



The Sunriser



The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 49 Years of Service

Meets for Breakfast Wednesday's (except the 1st Week), 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, Fl.
And the 1st Thursday, 6:00 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, Fl.

2022-2023 Officers

President Pro-Tem, December

Joel Davidson

President: Pam Davidson

Secretary: Jay Alperin

561-289-2387

Treasurer: Dale Morrison

561-278-1002

2022-2023 Bd. of Directors

Carlene Laseter, Doug Martin,
Ezra Krieg, Peggy Kelleher,
Bob Barcinski, Alberta Rickard,
David Freeburn, Joel Davidson,
Bill Morse, Regina Sablo, Rich Pollock

2022-2023 Committee Chairs

***Community Service:**

AVDA - Jay & Diane Alperin

Thanksgiving - Ezra Krieg

Police Appreciation - Ezra Krieg,
Peggy Kelleher

***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

***Newsletter/Website:**

Scott Youngberg

***Publicity/PR:** Rich Pollack,
Patrick Glover

***Programs:** Ezra Krieg

***Social Activities:**

President & President Elect

***Spiritual Aims:** Doug Martin

***Youth Services:**

Scholarship - Scott Youngberg,
Dale Morrison

Terrific Kids - Peggy Kelleher,
Danielle Garcia

***Key Club/Builders Club -**

Pam & Joel Davidson

American Heritage - Sally Schliefer

Atlantic High School- Mary Fiaschetti

Unity School - Stacy Brookman

Volume 2023, Issue 2

February, 2023

Providing Durable Medical Equipment



Our program on January 11th was presented by Amanda Kulics, the Outreach Manager for Clinics Can Help. CCH is a respected, registered, not-for-profit agency that accepts the donation of durable medical equipment and supplies then redistributes those items to people who need them but may not be able to afford them.

Their clients include people from communities throughout Palm Beach County and beyond. Through an in-depth network of partners and supporters, they receive referrals from free clinics, local hospitals, and more than 20 medical agencies in Palm Beach County alone. Information

providers, such as 211, also refer clients to Clinics Can Help. However, a significant majority of their clients come via word-of-mouth recommendations.

How Does the Process Work? Clients fill out simple paperwork that allows Clinics Can Help to track who uses their services and why, then their staff lends out the equipment from their warehouse located in West Palm Beach. Clinics Can Help staff members conduct periodic check-ups with clients to ensure the equipment is still being used and that they are satisfied.

Donations of equipment are also generated through referrals. Over the years, they have received new and used durable medical equipment and supplies from individuals, medical supply companies, hospitals, schools, and the "lending closets" of other nonprofits. For more information, go to www.clinicscanhelp.org.



Creating Dream Bedrooms for Kids with Cancer

Our program on January 18th was presented by Adrian McKinlay, the Project Manager for Special Spaces.

When a child is diagnosed with cancer, it can change their world. The activities that they used to enjoy may look and feel different. They may not be able to do the things they really love. They don't play soccer, ride bikes, go to prom or attend school. Children with cancer spend a lot of time away from others; time in the hospital, visiting different doctors, receiving painful treatments, feeling tired and nauseous, and often times being isolated.

The goal of Special Spaces is to provide these children with a special space where they can not only sleep, but also play,

heal and spend time away from the challenges of their illness. A custom bedroom designed just for them. Whether they are dreaming of a princess castle, a butterfly bedroom, a pirate ship or a sports theme, we transform the child's



existing bedroom into a place that only he/she can imagine. A place for them just to be a kid!



► Continues—
See **Spaces**, Page 3



Visit our Website:
www.delraybeachkiwanis.org

Other Doings.....



Hail! President, Pro-Tem of the Month!

***** January *****



Joel Davidson

Here are the upcoming scheduled PPOTM's:

- February - **Bob Hayes**
- March - **Bob Barcinski**
- April - **Terrence Moore**
- May - **Peggy Kelleher**
- June - **Bill Morse**
- July - **Rich Pollack**
- August - **Carlene Laseter**
- September - **Steve Rubin**

Thank You!



MLK Day Events: Delray Beach had the MLK Walk and Indian Springs hosted a Community Brunch at Indian Springs Country Club. **Bob Hayes** noted there were 7 Kiwanis

Members at the Indian Springs Event. Here is a photo from the MLK walk, where several Kiwanis Members also attended:



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



Upcoming Important Dates:

Birthdays:

February 15 - Tom Carney
February 16 - Jeffrey Rasor

Wedding Anniversaries:

February 15 - Angie & Kenneth Gray
February 27 - Steve Rubin & Patti Bloom
February 28 - Bill & Camilla Szymanski

Membership Anniversaries:

February 5 - Doug Martin, 31 years
February 12 - Joel Davidson, 15 years
February 14 - David Freeburn
February 22 - Bill Szymanski, 26 years
February 25 - Dale Morrison, 36 years
February 27 - Bill Morse
Mark Scheinbaum, 34 years

January 5th Meeting "Finnegans" : This was a "Tough" one as there were two loud tables next to ours. Hard to hear yourself think, let alone take notes. Anyway, **Rich Pollack, Peggy Kelleher, Pam & Joel Davidson, Mike Salem, Mark Scheinbaum, Carlene Laseter, Steve Rubin, Jeff Trantillis** and **Dave Freeburn** all wish you and yours a very Happy New Year.

January 11th Meeting : Today we inducted two new members: **Mykal Banta** and **Jeffrey Trantalis**. Everyone was happy for that. In addition, **Jay Alperin** celebrated another birthday, which generated a lot of happy dollars. **Mike Moschette** and **Rich Pollack** liked the Dolphins making the playoffs. Rich also thanked everyone for their support of the Greenmarket event. **Peggy Kelleher** cheered the Bills win last week and **Mykal Banta** is happy the Lions are above .500. **Dave Freeburn** is a big Eagles fan and **Steve Rubin** is happy for the FAU Basketball team, now in the top 25. **Scott Youngberg** likes the great weather we are having and **Reeve Bright** is still vertical.

January 18th Meeting : **Jay Alperin's** 15 yr. old grandson started working as hockey referee. He also put in for FAU's basketball team still in the top 25. **Bob Hayes** is celebrating 50 years in South Florida. **Ezra Krieg** completed the AVDA 5K, having 37 people joining his Team Kim. This was **Rich Pollack's** 5th 5-K, in 40 degree weather. **Angie Gray** finished 2nd for her age group. **Bill Morse** is a Giants fan. **Mykal Banta & Peggy Kelleher** are all about the Bills. **Carlene Laseter** put in for Kentucky and her birthday. **Mike Salem** is enjoying the Australian Open Tennis. **Bob Barcinski's** grandson took 2nd place in wrestling. **Joel Davidson** is happy the Hurricanes win. **Nancy Chanin's** children are here for a visit and is also celebrating another birthday. **Dave Freeburn's** kids are coming to town. **Mark Scheinbaum** enjoyed meeting Billy Cunningham, broadcaster of the Miami Heat. **Andie DeVoe** enjoys our meetings. **Tom Carney** is feeling guilty for missing a few meetings.

January 25th Meeting : **Peggy Kelleher** and **Mykal Banta** are lamenting the Bills loss and is happy the season is over. **Ezra Krieg** feels bad for Peggy & Mykal. **Joel & Pam Davidson** are happy to have Joel's brother visiting from Hawaii and Joel is also happy for Miami beating FSU in basketball, ending FSU's 9 game winning streak. **Mike Moschette** is feeling the pain with the Dolphins and Cowboys losing. **Dave Freeburn's** family left after celebrating a belated Christmas, and he noted the Eagles are still in it to win it. **Mark Scheinbaum** thanked **Patrick Glover** for his help with Mark's project. **Steve Rubin** is happy for FAU still wining. **Rich Pollack** said thankyou for On-a-Roll, rolling along. **Mike Salem** enjoyed his dance class last night. Everyone else was "Happy to be Here".

I ♥ MY CLUB



Calendar Of Events

February 9th ...Annual Putt-Putt Challenge vs. Rotary Putt'in Around, Delray Beach

February 28Children's Miracle Network Fundraiser at iHop, 4745 W. Atlantic Ave, Delray 7am - 1 pm

April 14-16, 2023 ... **61st Annual Delray Affair**
This is a major fund raiser -
We need everyone's help

► From **Spaces**, Page 1

This effort is done with teams of dedicated volunteers, sponsors, community partners and donated goods and/or services. The Special Spaces team meets with the family, designs the bedroom and provides all of the needed supplies. Bedrooms may include new paint, furniture, rugs, window treatments, closet organization, medical storage, light fixtures, bedding, painted murals and custom décor. With a "hands on" team, they create a very special bedroom.

They measure their success not only in quantity, but in the quality of the experience. They are proud to be a high touch, high impact organization that changes the lives of children in our communities. They do this.... One Child. One Room. One Day....at a time.
For more information go to www.specialspaces.org.

Aquaponics Provides Food for Families In Need

Our program on January 25th was presented by Laura Cassetty, the Aquaponics Director for Marine Education Initiative (MEI).



Aquaponics is the raising of fish and plants in a recirculating ecosystem. The fish waste provides nutrients for the plants. Bacteria and plants help to clean the water for the fish. Aquaponics can grow a tremendous amount of food with a fraction of the water as well as land that is normally utilized in soil-based agriculture. Using the power of aquaponics, their team sustainably grows fresh produce and fish to provide local soup kitchens with a highly nutritious food source. their crops are harvested every week by volunteers and delivered on a recurring basis.

In addition to fighting food insecurity in South Florida, they are educating the next generation on how to live more eco-friendly lifestyles.

MEI also has a Responsible Angling Education Program using the sport of fishing as a mechanism to teach socio-economically disadvantaged children about their local marine and/or freshwater ecosystems. The programs range from 8-30 weeks long throughout the year as an after-school/summer camp program for children aged 5-18 years old. The kids are taught about marine conservation, the perils of overfishing, invasive species, and ocean pollution through an educational curriculum we have developed. Each program emphasizes local fishing rules and regulations, fishing safety tips, and special tips on how to fish more sustainably.

For information on these programs and more, go to www.marineinitiative.org.

Kiwanis Club of Delray Beach "On a Roll" Donation Drive

The Delray Beach Kiwanis Club has organized a paper towel, tissue and school supplies online donation drive for Orchard View Elementary School. On January 7th, our club had a "donation tent" at the Delray Green Market.

Thanks to **Rich Pollack (Chairman), Peggy Kelleher (Vice Chairwoman), Bob Hayes, Pam & Joel Davidson, Bob Barcinski, Larry Schroeder, Ezra Krieg, Dave Freeburn, Carlene Laseter, Mark Scheinbaum, Dupree Jackson, Gina Sablo, Andie DeVoe, Bill Morse, and Mike Salem** for helping out. Here are some pics:



You can still donate:

Three Ways You Can Donate:

- Use QR codes or links below to find wish lists
- Go to Amazon.com or Walmart.com, purchase paper towels, tissues or baby wipes and send directly to Orchard View at the address below.
- Go to www.Delraybeachkiwanis.org, Click on the links.

To send paper products or supplies via Amazon visit: <https://smile.amazon.com/registries/custom/1F2GTZMSEVRB9/guest-view>



To send paper products or school supplies through Walmart visit: <https://www.walmart.com/registry/ER/57212763-adb0-4d32-8c67-25c863e8526e>



Address: Orchard View Elementary School,
4050 Old Germantown Road, Delray Beach

Contact: Orchard View Elementary, 561-894-7400
orchardviews@palmbeachschools.org

Or go to www.Delraybeachkiwanis.org

Don't cry!
it's only a movie.



Don't cry!
It's only a Football game.



Membership

Carlene Laseter - Chairperson



Welcome to Our Newest Members

Mykal Banta



Mykal was born in Miami but grew up in Livonia, Michigan. He earned his BA at Wayne State University and his Master of Library Science degree at State University at New York Albany. He moved to Florida in 1993. Mykal was hired as Head of Reference at the Delray Beach Public Library in 1994.

He was promoted to Executive Director in 2022. Mykal is a committee member on the Interfaith Committee for Social Services and a member of the Delray Beach Initiative to end Homlessness. He enjoys reading, writing and playing chess, checkers.

Jeffrey Trantalis



Jeffery was born and raised in Norwich, CT. Growing up he was always trying to raise money for college. He was a caddie, shoveled snow, etc. He attended Marquette University in Milwaukee, then two years working for the University of Chicago. Incredible experience! Then he attended medical school in Chicago. After one year of residency in Milwaukee, he moved to the State of Washington. He became a Podiatrist and practiced for 23 years. He lived in Deerfield Beach for 15 years and now lives in Delray. He has been a member of Kiwanis for 23 years, most recently the Deerfield Beach club.

Welcome Mykal & Jeffery!



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

DID YOU KNOW?

2023 Tournament of Roses Parade: "Catching the Wave of Service"

This year's Kiwanis International float was titled "Catching the Wave of Service" ... representing the values of Kiwanis International movement, which works year-round to help kids dream big dreams and gain the skills and resources to achieve those dreams.



**SOME PEOPLE
WON'T ADMIT THEIR
FAULTS. I WOULD,
IF I HAD ANY.**

PUBLIC SERVICE ANNOUNCEMENT

Inequities in Flu Vaccine Uptake

More Vaccination Needed for People from Some Racial/Ethnic Groups

-- Only 1 in 2 Americans got a flu vaccine during the 2021-2022 flu season.

-- Less than 43% of Black, Hispanic, and American Indian/Alaska Native adults were vaccinated during the 2021-2022 flu season.

Flu can be serious and lead to hospitalization or death. Flu vaccination is the best way to protect against flu. Between 140,000 and 710,000 people were hospitalized with flu each year during 2010-2020. People from some racial and ethnic minority groups are more likely to be hospitalized with flu. Compared to White adults, flu hospitalization rates are:

- Nearly 80% higher among Black adults
- 30% higher among American Indian/Alaska Native (AI/AN) adults
- 20% higher among Hispanic adults

Vaccination may not always prevent infection, but it can make symptoms less severe and reduce the risk of being hospitalized. Since 2010, flu vaccination coverage has been consistently lower among Black, Hispanic, and AI/AN adults. During the 2021-2022 season, flu vaccination coverage was 54% among White adults, 42% among Black adults, 38% among Hispanic adults, and 41% among AI/AN adults. There are many reasons for these inequities, including lack of access to health care and insurance, missed opportunities to vaccinate, and misinformation and distrust. Racism and prejudice are known to worsen inequalities. In addition to disparities in vaccine uptake, there are likely other factors contributing to worse outcomes for some groups.

Increasing equitable vaccine uptake requires addressing the range of reasons why people do not get vaccinated. Over the past two years, CDC has begun two programs to address vaccination barriers and raise awareness about the importance of flu vaccination, specifically among people from racial and ethnic minority groups: the Partnering for Vaccine Equity (P4VE) program and a targeted flu vaccination campaign.

Upcoming Meeting Programs

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

2/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, February 2nd, at 6:00 pm.

2/8 Delray Beach Tennis Center (Rob Long)

2/15 Habitat for Humanity (Juli Casale)

2/22 On your Ballot: Delray Beach Bond Issue by Professor Jay Alperin

3/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 2nd, at 6:00 pm.

3/8 County Emergency Management Office

3/15 South Florida Water Management District

3/22 City of Delray Beach Utilities

3/29 Lake Worth Drainage District

4/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 6th, at 6:00 pm.

4/12 **Police Appreciation**

4/19 Winner of John Oliveira String Competition LYNN U.

4/26 Delray Children's Garden

5/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 4th, at 6:00 pm.

5/10 Palm Beach Youth Orchestra

5/17 Guardian Ad Litem

5/24 S.M.A.R.T. Landlord

5/31 Tentative: Caridad

6/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, June 8th, at 6:00 pm.

6/14 NEED SPEAKER

6/21 Tentative: In Jacob's Shoes

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



Think you know words?

Build your vocabulary with these new words and learn the meaning, history, and fun facts:

Diaspora [dahy-AS-pər-ə]

Part of speech: noun Origin: Greek, 17th century

1. The dispersion or spread of a people from their original homeland.
2. People who have spread or been dispersed from their homeland.

Examples of Diaspora in a sentence:

"The largest population center for the Jewish diaspora is the United States, which has a larger Jewish population than Israel."

"The Irish diaspora didn't exist until the 19th century, when Irish people fled famine to begin new lives in the United States, Canada, and Australia."



50/50 Winners:

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



January 5 - Rich Pollack

January 11 - Rich (Mr. 2 Times) Pollock

January 18 - Ezra (The fix is in) Krieg

January 25 - Steve Rubin

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."



--- WINSTON CHURCHILL



Simple ways to build a cancer-prevention diet - Part 3

Prepare your food in healthy ways

Choosing healthy food is not the only important factor in preventing cancer. It also matters how you prepare, store, and cook your food.

Boosting the cancer-fighting benefits of food

Here are a few tips that will help you get the most benefits from eating all those great cancer-fighting foods, such as fruit and vegetables:

Eat at least some raw fruits and vegetables as they tend to have the highest amounts of vitamins and minerals, although cooking some vegetables can make the vitamins more available for our body to use.

When cooking vegetables, steam only until tender. This preserves more of the vitamins. Overcooking vegetables removes many of the vitamins and minerals. If you do boil vegetables, use the cooking water in a soup or another dish to ensure you're getting all the vitamins.

Wash all fruits and vegetables. Use a vegetable brush for washing. Washing does not eliminate all pesticide residue, but will reduce it.

Flavor food with immune-boosting herbs and spices. Garlic, ginger, and curry powder not only add flavor, but they add a cancer-fighting punch of valuable nutrients. Other good choices include turmeric, basil, rosemary, and coriander. Try using them in soups, salads, and casseroles.

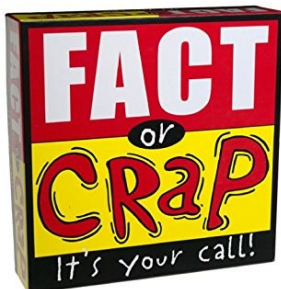
Tips for cutting down on carcinogens

Carcinogens are cancer-causing substances found in food. They can form during the cooking or preserving process—mostly in relation to meat—and as foods starts to spoil. Examples of foods that have carcinogens are cured, dried, and preserved meats (e.g. bacon, sausage, beef jerky); burned or charred meats; smoked foods; and foods that have become moldy.

To reduce your exposure to carcinogens:

Do not cook oils on high heat. Low-heat cooking or baking (less than 240 degrees) prevents oils or fats from turning carcinogenic. Instead of deep-frying, pan-frying, and sautéing, opt for healthier methods such as baking, boiling, steaming, or broiling.

Go easy on the barbecue. Burning or charring meats creates carcinogenic substances. If you do choose to barbecue, flip frequently to avoid charring, don't overcook the meat, and be sure to cook at the proper temperature (not too hot). When fat drips onto the flames, it can also release another chemical linked to cancer, so opt for leaner cuts of meat if you can.



1. Fact or Crap - Monday is the day of the week when the risk of heart attack is greatest.

2. Fact or Crap - Men are born better smellers than women.

3. Fact or Crap - On any given day, sexual intercourse takes place 120 million times on earth.

4. Fact or Crap - The lion that roars in the MGM logo is named Stewart.

5. Fact or Crap - Sneezes regularly exceed 100 mph.

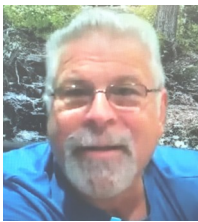
6. Fact or Crap - The human heart creates enough pressure to squirt blood 5 feet.

7. Fact or Crap - It cost more to film the Titanic than to build it?

(Answers on Page 8)

Krieg's Korner

As a regular feature of our weekly meetings, **Ezra Krieg** brings us up to date with what happened on **"This Date in History"**. Here are a few interesting items from the past month:



January 5:

1896, an Austrian newspaper, Wiener Presse, reported the discovery by German physicist Wilhelm Roentgen (RENT'-gun) of a type of radiation that came to be known as X-rays.

1914, auto industrialist Henry Ford announced he was going to pay workers \$5 for an 8-hour day, as opposed to \$2.34 for a 9-hour day. (Employees still worked six days a week; the 5-day work week was instituted in 1926.)

1925, Democrat Nellie Tayloe Ross of Wyoming took office as America's first female governor, succeeding her late husband, William, following a special election.

1933, construction began on the Golden Gate Bridge. (Work was completed four years later.)

1949, in his State of the Union address, President Harry S. Truman labeled his administration the Fair Deal.

1957, President Dwight D. Eisenhower proposed assistance to countries to help them resist Communist aggression in what became known as the Eisenhower Doctrine.

1998, Sonny Bono, the 1960s pop star-turned-politician, was killed when he struck a tree while skiing at the Heavenly Ski Resort on the Nevada-California state line; he was 62.

2004, foreigners arriving at U.S. airports were photographed and had their fingerprints in the start of a government effort to keep terrorists out of the country.

2022, Australia denied entry to tennis star Novak Djokovic, who was seeking to play for a 10th Australian Open title later in the month; authorities canceled his visa because he failed to meet the requirements for an exemption to COVID-19 vaccination rules.

Birthdays:

Actor Robert Duvall is 92.

Singer-musician Athol Guy (The Seekers) is 83.

Actor-director Diane Keaton is 77.

R&B musician George "Funky" Brown (Kool and the Gang) is 74.

Rock musician Chris Stein (Blondie) is 73.

Talk show host/dancer-choreographer Carrie Ann Inaba is 55.

Rock singer Marilyn Manson is 54.

Actor Bradley Cooper is 48.

Actor January Jones is 45.

January 11:

1908, President Theodore Roosevelt proclaimed the Grand Canyon National Monument (it became a national park in 1919).

1913, the first enclosed sedan-type automobile, a Hudson, went on display at the 13th National Automobile Show in New York.

1927, the creation of the Academy of Motion Picture Arts and Sciences was proposed during a dinner of Hollywood luminaries at the Ambassador Hotel in Los Angeles.

1935, aviator Amelia Earhart began an 18-hour trip from Honolulu to Oakland, California, that made her the first person to fly solo across any part of the Pacific Ocean.

1964, U.S. Surgeon General Luther Terry issued "Smoking and Health," a report that concluded that "cigarette smoking contributes substantially to mortality from certain specific diseases and to the overall death rate."

2003, calling the death penalty process "arbitrary and capricious, and therefore immoral," Illinois Gov. George Ryan commuted the sentences of 167 condemned inmates, clearing his state's death row two days before leaving office.

2010, Mark McGwire admitted to The Associated Press that he'd used steroids and human growth hormone when he broke baseball's home run record in 1998.

2020, health authorities in the central Chinese city of Wuhan reported the first death from what had been identified as a new type of coronavirus; the patient was a 61-year-old man who'd been a frequent customer at a food market linked to the majority of cases there.

Birthdays:

World Golf Hall of Famer Ben Crenshaw is 71.

Singer Robert Earl Keen is 61.

Actor Phyllis Logan is 67.

Musician Vicki Peterson (The Bangles) is 65.

Actor Kim Coles is 60.

Former child actor Dawn Lyn (TV: "My Three Sons") is 60.

Actor Amanda Peet is 51.

January 18:

1778, English navigator Captain James Cook reached the present-day Hawaiian Islands, which he named the "Sandwich Islands."

1911, the first landing of an aircraft on a ship took place as pilot Eugene B. Ely brought his Curtiss biplane in for a safe landing on the deck of the armored cruiser USS Pennsylvania in San Francisco Harbor.

1943, during World War II, Jewish insurgents in the Warsaw Ghetto launched their initial armed resistance against Nazi troops, who eventually succeeded in crushing the rebellion.

1975, the situation comedy "The Jeffersons," a spin-off from "All in the Family," premiered on CBS-TV.

1991, financially strapped Eastern Airlines shut down after more than six decades in business.

1993, the Martin Luther King Jr. holiday was observed in all 50 states for the first time.

2005, the world's largest commercial jet, the Airbus A380 "superjumbo" capable of flying up to 800 passengers, was unveiled in Toulouse, France.

2022, The White House launched a website allowing Americans to request free at-home COVID-19 tests.

Birthdays:

Movie director John Boorman is 90

Singer-songwriter Bobby Goldsboro is 82.

Actor-director Kevin Costner is 68.

Country singer-actor Mark Collie is 67.

Actor Alison Armgim (TV: "Little House on the Prairie") is 61.

Comedian Dave Attell is 58.

Former NAACP President and CEO Benjamin Todd Jealous is 50.

Country singer Kristy Lee Cook (TV: "American Idol") is 39.

Actor Ashleigh Murray (TV: "Riverdale") is 35.

January 25:

1533, England's King Henry VIII secretly married his second wife, Anne Boleyn, who later gave birth to Elizabeth I.

1915, America's first official transcontinental telephone call took place as Alexander Graham Bell, who was in New York, spoke to his former assistant, Thomas Watson, who was in San Francisco, over a line set up by American Telephone & Telegraph.

1924, the first Winter Olympic Games opened in Chamonix (shah-moh-NEE'), France.

1945, the World War II Battle of the Bulge ended as German forces were pushed back to their original positions.

1945, Grand Rapids, Michigan, became the first community to add fluoride to its public water supply.

1971, Charles Manson and three women followers were convicted in Los Angeles of murder and conspiracy in the 1969 slayings of seven people, including actor Sharon Tate.

2004, NASA's Opportunity rover zipped its first pictures of Mars to Earth, showing a surface smooth and dark red in some places, and strewn with fragmented slabs of light bedrock in others.

2022, David Ortiz was elected to the Baseball Hall of Fame in his first turn on the ballot, while steroid-tainted stars Barry Bonds and Roger Clemens were denied entry to Cooperstown in their final year under consideration by the Baseball Writers' Association of America.

Birthdays:

Actor Leigh Taylor-Young is 79.

Actor Jenifer Lewis is 66.

Country musician R&B singer Kina is 54.

Actor Ana Ortiz is 53.

Actor Michael Trevino is 38.



AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and R&B singer Alicia Keys joins us, we hope that you will buy her an "Girl On Fire" drink, as she is 43 years old today.

KIWANIS CLUBS CHANGE LIVES
EVERY DAY

REVENUE

Funny Quotes about Marriage ...



1. "When you see a married couple walking down the street, the one that's a few steps ahead is the one that's mad." — Helen Rowland
2. "Getting married is like trading the adoration of many for the sarcasm of one." — Mae West
3. "In every good marriage, it pays sometimes to be a little deaf." — Ruth Bader Ginsberg
4. "Just found out the wife is writing a book about our honeymoon, called Fifty Shades of Just Okay." — Conan O'Brien
5. "To keep your marriage brimming, with love in the wedding cup, whenever you're wrong, admit it; whenever you're right, shut up." — Ogden Nash
6. "The trouble with some women is that they get all excited about nothing—and then marry him." — Cher
7. "Before I got married, I had six theories about raising children; now I have six children and no theories." — John Wilmot



This Month's Sudoku Puzzle...



A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

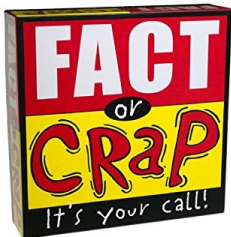
- Each horizontal row has every number only once.
- Each vertical column has every number only once.
- Each 3 by 3 region has every number only once.

Difficulty- Very Hard. Be sure to use a pencil!

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

(Answers on Page 9)

Went shopping while hungry - now I'm the proud owner of Aisle 6.



Answers.....

1. Fact: Looks like someone has a case of the Mondays.
2. Crap: Women are born better smellers and remain better over life.
3. Fact: That's a lot of "Doing It!" going on!
4. Crap: His name is Volney.
5. Fact: That's faster than my truck can go!
6. Crap: It can actually squirt more than 30 feet.
7. Fact: It cost 7 million dollars to build the Titanic and 200 million to make a film about it.

Visit our Website:

www.delraybeachkiwanis.org



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

— Thank you

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

2022-23 Kiwanis Int'l President:

Bert West
Divide, Colorado

2022-23 Florida Kiwanis Governor:

Sharon Moody
Email: sharonmoody91@yahoo.com

2022-23 Division 21 Lt. Governor:

Tom Thayer
Email: TomThayer@Earthlink.net

Other Division 21 Clubs:

Boca Raton-1st & 3rd Thursdays, 4 p.m.
Boca Raton Community Center Annex
260 Crawford Blvd
Boca Raton

Boynton Beach - Tuesdays, 12 Noon
Bru's Room
1333 N. Congress Ave
Boynton Beach

Gold Coast Knights-1st & 3rd Wed., 7 p.m.
Duffy's Sports Grill
Linton Boulevard and Federal Highway
Delray Beach

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

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

Florida Kiwanis Foundation:

2021-22 President: Dan Borba
Email: dpborba@aol.com

Div. 21 Trustee: Tom Thayer
E-mail: TomThayer@Earthlink.net



San Carlos Kiwanis Club's foundation launches "Support Ukraine"

By Phil Abrams, president, San Carlos Kiwanis Club, California, U.S.

This is my third time serving as president of the San Carlos Kiwanis Club. I have been so lucky to be involved with the members of our club for close to 25 years. Over those years, I have found that sometimes the hardest thing in a leadership role is coming up with projects that resonate with various club members.



With the hardships of Ukraine front and center in our daily news, our members are aware of the suffering of the Ukrainian people and are eager to help. That gave me an idea: to have members (and friends of members) purchase pajamas for Ukrainian children.

I then expanded the concept to include slightly worn warm coats and clothing for all. We can only imagine the winter misery caused by the Russian oil and natural gas embargo — and the energy crisis it has created in Ukraine.

I mentioned my plan at our club's inauguration picnic in October, and our board approved the project.

That same month, I was part of a three-synagogue golf tournament that raised over US\$15,000 for local Ukrainian refugees. I then called a contact at the Jewish Family and Children's Services. My contact led me to two people who had a resource with Nova Ukraine, a nonprofit helping with humanitarian aid for Ukraine.

At the end of November, I sent out a message asking 200 local friends to purchase children's pajamas and look through their wardrobes for nice heavy coats and clothing.

A record of success

I believed that the plan would succeed because over the years I have seen that you just have to ask caring friends for help and support.

Three years ago, for example, I asked friends and Kiwanians to donate hats. A friend was helping a small Kenyan village where people were having vision problems and needed hats to protect their eyes from the sun. I was able to collect more than 500 hats, which were sent to Africa.

Another time, I contacted a pastor at a Tongan church in town to offer our club's help to islanders who had lost so much in the volcanic eruption in Tonga in December 2021. Our club collected 510 pounds of clothes, which were delivered to the pastor and shipped to the people of Tonga.

In both cases, I simply asked our members and friends to bring their donations to our house — just "toss them over the iron gate" leading into our courtyard. I figured if it worked then, the same idea would work for the Ukraine donations.

It has. We have collected around 1,200 pounds — over 80 large bags and boxes — of children's pajamas, heavy coats and warm clothing. My courtyard has been filled with bags and boxes for over a month (stored under our overhangs because of the Northern California rains). We made our first run over the San Francisco Bay via the San Mateo-Hayward bridge to our contact in East Bay. From there, the clothing will be sorted and shipped to Poland and then to Ukraine.

Along with other Kiwanis clubs throughout Division 34 of the California-Nevada-Hawaii District, as well as friends, neighbors and members of many faith houses, the San Carlos Kiwanis Club is serving the children of the world — and helping their families.

Sudoku Puzzle...Answers

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



From Our Photographer's Camera.....

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



Young Children Priority One