



The HAPPY NEW YEAR 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
Regina Sablo

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 1

January, 2023

The Delray Library Has It All



Our program on December 14th was presented by Mykal Banta, the Executive Director of the Delray Beach Public Library and Tammeric Itson-Scurry,

the Children's Librarian.

The Library's mission is to enrich the lives of the individuals of Delray Beach's diverse communities and provide support to local businesses by creating and sustaining superior public library services through responsive staff, dynamic collections, effective programming, appropriate technology, and access to global information.

There's always something going on at the library. Here are a few of the services the Library provides: They bring the library to neighborhood schools and community centers with outreach programs. They are the only library in the state of Florida that provides a Lifelong Learning Institute. They serve more children than any other library in the county, over 3,000 kids programs. They provide over 4,000 free books to children during the summer camp reading programs. They offer meeting rooms (both large and small) for studying, lectures, programs and rentals. They offer innovative after school clubs that include Weird Science, Robotics and 3D printing.



▶ Continues—
See **Library**, Page 3

The Last Meeting Of The Year - Goodbye 2022, Hello 2023!



As has been our tradition, we like to document the last meeting for the year with a group picture. It's about half of our members, but we were glad to see everyone who showed up. From All of Us who did Attend to all of you Who Didn't, We Wish You A Happy, Healthy, and Joyous 2023!

Let's make 2023 the best yet!



Like us on Facebook



Visit our Website:

www.delraybeachkiwanis.org

Other Doings.....



Hail! President, Pro-Tem of the Month!

***** December *****



Regina Sablo

Here are the upcoming scheduled PPOTM's:

January, 2023 - **Joel Davidson**

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!



Our club has donated \$100 to be used to buy shorts of various sizes for students at Orchard View Elementary.



Thanks to "crack reporter" **Carlene Laseter** for taking notes for the newsletter, filling in for Scott while he was out of town. (Ed note: No, she isn't on Crack).



Big Thanks to **Rich Pollack** for getting a story on our Golf Tournament published in Atlantic Magazine.



Thanks to **Pam Davidson** and **Peggy Kelleher** for helping out at the gift wrapping event at Target.

I ♥ MY CLUB

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



Upcoming Important Dates:

Upcoming Birthdays:

January 1 - Lucie Carney
January 5 - Connie Barcinski
January 8 - Michael DeVoe
January 10 - Jay Alperin
January 13 - Rob Long
January 15 - Nancy Chanin
January 19 - Terri Schroeder
January 20 - Carlene Laseter
January 28 - Jody Martin

Wedding Anniversaries:

- None -

Membership Anniversaries:

January 1 - Ezra Krieg (43 Years!)
January 6 - Terrence Moore

December 8th Meeting "Finnegans": Tonight, we had potential new member **Jeff Trantal** visiting. He is a former member of the Deerfield Club. Everyone put in for Jeff. **Joel & Pam Davidson** were happy their grandson has been accepted at FAU. **Ezra Krieg** was happy the Dolphins won. **Bill & Bonnie Morse** had a great weekend on a cruise. **Gina Sablo** was happy she didn't have to run the meeting even though she's PPOTM. **Carlene Laseter** was happy KY won their basketball game and she helped her granddaughter celebrate her 13th birthday. Everyone else was "Just Happy".

December 14th Meeting: Today we inducted three new members: **Nancy Chanin, Rob Long** and **Michael Moschette**. They were happy to be here. Everyone welcomed them into our club. **Jay Alperin** also put in for his picture in Atlantic Magazine. **Larry Schroeder** put in for his birthday.. **Scott Youngberg** had a great time at Disney. **Pam Davidson** was happy she didn't drown on her way here - lots of rain today. **Carlene Laseter's** youngest child turned 41, and Kentucky won again. **Dave Freeburn** was happy the Eagles & Argentina won, and for his birthday. **Bob Barcinski's** grandson took 1st place in a recent Go-Kart race and Purdue is #1 in basketball. **Peggy Kelleher** put in for the Bills and **Rich Pollack** celebrated his 30th wedding anniversary. **Joel Davidson's** grandson has now been accepted to 3 colleges. **Mark Scheinbaum** is the only referee to ever give Pele a Red Card. **Steve Rubin** noted Northwestern is 1-11, like the good ole'days. **Gina Sablo's** daughter is celebrating a birthday and **Mike Salem** is getting stronger (He had a kidney transplant).

December 21st Meeting: This was the "After the Holiday Party meeting and we inducted another two members: **Russ Mager & Jeff Razor**. Both are happy to be joining the club. Everyone put in for the Party, thanking **Jay & Diane Alperin**, for our two new members, and wishing everyone Happy Holidays. **Bob Hayes** added he liked Jay's ice cream and he's happy our club doesn't sing. **Dave Freeburn** was still happy for Argentina & the Eagles winning. **Peggy Kelleher** was happy the Bills beat the Dolphins and **Ezra Krieg** thinks Peggy should resign from the club for cheering the Bills. **Joel & Pam Davidson** met 30 years ago, and Joel was happy UM beat #6 Virginia. **Mike Salem** had his 8 year membership anniversary.

December 28th Meeting: Everyone wished a **Happy New Year to all**. **Jay Alperin** was happy to be home from North Carolina where it was 10 degrees - Ouch! **Carlene Laseter** has her Kids and Grandkids visiting. **Rich Pollack** is happy the past few days have been cold for us, while **Andie DeVoe** is happy it's starting to warm up. **Peggy Kelleher** was happy to have gotten out of Buffalo and the bad storm up there. **Reeve Bright** is happy to not be living in Buffalo. Joel & Pam **Davidson's** granddaughter had her 10th birthday, and Joel was happy UM is #14 in basketball. **Angie Gray's** grandson Josiah is moving here and **Mike Salem's** synagogue fed 400 needy people over the holiday. **Dave Freeburn** helped his son move furniture and set-up a ping pong table. Finally, **Ezra Krieg** is happy **Russ Mager** will be our new song leader.....what? Just kidding.



Calendar Of Events

January 7..... Kiwanis "On A Roll" Donation Drive
Greenmarket, Delray Beach

February??? Annual Putt-Putt Challenge vs. Rotary

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

► From **Library**, Page 1

They offer a state of the art recording studio for children to create audio stories, record songs, and narrate books. They provide assistance in resume writing, job searching, and public assistance programs. They provide a variety of new Technology Resources for children that include computers with educational programs, tablet kiosks, learning tech lab, and the interactive educational "cube". They provide dedicated librarians who support local businesses with information, research, and referrals. They offer after school homework help for children with friendly and knowledgeable staff and volunteers. They provide databases for learning languages, and reading ebooks, free of charge. They offer Ukulele Classes along with seasonal music programs including the Musical Matinee Program.

And yes, they offer plenty of free parking. Check out the Library today. For more information, go to www.delraylibrary.org.

Location:

100 West Atlantic Avenue
Delray Beach, FL 33444



Clear the Clutter... Clear the Mind

Our program on December 21st was presented by David Hall, representing A+ Clutter Clearing. "We all suffer from TMS or too much stuff," Hall said. "We're a consumer population, we're inundated with advertising and offers and 'you must get this you must get that,' or get two-for-one at the supermarket." "Then we end up with a home that just has TMS," he said.



"Typically people collect clutter because they just have no organization system." "They think they're out of something they go out and buy more, and then they have five of these things, all in different places." To prevent this, Hall suggested that people put things back in their designated place, as well as make sure to store all of the same things together.

In order to live comfortably again, Hall created his decluttering method known as the S.M.A.R.T. system.

The expert said that the letter 'S' in SMART stands for start simply. "When we're overwhelmed with clutter, it's daunting," he said. "It could be one drawer in the kitchen, it could be the laundry room, it could be a bedroom shelf, or the floor of the closet where there are a lot of shoes piling up." "Pick an area around the house that you can do easily and quickly so you can build on success," he said.

"M' is for mindset," said Hall. "I'm a firm believer that if you have the right mindset anything is possible and everything is more doable in a pleasant way." Hall suggested throwing on music to have fun while you clean. "Don't treat it like a punishment," he said. "This is an opportunity to enjoy your home and your possessions." He also advised wearing comfortable clothing while you declutter and having a drink such as coffee or tea nearby to make sure you're comfortable.

The letter 'A' is for action. "At some point, once you've selected the area to work on and you've got the right music and beverage in hand, you've got to do something," he said. "I recommend having two different garbage bags at the ready." Hall suggested using a black bag for items you want to discard or throw away, and a white bag for those items you plan on donating. The decluttering expert said to make sure you have a spray cleaner, paper towels, a mop, a broom, and a vacuum handy for this step.

In Hall's SMART system, the 'R' stands for repurpose, reuse, recycle. He recommended clearing out the entire space so you can have a clean slate to work from. Using a closet, for example, he said: "Put that rack of clothing on your bed and go through each and every item." To help decide what's worth keeping and what's not, he said to ask yourself: "Is it the right color? Do I even wear that color? What decisions do I need to make about this?" Recycling an item can look like passing it on to a friend while reusing/repurposing it can mean finding a way to use it that differs from its original purpose. "We're helping out the economy and our fellow brothers and sisters," he said.

Finally, 'T' stands for transformation. "Transformation, as I describe it, is a way of being where you just feel lighter," said Hall. "You feel like you've accomplished something that's been weighing on your mind for so long."

For more information, go to www.aplusclutterclearing.com



**I always wanted to
lay naked on a bearskin
rug in front of a fireplace...**

**Evidently, Cracker Barrel
has a policy against this.**

Membership

Carlene Laseter - Chairperson

Welcome to Our Newest Members



Russ Mager

Russ was born in Tallahassee, Florida, one of the few, true native Floridians. His parents were born in New York, his father from Brooklyn and mother from Queens, they moved to Tallahassee in the 1960s where his father worked at the Attorney's Generals Office as an Assistant Attorney. He moved from Tallahassee to Pompano Beach where he basically grew up with his three brothers.



Russ returned to Tallahassee to attend Florida State University where he earned a Bachelor Degree in Psychology and a Minor in Criminology. He is currently working on his Masters. His hobbies include exercising, weight training and motorcycle riding. He is a family man and enjoys spending time with his family. Russ has a 19yr old daughter who is attending college and a fiancé who has two of her own children, ages 14 and 15.

Russ is currently the Chief of Police for the City of Delray Beach. He joined the Delray Beach Police in 1996, at the age of 31. "I've had a great career over the past 26 years and have gained a tremendous amount of work / life experience as well as developed incredible relationships along the way", he said. "My life is good, I have no complaints and look forward to what's in store for me as I travel through this expedition called life. I say be happy, appreciate what you have and good things will happen."

Jeffrey Rasor



Jeffrey was born in Miami and attended school in Miami. He's been married for 21 years. He and His wife Kimberly have raised a son (Griffin) who is attending the University of Central Florida. Jeffrey is a graduate of FIU where he earned a BS Degree in Criminal Justice. He also has an MBA from FAU. He is also a graduate of the 70th Command Officer's Development Course at the Southern

Police Institute, His hobbies are spending time with his family, watching football, and spending time on his farm in Georgia.

Jeffrey is currently Assistant Chief of Police in charge of Field Operation which encompasses Community Patrol Division, the Community Oriented Policing Unit, the K-9 Unit, SWAT, Investigative Division, and the Community Service Officers (traffic crash investigative unit). Jeffrey originally joined the Delray Beach Police Department in May of 2002, working his way through the ranks.

Nancy Chanin

Nancy was born in New York City.

She has lived in the Boca Raton/Delray Beach area for over 25 years. She is a long-time community activist and fundraiser for a broad range of causes. She has also managed political campaigns for candidates for Boca Raton City Council, Delray Beach and the Florida State House.

Nancy has written for a variety of publications and more recently contributed Op-Ed columns and letters

to the editor for the Palm Beach Post and Sun-Sentinel. She also serves on Delray's Green Board and is a board member of the Spady Museum, EJS Project and the Boca PAL. She has 3 grown children enjoys anything that makes her laugh.

Rob Long

Rob was born in Gaithersburg, MD, but grew up in Punxsutawny, PA, home of the ground hog. However, he has lived in Delray Beach for the last 13 years. Rob has a BS in Civil Engineering from Penn State and a MBA from University of Florida. He operates a small community engagement business and does some engineering consultant work.



Rob is passionate about public service and is currently running for the Delray Beach City Commission. He is recently retired from the Palm Beach Soil & Water Conservation District. For fun he likes to travel, bike, eat good food, watercolor paint and is an aspiring writer. He has a long-time girlfriend, soon to be engaged.

Michael Moschette

Michael was raised in South Florida. He is married to Robin and they have two boys, ages 12 & 11. His boys play competitive travel hockey which the entire family is involved. Michael enjoys boating and fishing. Any kind of sports is a topic in the house.



Michael is currently a Captain at the Delray Police Department where he has been employed for the past 27 1/2 years. His wife, Robin, is also a police officer for Delray and assigned top the Criminal Justice Program at Atlantic High School.

Welcome Russ, Jeffrey, Nancy, Rob and Michael!

THE FORMULA
LOVE IT. SHARE IT. LIVE IT.

Remember, This is

The Formula:

Love being a Kiwanian.

Love your club.

Share it with others. Live it.

Doing Good....Feeling Good!

*Telling a person to calm down
is about like baptizing a cat.*

PUBLIC SERVICE ANNOUNCEMENT

From the Mayo Clinic - Aspirin is not a joke!

Most heart attacks occur in the day, generally between 6 A.M. and noon, Dr. Virend Somers, a cardiologist from the Mayo Clinic says. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: aspirin has a 24-hour "half-life" therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.
2. FYI, aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar). Please read on.

Something that we can do to help ourselves - nice to know. Bayer has crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep aspirin by your bedside? It's about Heart Attacks: There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:

- call 911
- phone a neighbor or a family member who lives very close by
- say "heart attack!"
- say that you have taken 2 aspirins.
- take a seat on a chair or sofa near the front door, and wait for their arrival and...
- **do NOT lie down.**

A Cardiologist has stated that, if each person, passes this along to 10 people, probably one life can be saved! I have already shared the information- - What about you?



Upcoming Meeting Programs

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

- 1/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 5th, at 6:00 pm.
1/11 Clinics Can Help
1/18 Special Rooms (Angela Burns)
1/25 Marine Initiative (Angie Gray)
- 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 NEED SPEAKER
- 3/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 2nd, at 6:00 pm.
3/8 Water (Bob Hayes)
3/15 Water (Bob Hayes)
3/22 Water (Bob Hayes)
3/29 NEED SPEAKER
- 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.

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

Hold on while I overthink this.



Think you know words?

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

Melomaniac [MEL-ə-mey-nee-ak]

Part of speech: noun
Origin: English, 19th century

1. A person who loves music.

Examples of Melomaniac in a sentence

"My melomaniac sister listens to music from the time she wakes up, all through the workday and evening, until she goes to bed at night."

"I could tell Lali was a melomaniac the moment I saw her wall of records, CDs, and cassettes."



50/50 Winners:

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



December 8 - Mark Scheinbaum

December 14- Pam Davidson

December 21- Joel Davidson

December 28- Ezra Krieg

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Love is the master key that opens the gates of happiness."

--- OLIVER WENDELL HOLMES



Simple ways to build a cancer-prevention diet - Part 2

Fill up on fiber

Fiber, also called roughage or bulk, is found in fruit, vegetables, and whole grains and plays a key role in keeping your digestive system clean and healthy. It helps keep cancer-causing compounds moving through your digestive tract before they can create harm. Eating a diet high in fiber may help prevent colorectal cancer and other common digestive system cancers, including stomach, mouth, and pharynx.

Choose healthy fats

Eating a diet high in fat increases your risk for many types of cancer. But healthy types of fat may actually protect against cancer. Avoid trans-fat or partially hydrogenated oil found in packaged and fried foods such as cookies, crackers, cakes, muffins, pie crusts, pizza dough, French fries, fried chicken, and hard taco shells. Limit saturated fat from red meat and dairy to no more than 10 % of your daily calories.

Add more unsaturated fats from fish, olive oil, nuts, and avocados. Omega-3 fatty acids found in salmon, tuna, and flaxseeds can fight inflammation and support brain and heart health.

Cut down on sugar and refined carbs

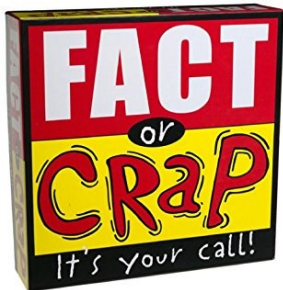
Consuming refined carbs that cause rapid spikes in blood sugar has been linked to an 88% greater risk of prostate cancer, as well as other serious health problems. Instead of sugary soft drinks, sweetened cereals, white bread, pasta and processed foods like pizza, opt for unrefined whole grains like whole wheat or multigrain bread, brown rice, barley, quinoa, bran cereal, oatmeal, and non-starchy vegetables. It could lower your risk for colorectal and prostate cancer as well as help you reach a healthy weight.

Limit processed and red meat

Many different studies have established a link between the risk of cancer and eating processed meat such as bacon, sausages, hotdogs, pepperoni, and salami. Eating about 2 oz. (50 grams) a day of processed meat increases your risk of colorectal cancer by 20%. This could be due to the nitrate preservatives or other substances used in the processing of the meat, although risk factors for cancer also increase by eating red meat, too. The safest strategy is to limit the amount of processed meat you consume and vary your diet by seeking out other protein sources, such as fish, chicken, eggs, nuts, and soy, rather than relying just on red meat.



"Why did your nurse want to know my 'next-of-kin'?"



1. Fact or Crap - Nails and hair do not continue to grow after we die?

2. Fact or Crap - The S.S. Mino was the first ship to use the SOS signal.

3. Fact or Crap - Your tongue is germ free only if it is pink.

4. Fact or Crap - Chewing gum while peeling onions will keep you from crying.

5. Fact or Crap - If you stop getting thirsty, your body is hydrated?

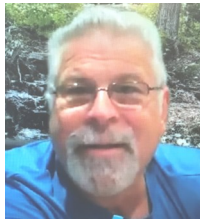
6. Fact or Crap - Cockroaches can live for 9 days after their head has been cut off.

7. Fact or Crap - It is possible to tickle yourself.

(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:



December 8:

1886, the American Federation of Labor was founded in Columbus, Ohio.
 1941, the United States entered World War II as Congress declared war against Imperial Japan, a day after the attack on Pearl Harbor.
 1949, the Chinese Nationalist government moved from the Chinese mainland to Formosa as the Communists pressed their attacks.
 1980, rock star and former Beatle John Lennon was shot to death outside his New York City apartment building by Mark David Chapman.
 1987, President Ronald Reagan and Soviet leader Mikhail S. Gorbachev signed a treaty at the White House calling for destruction of intermediate-range nuclear missiles.
 1991, AIDS patient Kimberly Bergalis, who had contracted the disease from her dentist, died in Fort Pierce, Florida, at age 23.
 2011, the 161-day NBA lockout ended when owners and players ratified the new collective bargaining agreement.
 2014, the U.S. and NATO ceremonially ended their combat mission in Afghanistan, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government.
 2012, Texas A&M quarterback Johnny Manziel became the first freshman to win the Heisman Trophy.
 2021, President Joe Biden signed an executive order to make the federal government carbon-neutral by 2050, aiming for a 65% reduction in planet-warming greenhouse gas emissions by 2030 and an all-electric fleet of car and trucks five years later.

Birthdays:

Flutist James Galway is 83.
 Pop musician Bobby Elliott (The Hollies) is 81.
 Actor Kim Basinger (BAY'-sing-ur) is 69.
 Rock musician Phil Collen (Def Leppard) is 65.
 Country singer Marty Raybon is 63.
 Political commentator Ann Coulter is 61.
 Actor Teri Hatcher is 58.
 Country singer Sam Hunt is 38.

December 14:

1819, Alabama joined the Union as the 22nd state.
 1911, Norwegian explorer Roald Amundsen (ROH'-ahl AH'-mun-suhn) and his team became the first men to reach the South Pole, beating out a British expedition led by Robert F. Scott.
 1939, the Soviet Union was expelled from the League of Nations for invading Finland.
 1964, the U.S. Supreme Court, in Heart of Atlanta Motel v. United States, ruled that Congress was within its authority to enforce the Civil Rights Act of 1964 against racial discrimination by private businesses (in this case, a motel that refused to cater to Blacks).
 1981, Israel annexed the Golan Heights, which it had seized from Syria in 1967.
 1986, the experimental aircraft Voyager, piloted by Dick Rutan and Jeana Yeager, took off from Edwards Air Force Base in California on the first non-stop, non-refueled flight around the world.
 2012, A gunman with a semi-automatic rifle killed 20 first-graders and six educators at Sandy Hook Elementary School in Newtown, Connecticut, then took his own life as police arrived; the 20-year-old had also fatally shot his mother at their home before carrying out the attack on the school.
 2020, the Electoral College decisively confirmed Joe Biden as the nation's next president, ratifying his November victory in a state-by-state repudiation of President Donald Trump's refusal to concede he had lost.
 2020, the largest vaccination campaign in U.S. history began with health workers getting shots on the same day the nation's COVID-19 death toll hit 300,000.
 2021, The U.S. death toll from COVID-19 topped 800,000, according to the count kept by Johns Hopkins University.

Birthdays:

Singer-actor Abbe Lane is 91.
 Pop singer Joyce Vincent Wilson (Tony Orlando and Dawn) is 76.
 R&B singer Ronnie McNeir (The Four Tops) is 73.
 Rock musician Cliff Williams is 73.
 Actor-comedian Miranda Hart is 50.
 Actor Vanessa Hudgens is 34.
 Rock/R&B singer Tori Kelly is 30.

December 21:

1620, Pilgrims aboard the Mayflower went ashore for the first time at present-day Plymouth, Massachusetts.
 1864, during the Civil War, Union forces led by Maj. Gen. William T. Sherman concluded their "March to the Sea" as they captured Savannah, Georgia.
 1891, the first basketball game, devised by James Naismith, is believed to have been played at the International YMCA Training School in Springfield, Massachusetts. (The final score of this experimental game: 1-0.)
 1913, the first newspaper crossword puzzle, billed as a "Word-Cross Puzzle," was published in the New York World.
 1914, the U.S. government began requiring passport applicants to provide photographs of themselves.
 1976, the Liberian-registered tanker Argo Merchant broke apart near Nantucket Island off Massachusetts almost a week after running aground, spilling 7.5 million gallons of oil into the North Atlantic.
 1991, eleven of the 12 former Soviet republics proclaimed the birth of the Commonwealth of Independent States and the death of the Union of Soviet Socialist Republics.
 1995, the city of Bethlehem passed from Israeli to Palestinian control.
 2009, the Obama administration imposed a 3-hour limit on how long airlines can keep passengers waiting inside planes delayed on the ground.
 2021, In an effort to fight the omicron coronavirus variant surging through the country, President Joe Biden announced that the government would provide 500 million free rapid home-testing kits, increase support for hospitals under strain and redouble vaccination and boosting efforts.

Birthdays:

Talk show host Phil Donahue is 87.
 Actor Jane Fonda is 85.
 Actor Samuel L. Jackson is 74.
 Movie producer Jeffrey Katzenberg is 72.
 International Tennis Hall of Famer Chris Evert is 68.
 Actor-comedian Ray Romano is 65.
 Former Treasury Secretary Steven Mnuchin is 60.
 Actor Kiefer Sutherland is 56.
 World Golf Hall of Famer Karrie Webb is 48.
 French President Emmanuel Macron is 45.

December 28:

1612, Italian astronomer Galileo Galilei observed the planet Neptune, but mistook it for a star. (Neptune wasn't officially discovered until 1846 by Johann Gottfried Galle.)
 1895, the Lumiere brothers, Auguste and Louis, held the first public showing of their movies in Paris.
 1912, San Francisco's Municipal Railway began operations with Mayor James Rolph Jr. at the controls of Streetcar No. 1 as 50,000 spectators looked on.
 1945, Congress officially recognized the Pledge of Allegiance.
 1973, the Endangered Species Act was signed into law by President Richard Nixon.
 1981, Elizabeth Jordan Carr, the first American "test-tube" baby, was born in Norfolk, Virginia.
 2014, the war in Afghanistan, fought for 13 bloody years and still raging, came to a formal end with a quiet flag-lowering ceremony in Kabul that marked the transition of the fighting from U.S.-led combat troops to the country's own security forces.

Birthdays:

Actor Dame Maggie Smith is 88.
 TV personality Gayle King is 68.
 Political commentator Ana Navarro is 51.
 Talk show host Seth Meyers is 49.
 R&B singer John Legend is 44.
 Actor Beau Garrett (TV: "The Good Doctor") is 40.
 Pop singer David Archuleta is 32.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Denzel Washington joins us, we hope that you will buy him an "Equalizer" drink, as he is 68 years old today.



The "Golden" Years ...

-- I thought growing old would take longer.

-- The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed....I need bail money.

-- I think the reason we are born with two hands is so we can pet two dogs at once.

-- Day 12 without chocolate. Lost hearing in my left eye.

--Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.

-- The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

-- A dog accepts you as the boss... a cat wants to see your resume.

-- Oops.... did I roll my eyes out loud?

-- Life is too short to waste time matching socks.



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!

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

(Answers on Page 9)

I see people around my age mountain climbing, I feel good getting my leg through my underwear with out losing my balance

Just once, I want a username and password prompt to say: "close enough."



Answers.....

1. Fact: They do appear longer when we die, however.
2. Crap: The Titanic was the first ship to use the SOS.
3. Fact: If it is white there is a thin film of bacteria on it.

4. Fact: The gum content prevents the smell from the onions.
5. Crap: When the human body is dehydrated, its thirst mechanism shuts off.
6. Fact: There is just no kill'in them.
7. Crap: You can't laugh at what your brain can predict.

Visit our Website:

www.delraybeachkiwanis.org



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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

Kiwanis' impact felt worldwide in 2022

by Sarah Moreland Byrne

This year proved the ripples of Kiwanis service can be felt everywhere — in Ukrainian refugee camps across Europe, on a 39-square-mile island in the South Pacific, at the peak of Mount Everest, even on an episode of the hit TV game show "Jeopardy!"

Before we get carried away into the new year, let's pause to remember some of Kiwanis' biggest highlights of 2022.

Help where it's needed most. The Kiwanis Club of Washington, D.C., U.S., raised US\$10,000 to provide food, shelter and medicine to Ukrainian children whose families have sought refuge in Moldova. And Josef-Peter Schachermayr, 2021-22 Kiwanis International-Europe president, gave an update on European Kiwanians' donations of much-needed food, clothing and hygiene products — cumulatively worth more than €500,000 — to refugees along the Ukrainian border.

Service at its peak. Kiwanis has reached new heights — literally! Members from the Nepal District made a special presentation to 2021-22 Kiwanis President Peter Mancuso: a Kiwanis flag that hikers took to the summit of Mount Everest in May.

A new Kiwanis island. On the small island of Wallis in the South Pacific, one very determined woman spent two years during a pandemic to bring 70 people together to form two new Kiwanis clubs.

Dedication to hands-on service projects. It wouldn't be a Kiwanis year without service! From building solutions to food insecurity in Indiana, U.S., to making sports opportunities more equitable for BIPOC (Black, Indigenous and people of color) students in Ontario, Canada, and from empowering women in Vanuatu through sewing to bringing joy back to children affected by heavy flooding in Cologne, Germany, Kiwanians made a meaningful difference. Kiwanis members around the world also multiplied their service impact by volunteering alongside members from Lions Clubs International, Optimist International and Rotary International for the second annual Celebrate Community event in September.

Speaking of service ... More than 400 clubs representing 38 districts entered the 2022 Kiwanis Signature Project Contest, with projects ranging from hot-air balloon festivals to youth baseball leagues to a greenhouse that produces more than 25,000 pounds of produce annually for a food bank.

Amplifying the Kiwanis impact. Thanks to gifts from Kiwanians, the Kiwanis Children's Fund made grants worth almost US\$1.4 million in 2022 to improve the lives of children around the world. The Children's Fund supports club and district projects that create a continuum of impact on children's lives: back-to-school health and dental clinics in the Bahamas; inclusive playgrounds in California and North Carolina; school supplies for children from New York to Zambia; US\$40,000 in scholarships to invest in young people's leadership skills. These are just a few of the nearly 200 projects supporting the Kiwanis causes of health and nutrition, education and literacy, and youth leadership development that received Kiwanis Children's Fund grants this year. Together, we made a meaningful difference in the lives of more than half a million children around the world.

Applications for 2023 scholarships are open. Encourage CKI members and graduating Key Club seniors to apply before February 1, 2023.

And that's not all! Kiwanis' Service Leadership Programs reached big milestones, too. Circle K International turned 75! CKI, our program for college and university students, celebrated three-quarters of a century of service to communities near and far with what they do best: helping others. For example, members have raised US\$278,226 for safe and clean drinking water in Haiti over the past five years through CKI's WASH project, in partnership with UNICEF USA.

Key Club International adds a new district! Our program for high school students is now in the Philippines, Key Club's 33rd district. With more than 200,000 members globally, Key Club makes a big difference in communities everywhere — as students themselves discovered during this year's virtual Global Engagement Rally.

K-Kids goes global! K-Kids, the Kiwanis program for elementary school students, hosted its first "K-Kids Around the World" — a one-day online event during which members from clubs all over the globe joined together for projects, fellowship and inspiration.

Here's to more service, more smiles and more fun in 2023!

Sudoku Puzzle....Answers

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



From Our Photographer's Camera.....

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



This Year's Winner of the Annual Arthur & Jean Antin "Heart Of The Club" Award



Rich Pollack

This award goes to the member(s) that best exemplify their dedication and commitment to the club. Thank you for your efforts.

Congratulations Rich!

Kiwanis
Delray Beach

HOLIDAY PARTY

Thank you Jay & Diane Alperin for hosting this year's Holiday Party. It was a Grand Time!

