**BIRTHDAY SPEECH**

**FOR**

**MATT BROWAR**

Hello everyone... it’s an honor to celebrate this milestone with our “birthday boy,” Gary, and it’s a testament to his commitment to health and well being that we can still refer to him as the birthday **BOY**..... but I have to say, I’ve been friends with Gary for over twenty years, so we **KNOW** he’s at least **LEGAL**.... (**Wait for the laugh**)... Gary... maybe someday... it **DOESN’T** have to be today.... you’ll admit there’s a painting of you somewhere in an attic and your **REAL** name is Dorian Grey....

If there’s one thing we know about you, Gary, it’s your unswerving dedication to maintain your health and fitness. On behalf of tonight’s crowd of friends and family, I want to thank you and acknowledge you for taking time from your busy **gymyogarunninggolf** training schedule to be with us tonight (**Wait for the laugh**).... and to make it all worthwhile, I want to assure you that our birthday wishes comply with your rigorous codes for health and wellness.... yes... I made sure this speech is low fat, low sodium, low carb, and of course gluten free, and I can also assure you, all sauciness has been placed on the side... well **mostly**.... I promise you my words are certified organic and free range and cage free so feel free to take this all in!!! (**Wait for the laugh**).

Gary.... it’s really true that you can tell the measure of a man by the way he lives his life. Based on that, I would say that you really have been blessed. You have a beautiful wife, Lisa and three great kids... Justin, Jaime, and Lindsay. That they are doing so well in their lives is a reflection of how you and Lisa have raised and inspired them... you’ve led by example with your savvy, professional, entrepreneurial expertise and business sense... you’ve guided them with your steadfast dedication to procedure... some may call you a “**rules commando**....” I prefer to think of you as **really** **REALLY** organized.... (**Wait for the laugh**) ... yet you silently guide us as you find subtle ways to conserve your energy - by following the “**supermodel manifesto**...” Remember that Linda Evangelista famously declared she wouldn’t “get out of bed for less than $35,000 a day???” Well, we already know neither will you, and it definitely will **NOT** be **BEFORE** **10 am**!!!... and also by not making **ANY** arrangements.... it’s okay... we’ll plan the trips and book the golf course.... don’t break a nail... save your strength for demonstrating you’re a winner...! and Heaven knows, you’re **DAPPER**... with those form fitting shirts cut to within millimeters of their lives, it’s no secret that behind that dazzling smile and ultra smooth complexion is a man whose body is his **temple**.... aside, of course, from (**Name the synagogue in town and wait for the laugh**) Congregation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. And speaking of dapper, we know you’re also old enough to know and appreciate the meaning of that word... (**Wait for the laugh**).

Pablo Picasso said, “It takes a long time to grow young.” Gary, you show us all what it means to vital, young at heart, and completely dedicated to preserving your youthful looks and attitude. You show us that 60 just might be the new 42 or maybe even 38. Legend has taught us that Ponce de Leon may have discovered the “Fountain of Youth, but all of us here tonight are even more proud to have our very own ,”**PONCE DE LEVINE**!!!” (**Wait for the laugh**). Here’s to many more happy, healthy gluten free birthdays and here’s to **friendship**!!!! Happy birthday!! Thank you!!