me later, call me Dad!

How do celebrities stay cool? They have many fans.

What's Forrest Gump's Facebook password? 1forest1.

What do you call it when Batman skips church? Christian Bale.

What time did the man go to the dentist? Tooth hurt-y.

Did you hear about the man who fell into an upholstery machine? He's fully recovered.

Why didn't the melons get married? Because they cantaloupe.

What kind of egg did the evil chicken lay? A deviled egg.

Why did the coach go to the bank? To get his quarter back.

Why does Snoop Dogg always carry an umbrella? Fo' Drizzle.

What did the fisherman say to the magician? Pick a cod, any cod.

What do you call a fake noodle? An impasta.

Which is faster, hot or cold? Hot, because you can catch a cold.

How do you organize a space party? You planet.

Did you know that milk is the fastest liquid on earth? It's pasteurized before you even see it.

Why are skeletons so calm? Because nothing gets under their skin.

What did one ocean say to the other ocean? Nothing, they just waved.

What does a baby computer call his father? Data.

Did you hear about the power outlet who got into a fight with a power cord? He thought he could socket to him.

Why are elevator jokes so good? They work on so many levels.

Why can't a leopard hide? Because he's always spotted.

How do moths swim? Using the butterfly stroke.

How many tickles does it take to make an octopus laugh? 10 tickles.

Do you know the story about the chicken that crossed the border? Me neither, I couldn't follow it.

**What do you call an illegally parked frog? Toad.
Where do baby cats learn to swim? The kitty pool.**

Why are spiders so smart? They can find everything on the web.

How can a leopard change his spots? By moving.

Cheesy Puns

It's inappropriate to make a 'dad joke' if you're not a dad. It's a faux pa.

Did you hear about the circus fire? It was in tents.

Can February March? No, but April May!

How can you tell it's a dogwood tree? From the bark.

How do lawyers say goodbye? We'll be suing ya!

Wanna hear a joke about paper? Never mind—it's tearable.

What's the best way to watch a fly fishing tournament? Live stream.

I could tell a joke about pizza, but it's a little cheesy.

Type to enter text

Kiwanis History

Kiwanis International was founded in 1915 by a group of businessmen in Detroit, Michigan, United States. The organization was originally called the Supreme Lodge Benevolent Order of Brothers, but changed its name to Kiwanis a year later.

The name "Kiwanis" was coined from an American Indian expression, "Nunc Kee-wanis," which means, "We trade." In 1920, the motto of Kiwanis became "We Build." It remained the motto until 2005, when members voted to change it to "Serving the children of the world." In the early years, members focused on business networking but in 1919, the organization changed its focus to service — specifically service to children.

Kiwanis became an international organization with the founding of the Kiwanis Club of Hamilton, Ontario, Canada, in 1916. Kiwanis clubs formed in communities across the United States and Canada until the 1960s, when worldwide expansion was approved. Today, Kiwanis clubs are helping children thrive, prosper and grow in nearly 80 nations and geographic locations.

All people are welcome to participate in the Kiwanis movement of improving communities for children. In 1987, women were invited to join. In 2008, delegates

Animal Knock Knock Jokes

Knock, knock.

Who's there?

Artie Fish.

Artie Fish who?

Artie Fish-el Intelligence.

Knock Knock.

Who's there?

Honey bee.

Honey bee who?

**Honey, be a dear and make
me a sandwich!**

Knock Knock.

Who's there?

Interrupting cow.

Interrupting cow....moooooo!

Knock. Knock.

Who's there?

Iguana.

Iguana who?

**Iguana hold you
r hand.**

Knock. Knock.

Who's there?

Goat.

Knock. Knock.

Who's there?

Alpaca.

Alpaca who?

**Alpaca the trunk, you pack-a the
suitcase.**

Knock Knock

Who's there!

Lion!

Lion who?

Lion on your doorstep, open up!

Knock Knock

Who's there?

Owl.

Owl who?

“Owl always love you”

An elderly man goes in to his clinic for a checkup. After examining him and reviewing his labs, his clinician tells him, Everything is fine, especially for your age.

For my age? asks the patient. I am only 70. Do you think I can make it to 80?

Well, said the clinician, do you drink or smoke?

No, said the man.

Do you eat fatty meat or sweets?

No, the patient replied. I am very cautious about my diet.

Do you engage in any high-risk behaviors like skiing or sky-diving?

Of course not! I always play it safe.

The clinician thought a moment. Well, then why in the world would you want to live to be 80?

E.R. Doctor: How are things with that kid who swallowed the roll of quarters?

Nurse: No change yet.

Patient: Doctor, doctor! My son just swallowed a roll of film!

Doctor: Don't worry. Hell be fine. Lets just wait and see what develops.

- Laughter increases heart and respiratory rates as well as oxygen consumption over a short period. After these initial changes, a person moves into a state of relaxation. While these effects may not be the equivalent to aerobic exercise, as some claim, that is not to say it is entirely without benefit as a physical activity. 10-15 minutes of laughter per day may burn 10-40 extra calories.

<https://www.youtube.com/watch?v=DxGri1IDBL8> people laugh at others laughing

Stress relief from laughter? It's no joke. When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered.By Mayo Clinic Staff

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits. A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

1. **“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” — Proverbs 17:22**
2. **“Clap your hands, all you nations; shout to God with cries of joy.” — Psalm 47:1**
3. **“God has a smile on His face.” — Psalm 42:5**
4. **“God, who sits in Heaven, laughs; the Lord scoffs at them.” — Psalm 2:4 (Note on this one: When the kings of the world set themselves against God and take counsel against God, it says that he who sits in the heavens shall laugh. God will hold them in derision. It’s sort of a “huh!” kind of laughter. It’s not a jovial response of happiness, but nevertheless it’s laughter.)**
5. **“He that is of a merry heart has a continual feast.” — Proverbs 15:15**
6. **“I commend mirth.” — Ecclesiastes 8:15**
7. **“I will turn their mourning into joy, I will comfort them and give them gladness for sorrow.” — Jeremiah 31:13**
8. **“Let the shield exult and everything in it. Then shall all the trees of the forest sing for joy.” — Psalm 96:12**
9. **“Let your heart be merry.” — Judges 19:6**
10. **“Make a joyful noise to the Lord, all the earth; break into joyous song and sing praises.” — Psalm 98:4**
11. **“The grasslands of the wilderness overflow; the hills are clothed with gladness. The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.” — Psalm 65:12-13**
12. **“Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, the Lord has done great things for them.” — Psalm 126:2**
13. **“You have turned my mourning into dancing; You have taken off my sackcloth and clothed me with joy.” — Psalm 30:11**



Short One-Liners

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I made a pencil with two erasers. It was pointless.

How do you make a Kleenex dance? Put a little boogie in it!

What do you get from a pampered cow? Spoiled milk!

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