



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, November
Jay Alperin

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

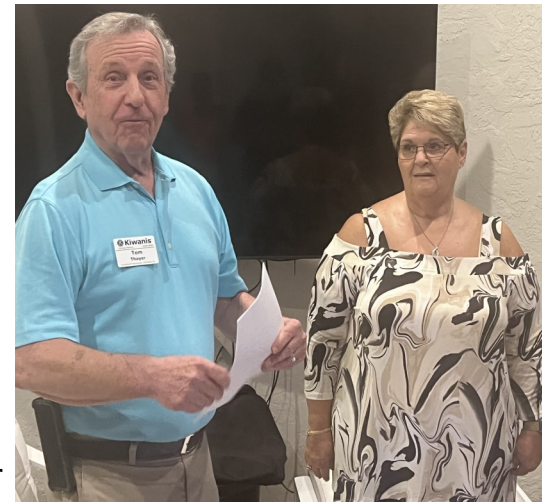
*Key Club/Builders Club -
Pam & Joel Davidson
American Heritage - Sally Schliefer
Atlantic High School - Mary Fiaschetti
Unity School - Stacy Brookman

Volume 2022, Issue 11

November, 2022

Davidson to the Rescue!

Congratulations to **Pam Davidson**, our new Club and Foundation President for the 2022-2023 year. **Dale Morrison** is continuing as Treasurer and **Jay Alperin** continuing as Secretary. Our Club Board of Directors consist of **Ezra Krieg, Peggy Kelleher, Carlene Laseter, Doug Martin, Alberta Rickard, Dave Freeburn, Joel Davidson, and Regina Sablo**. Our Foundation BOD consists of **Rich Pollack (VP), Bob Barcinski, Bill Morse and Scott Youngberg**. We are all looking for another banner year for the Delray Beach Kiwanis!
Let's Have Fun Doing Good!



Lt. Gov. Tom Thayer Inducting Pam Davidson as President

Boylston Speaks to Our Club

Our program on October 19th featured Ryan Boylston, Delray Beach City Commissioner.

Ryan Boylston was born in Pompano Beach and is a second generation Floridian. He was the first in his family to graduate college. After receiving a Bachelor of Science degree in Marketing from the College of Business Administration and a minor in Mass Communications from the Nicholson School of Communications at the University of Central Florida, Ryan moved to Delray Beach with his then, fiancé. Since 2005, Ryan and his wife, Cassidee, have grown their family with the addition of Preston, Elliott, and Madelyn.

Professionally, Ryan Boylston is the Founder and CEO of 2TON, A Creative Agency. His team of highly skilled design professionals has led clients to see increased awareness and visibility via dynamic and creative marketing strategies. Ryan also founded the

Delray Newspaper, Boca Newspaper, Joust Umbrellas and The KTCHN - a eight desk co-working space housed in his office on Atlantic Avenue.

Ryan's dedication to leadership is demonstrated by serving as Delray Beach City Commissioner, Board Member, Palm Beach Tech; Board Member, Allstar Smiles Foundation; and Past Chairman, Delray Beach Downtown Development Authority (DDA); Past Member, Delray Beach Education Board; and Past Chairman, Board of Directors, Plumosa School of the Arts Foundation.

Ryan brought us up to date on the major issues for Delray Beach including the Municipal golf course and water treatment facility. His contact information is
Boylston@mydelraybeach.com



Like us on Facebook



Visit our Website:
www.delraybeachkiwanis.org

Other Doings.....



Hail! President, Pro-Tem of the Month!

***** **October** *****



Pam Davidson

Here are the upcoming scheduled PPOTM's:

November - **Jay Alperin**

December - **Regina Sablo**

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 donated \$540 to a family in need whose children are attending Orchard View Elementary.



Our club donated \$200 to a Kings Point man who lost his apartment due to Hurricane Ian.

(More Doings on page 3)



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



Upcoming Important Dates:

Upcoming Birthdays:

- November 4** - Gail Colvin
- Cynthia Freeburn
- November 12** - Pam Davidson
- November 19** - Patrick Glover
- November 21** - Beverly Morrison
- November 27** - Bob Hayes

Wedding Anniversaries:

- November 15** - Bob & Suzi Hayes

Membership Anniversaries:

- November 7** - Sally Schleifer
- November 13** - Alberta Rickard, 16 Years
- November 21** - Larry Schroeder
- November 27** - Rich Pollack
- November 29** - Jay Alperin, 49 Years!!!

October 6th Meeting "Finnegans" : Wedding anniversaries were on the agenda tonight. **Scott & Sophia Youngberg** celebrated 50 Years and **Carlene & Bob Laseter** celebrated 57 years. Scott also put in for the Atlanta Braves for beating the Mets and taking the division. Carlene also put in for her son avoiding hurricane Ian. **Ezra Krieg** is going to New York to see the Dolphins beat the Jets. **Bob Hayes** was happy that one of the astronauts that just blasted off for the space station attended his alma-mater Albion College. **Pam Davidson** is excited (?) for her Presidential year. **Joel Davidson** recognized their 1 year anniversary with the club. **Bob Barcinski** was cheering Purdue for their upset victory and **Dave Freeburn** put in for USC, Eagles & Phillies for their victories. **Rich Pollack** acknowledged the Marlins - "There's always next year". Everyone else was "Just Happy".

October 12th Meeting: **Jay Alperin's** Grandson harasses Jay's daughters for cheering on FSU. They are doing better, you know. **Larry Schroeder** is happy to be back full-time. **Scott Youngberg** wasn't happy, none of his teams won this past week. **Bob Hayes** noted Albion College is still undefeated. **Mark Scheinbaum** is happy to be back from 33 degree Montreal. **Bob Barcinski** still cheering on Purdue and **Peggy Kelleher** is all about the Gators. **Dave Freeburn** is all for USC, Eagles, Phillies. **Ezra Krieg** had a great time in New York and is going to Philly. **Bill Morse** is also going away. **Pam & Joel Davidson** happy to have found us. Everyone else was "Just Happy".

October 19th Meeting: Today we recognized **Janet Meeks** for her service to the city. Everyone put in for that. **Scott Youngberg** also thanked everyone for their help & support for the golf tourney. **Mark Scheinbaum** is happy for the Bonvoy points he has accrued. **Bob Hayes** had a great physical report. **Ezra Krieg** celebrated his 25th wedding anniversary. **Joel Davidson & Reeve Bright** were happy UM won. **Terrence Moore** was happy for UCF winning. **Peggy Kelleher** is happy for the Bills winning and **Dave Freeburn** is happy for the Eagles & Phillies winning. **Gina Sablo's** grandson called and asked "How would you like to have 8 guests for thanksgiving?" Yikes! **Rich Pollack** likes his new Kiwanis hat and **Tom Carney** put in "Just Because".

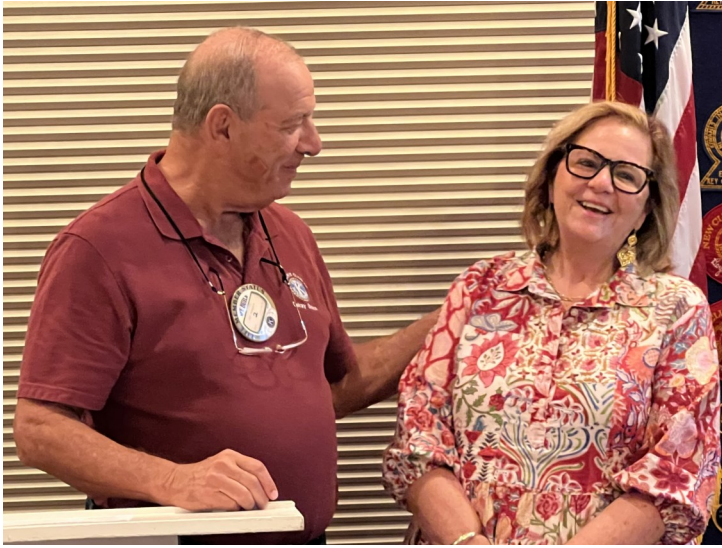
October 26th Meeting: Today we had guest **Danny Pacheco** from the Police dept, who runs the Delray Kicks soccer team. **Ezra Krieg** and many others put in for him. **Jay Alperin** went to a wedding in NJ and was seated at the "Old People's" table in the back. The music was still too loud! **Bob Hayes** pointed out that Albion College is still undefeated. **Dave Freeburn** mentioned "so are the Eagles". **Rich Pollack** was happy the Dolphins won. **Joel Davidson** is hoping UM can win. **Terrence Morre's** son is now the assistant Sabre Coach for Texas A&M's fencing team. **Mike Salem** had a nice trip to Cocoa Beach. Everyone else was "Just Happy".



Other Doings.....



On October 19th, our club presented **Janet Meeks**, retired Education Coordinator for the City of Delray Beach, with a Certificate of Appreciation for her dedication to our children & schools. **Thank you Janet for a Job Well Done!** We also presented her with a free 6 month membership to our club.



Using rebellious love to improve wellness

Our program on October 12th was presented by Crister Moynahan, the Director of Community Services for Rebel Recovery.

Rebel Recovery Florida is a low barrier recovery community organization that provides recovery support services, education, and advocacy to people impacted by drug use and those living with or at risk of HIV/AIDS.

They believe that rebellious love involves accepting a person just as they are, while offering the support needed for them to make positive changes. They offer services on a continuum that respects each individual's right to self determination regarding their personal recovery. Rebel

Recovery staff are available 7 days a week to provide social support, advocacy, and love to anyone in Palm Beach County, Florida, always free of cost.

Their community outreach program is at the core of their

services. Their CRPS staff provide on demand supplies and services to people impacted by drugs within their community. Through radical love and acceptance, informed by personal experience, they encourage any positive change. No barriers, no lectures, just love and services on demand.

For more information, go to www.rebelrecoveryfl.com.



The Alpha Witch is Here....

Our program on October 26th was presented by Andie Devo, talking about the Annual Witches Ride of Delray.

Each year, the Witches of Delray gather to decorate their bikes (brooms), dress up in their wicked best witch-ware, and raise money for the Achievement Centers for Children and Families.



Their annual Halloween charity bike ride occurs on the last Saturday in October. Their route includes historic downtown Delray, Atlantic Avenue, and A1A. At the end of their flight, they have contests for "Best Decorated Bike", "Best Witch Costume" and "Best Witch Cackle".

Charity funds are raised through the Witches of Delray rider fees for the event and various fundraising activities leading up to the event. Please explore their website to learn more about their charity group and sign up to join the fun.

How to Join

Sign up for their mailing list. The list is fairly quiet during the year but gets much more active as they get closer to the ride.

Next, Watch their website or Like our Witches of Delray Facebook page and Register to ride and pay your rider donation online there.

If you have any questions, contact the "Alpha Witch" via the "Contact" page on their website: <https://witchesofdelray.org/>



Ed. Note: Our club participated in the event this year by serving as "Flight Attendants". Thanks to **Rich Pollack, Peggy Kelleher, Pam Davidson, Danielle Garcia, Angie Gray, Terrence Moore** and **Mike Salem** for helping out.



Calendar Of Events

November 16 Police Appreciation
Delray Golf Club, 7:30 am

November 1-17 Pie it Forward
Meals on Wheels

December ???..... Holiday Party

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



Membership

Carlene Laseter - Chairperson



What's Your "One-Minute" Speech?

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

Why my club?

Think about what you love most about your club—and your community. Consider how the two matter to each other.

What's our community impact?

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

How do we make an impact?

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

Other tips

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

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

Now it's your turn!

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

People to consider:

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

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



Protein

Protein in your diet provides energy and supports your mood and cognitive function. It's a vital nutrient required for building, maintaining, and

repairing tissues, cells, and organs throughout the body. While it's in many of the foods that we eat every day, for something so common it's often a misunderstood part of our diets.

When you eat protein, it is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy. The amino acid tryptophan influences mood by producing serotonin, which can reduce symptoms of depression and anxiety and improve overall cognitive function.

Most animal sources of protein, such as meat, poultry, fish, eggs, and dairy, deliver all the amino acids your body needs, while plant-based protein sources such as grains, beans, vegetables, and nuts often lack one or more of the essential amino acids. However, that doesn't mean you have to eat animal products to get the right amino acids. By eating a variety of plant-based sources of protein each day you can ensure your body gets all the essential amino acids it needs.

The health benefits of protein

Protein gives you the energy to get up and go—and keep going. While too much protein can be harmful to people with kidney disease, diabetes, and some other conditions, eating the right amount of high-quality protein:

Keeps your immune system functioning properly, maintains heart health and your respiratory system, and speeds recovery after exercise.

Is vital to the growth and development of children and for maintaining health in your senior years.

Can help reduce your risk for diabetes and cardiovascular disease.

Can help you think clearly and may improve recall.

Can improve your mood and boost your resistance to stress, anxiety, and depression.

May help you maintain a healthy weight by curbing appetite, making you feel full longer, and fueling you with extra energy for exercising.

As well as being imperative to feeling healthy and energetic, protein is also important to the way you look. Eating high-quality protein can help you maintain healthy skin, nails, and hair, build muscle, and maintain lean body mass while dieting.

PUBLIC SERVICE ANNOUNCEMENT

Stay Up to Date with COVID-19 Vaccines Including Boosters

What You Need to Know

Updated (bivalent) boosters became available September 2, 2022.

CDC recommends everyone stay up to date with COVID-19 vaccines for their age group:

Children and teens ages 6 months–17 years
Adults ages 18 years and older

Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19. If you recently had COVID-19, you may consider delaying your next vaccine dose (primary dose or booster) by 3 months from when your symptoms started or, if you had no symptoms, when you first received a positive test.

People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines.

COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest COVID-19 data.

Updated Boosters Are Recommended for Some People

Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19. They are recommended for most people.

CDC recommends that people ages 5 years and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

Their final primary series dose, or an original (monovalent) booster.

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

There's a tool to determine when or if you (or your child) can get one or more COVID-19 boosters.

Go to <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>.

This tool is intended to help you make decisions about getting COVID-19 vaccinations. It should not be used to diagnose or treat COVID-19.

Upcoming Meeting Programs

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

11/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 3rd, at 6:00 pm.

11/9 Volen Center

11/16 **Police Appreciation**

11/23 NEED SPEAKER

11/30 Tentative: PalmTran

12/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 8th, at 6:00 pm.

12/14 Delray Beach Public Library

12/21 NEED SPEAKER

12/28 New Year's Wishes

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

1/25 Marine Initiative

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

2/8 Delray Beach Tennis Center

2/15 Habitat for Humanity

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 Lynn Conservatory

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



**BE THE DIFFERENCE
KIDS NEED**

I've never tried to outrun a police car. But, if this shows up behind me, yeah, I'm taking my chances.





50/50 Winners:

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

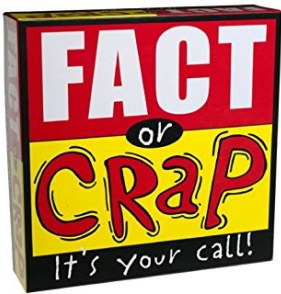


- October 6 - Pam (Madam Prez) Davidson
- October 12 - Mark (The Doc) Scheinbaum
- October 19 - Ezra Krieg
- October 26 - Joel Davidson

I STEPPED INTO AN ELEVATOR TODAY & A VERY LARGE BREASTED WOMAN STEPPED IN WITH ME.

AS I WAS STARING AT HER BECAUSE I COULDN'T HELP IT SHE SAYS WOULD YOU PRESS ONE PLEASE, SO I DID.

I REALLY DON'T REMEMBER MUCH AFTER THAT 🤔



1. Fact or Crap - The longest film ever made is The Burning of the Red Lotus Temple.

2. Fact or Crap - When a Chinese child loses a baby tooth, it gets tucked under the pillow for the tooth fairy.

3. Fact or Crap - The Gregorian calendar does not factor in leap years.

4. Fact or Crap - A parapet is an architectural style used in castles.

5. Fact or Crap - The first hockey puck was a piece of cow dung.

6. Fact or Crap - Dimples are caused from smiling too much?

7. Fact or Crap - Google is actually the common name for a number with ten zeros?

(Answers on Page 9)

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Judge each day not by the harvest you reap but by the seeds you plant."



--- ROBERT LOUIS STEVENSON

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

DID YOU KNOW?

Our Club has a new brochure and a hat.

Get Yours Today!

Use the brochure to get new members.

Discover what we're all about



Kiwanis is a mosaic of ordinary people doing extraordinary things to uplift our communities and serve the children of the world.

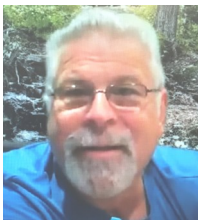


Kiwanis
Delray Beach



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:



October 6:

1536, English theologian and scholar William Tyndale, who was the first to translate the Bible into Early Modern English, was executed for heresy.
 1927, the era of talking pictures arrived with the opening of "The Jazz Singer" starring Al Jolson, a feature containing both silent and sound-synchronized sequences.
 1973, war erupted in the Middle East as Egypt and Syria launched a surprise attack on Israel during the Yom Kippur holiday.
 1979, Pope John Paul II, on a week-long U.S. tour, became the first pontiff to visit the White House, where he was received by President Jimmy Carter.
 1981, Egyptian President Anwar Sadat was shot to death by extremists while reviewing a military parade.
 2003, American Paul Lauterbur and Briton Peter Mansfield won the Nobel Prize for medicine for discoveries that led to magnetic resonance imaging.
 2010, social networking app Instagram was launched by Kevin Systrom and Mike Krieger.

Birthdays:

Actor Britt Ekland is 80.
 Rock singer Kevin Cronin (REO Speedwagon) is 71.
 Rock singer-musician David Hidalgo (Los Lobos) is 68.
 Pro Football Hall of Famer Tony Dungy is 67.
 Actor Elisabeth Shue is 59.
 Actor Jeremy Sisto is 48.

October 12:

1492 (according to the Old Style calendar), Christopher Columbus' expedition arrived in the present-day Bahamas.
 1792, the first recorded U.S. celebration of Columbus Day was held to mark the tricentennial of Christopher Columbus' landing.
 1971, the rock opera "Jesus Christ Superstar" opened at the Mark Hellinger Theatre on Broadway.
 1984, British Prime Minister Margaret Thatcher escaped an attempt on her life when an Irish Republican Army bomb exploded at a hotel in Brighton, England, killing five people.
 2000, 17 sailors were killed in a suicide bomb attack on the destroyer USS Cole in Yemen.
 2007, former Vice President Al Gore and the U.N.'s Intergovernmental Panel on Climate Change won the Nobel Peace Prize for sounding the alarm over global warming.
 2021, Florida issued its first fine to a county that it said had violated a new state law banning coronavirus vaccine mandates; Leon County was fined \$3.5 million.

Birthdays:

Singer Sam Moore (formerly of Sam and Dave) is 87.
 Broadcast journalist Chris Wallace is 75.
 Actor-singer Susan Anton is 72.
 Actor Hugh Jackman is 54.
 Actor Adam Rich is 54.
 Country musician Martie Maguire (The Chicks) is 53.
 Actor Kirk Cameron is 52.
 Olympic gold medal skier Bode Miller is 45.

October 19:

1781, British troops under Gen. Lord Cornwallis surrendered at Yorktown, Virginia, as the American Revolution neared its end.
 1814, the first documented public performance of "The Star-Spangled Banner" took place at the Holliday Street Theater in Baltimore.
 1944, the U.S. Navy began accepting Black women into WAVES (Women Accepted for Volunteer Emergency Service).
 1977, the supersonic Concorde made its first landing in New York City.
 1987, the stock market crashed as the Dow Jones Industrial Average plunged 508 points, or 22.6 percent in value (its biggest daily percentage loss), to close at 1,738.74 in what came to be known as "Black Monday."
 1990, Kevin Costner's Western epic "Dances with Wolves" had its world premiere in Washington, D.C.
 2001, U.S. special forces began operations on the ground in Afghanistan, opening a significant new phase of the assault against the Taliban and al-Qaida.
 2010, the Pentagon directed the military to accept openly gay recruits for the first time in the nation's history.

Birthdays:

Actor Tony Lo Bianco is 86.
 Artist Peter Max is 85.
 Actor John Lithgow is 77.
 Singer Jeannie C. Riley is 77.
 Rock singer-musician Patrick Simmons (The Doobie Brothers) is 74.
 Retired boxer Evander Holyfield is 60.
 Actor Jon Favreau is 56.

October 26:

1774, the First Continental Congress adjourned in Philadelphia.
 1825, the Erie Canal opened in upstate New York, connecting Lake Erie and the Hudson River.
 1861, the legendary Pony Express officially ceased operations, giving way to the transcontinental telegraph. (The last run of the Pony Express was completed the following month.)
 1921, the Chicago Theatre, billed as "the Wonder Theatre of the World," first opened.
 1982, the medical drama "St. Elsewhere" premiered on NBC.
 1984, "Baby Fae," a newborn with a severe heart defect, was given the heart of a baboon in an experimental transplant in Loma Linda, California. (Baby Fae lived 21 days with the animal heart.)
 2000, the New York Yankees became the first team in more than a quarter-century to win three straight World Series championships, beating the New York Mets 4-2 in game five of their "Subway Series."
 2020, Amy Coney Barrett was confirmed to the Supreme Court by a deeply divided Senate, with Republicans overpowering Democrats to install President Donald Trump's nominee days before the election and secure a likely conservative court majority for years to come.

Birthdays:

Actor Jaclyn Smith is 77.
 Hillary Rodham Clinton is 75.
 Actor Lauren Tewes is 69.
 Actor Dylan McDermott is 61.
 Actor Cary Elwes is 60.
 Country singer Keith Urban is 55.
 Actor Tom Cavanagh is 54.
 Writer-producer Seth MacFarlane (TV: "Family Guy") is 49.
 Olympic silver medal figure skater Sasha Cohen is 38.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and TV host Pat Sajak joins us, we hope that you will buy him a "Wheel of Fortune" drink, as he is 76 years old today.



Think you know words?

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

Hallux [HAL-əks]

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

- (Anatomy) a person's big toe.
- (Zoology) the innermost digit of the hind foot of vertebrates.

Examples of Hallux in a sentence

"Jarvis stubbed his hallux on the corner of the sofa."
 "My hallux is usually the first part of my foot to wear through a sock."



**ONE ACT OF KINDNESS
CAN CHANGE THE WORLD.**



The Kiwanis Club of Delray Beach

Where Ordinary People Provide Extraordinary Service" - Celebrating 49 Years of Service
and the Achievement Centers For Children & Families
"Swing For Kids" Charity Golf Classic



Our annual golf tournament took place on October 15th and was a Big Success, raising \$11,246. Thanks to our sponsors and to **Carlene Laseter, Gina & Bob Sablo, Bill Morse** and **Peggy Kelleher** for working the registration table. AND, a big thanks to all our members who participated, sponsored and donated their money and time and helped with the raffle prizes. **Congratulations to Jay Alperin's Team for taking 1st place.**
GREAT JOB EVERYONE! Here are some pictures from the event courtesy of **Gina & Bob Sablo**:



Our Winning Team



The "Golden" Years ...

--- "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

--- "Old age comes at a bad time." – San Bianucci "

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

--- "Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." - Golda Meir

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

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

--- "Wisdom doesn't necessarily come with age. Sometimes, age just shows up all by itself." - Tom Wilson

--- "Always be nice to your children because they are the ones who will choose your retirement home."- Phyllis Diller

--- "To get back to my youth I would do anything in the world, except exercise, get up early, or be respectable." - Oscar Wilde

--- "I don't plan to grow old gracefully. I plan to have face-lifts until my ears meet." - Rita Rudner

--- "First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down." - Leo Rosenberg



This Month's Sudoku Puzzle....

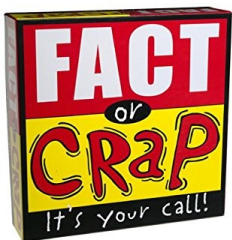
A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

- 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!

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

(Answers on Page 10)



Answers.....

1. Fact, 27 hours long.
2. Crap. If a child loses a tooth, the child's parents plant the tooth in the ground, so the new tooth will grow in straight and healthy.
3. Crap. The Gregorian calendar modified the Julian calendar and incorporated leap years.
4. Fact. The style features a defensive wall or elevation.
5. Fact: The origin of the word hockey may be derived from comocke the Anglo-Saxon word for hook.
6. Crap: The attachment of the human skin to muscles is what causes dimples.
7. Crap: With a million zeros.

My Wife texted me a selfie in a new dress and asked "Does this make my butt look big?"

I texted back "Noo!"

My phone autocorrected my response to "Moo!"

Please send help!

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

Governor's Message



by Sharon Moody
Florida Kiwanis Governor

Welcome to a New Year Kiwanis the goodness of "Let's Stay Together".

I am very humbled and honored to serve as your Governor of this great Florida District of Kiwanis International for the 2022 – 2023 Kiwanis Year.

I am so excited to have Governor-Elect Prairy Riehl and Vice-Governor Jeremy Riehl as they bring their passion to the table along with our Past Governor Harvey White. Executive Director Melanie Winterheimer is always here to serve every member with her husband Tom beside her. I have the best group of outstanding Lt. Governors, Lt. Governor Liaison, Education, and other District Chairs ready to serve and stay together as a team.

I encourage each of you to engage with other Kiwanians as often as you can. Interclubs, growth, membership, new clubs, and Service Leadership Programs can be ways for us to stay together. "Let's Stay Together".

First grandson Denzel Singleton will lead my Governor's Project Kiwanis 'N Cops 'N Kids Reading Together to promote Literacy and Community Trust in Law Enforcement. We would love for this to become a signature project.

To our Kiwanis Family who are experiencing the devastation of Hurricane Ian, Denzel and I are praying for you and your family for a greater tomorrow. We all experienced Hurricane Ian in one way or another. If your club needs some emergency assistance, please reach out to the Florida Kiwanis Foundation by email at Info@FloridaKiwanisFoundation.org.

I hope to see some of you on the "Let's Stay Together" Kiwanis Family Cruise on January 22-28, 2023. We will have a GREAT time and I know we are going to have a fantastic year!

"Let's Stay Together",
Sharon



Sudoku Puzzle....Answers

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

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



From Our Photographer's Camera.....

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



More From Our Photographer's Camera.....

Pictures from our Charter Night & Installation Celebration

Just a note to the Club from Marsha and Ezra thanking every one for making the night's event fun and relatively easy for us to host. Y'all brought delicious goodies and with your help, clean up was a breeze. We brought the left over food (minus the ice cream I hid in the back of the freezer) to the Fire Station on Old Germantown Road. I am sure the folks there will have a couple of great meals because of Kiwanis. Thank you again.

And a GREAT BIG **THANK YOU** to Marsha & Ezra.

