



The Sunriser

LET'S
BUILD A
BETTER
WORLD



The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 51 Years of Service

Meets for Breakfast Wednesday's, 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL.

2024-2025 Officers

President Pro-Tem, November:
David Freeburn

President: David Freeburn
561-997-4897

Secretary: Jay Alperin
561-289-2387

Treasurer: Bill Morse
561-213-2965

2024-2025 Bd. of Directors

Carlene Laseter, Peggy Kelleher,
Doug Martin, Scott Youngberg,
Ezra Krieg, Bob Barcinski,
Pam & Joel Davidson, Regina Sablo,
Rich Pollack, Andie DeVoe,
Diane Colonna

2024-2025 Committee Chairs

*Community Service:

AVDA - Jay & Diane Alperin

Thanksgiving - Ezra Krieg

Police Appreciation - Ezra Krieg,
Peggy Kelleher, Larry Schroeder

***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,
Regina Sablo

*Newsletter/Website:

Scott Youngberg

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

***Programs:** Ezra Krieg

*Social Activities:

President & President Elect

***Spiritual Aims:** David Freeburn

*Youth Services:

Scholarship - Scott Youngberg,
Dale Morrison

Terrific Kids - Peggy Kelleher,
Danielle Garcia

* **Key Club/Builders Club** - Bob Hayes

American Heritage - Sally Schliefer

Atlantic High School - Bob Hayes

Unity School - Stacy Brookman

Volume 2024, Issue 11

November, 2024

Building Stronger Communities for Children and Families

Our program on October 2nd was presented by Gina Griffin, representing The Achievement Centers for Children & Families.

ACCF's mission is to nurture a collaborative community where children are inspired to reach their full potential, and their families serve as the foundation of their growth. Programs are designed to meet a child's academic, social, emotional, and physical needs. Participation in programs benefits children and families on multiple levels to nurture healthy development. This includes improving school readiness, combating food insecurity, preventing summer reading loss, and providing a safe, nurturing environment for out-of-school time. ACCF's Family Support Team strives to increase a family's strengths and decrease stressors by providing information and opportunities for learning and growth to support confidence in parenting. In times of

crisis, ACCF programs and services provide critical support which positively changes the trajectory of the whole family. Affordable childcare allows working parents to maintain jobs or go to school, and the Family Support Program empowers through skill-building, resource sharing, and direct access to services.

Community impact is obtained through the many collaborative relationships including but not limited to the United Way of Palm Beach County, the Town of Palm Beach United Way, Lutheran Services of Florida, and the City of Delray Beach. They aim to work with various groups and organizations in our community to provide services that benefit the whole family.

For more information, go to <https://achievementcentersfl.org>.

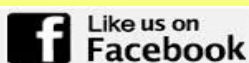


Peace & Power for Commonhealth

Our program on October 30th was presented by Pablo del Real, Chairman of Soil & Soul.

Industrial society is attempting to live divorced from nature. Impossible. Native peoples call this separation from nature wetiko — an illness of the soul. The antidote is twofold: mindfulness and eco-healing. Soil & Soul's mission is to teach mindfulness, eco-healing, and compassionate finance. Their featured programs include a Mindfulness Club which helps high school students train the mind for

wise decisions and healthy relationships; Mindfulness Circles which offer adults a moment of freedom. Family mindfulness Circles includes free childcare on site. Freedom Fund offers no-interest loans to members of select Mindfulness Circles, helping reduce interest on debt; and Wellness Dividends are a way for people with low wealth to improve their economic security and overall well-being. For more information go to <https://soilandsoul.org/>



Visit our Website:
delraybeachkiwanis.org

Other Doings.



Hail! President, Pro-Tem of the Month!

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



Pam Davidson

Here are the upcoming scheduled PPOTM's:

- November - **Dave Freeburn**
- December - **Joel Davidson**
- January, 2025 - **Larry Schroeder**
- February - **Carlene Laseter**
- March - **Reeve Bright**
- April - **Andie DeVoe**
- May - **Mykal Banta**
- June - **Regina Sablo**
- July - **Doug Martin**
- August - **Terrence Moore**
- September - **Steve Rubin**

Thank You!



Our club made a \$100 donation to the Florida Kiwanis Foundation to help in their efforts for Hurricane Helene relief.



Our club provided \$500 for the purchase of Thanksgiving Meals for the needy.



Our club recently used the \$750 grant we received from the Foundation to buy books for the Reading Oasis at Orchard View Elementary.



On October 23rd, We were all happy to see **Dave Randolph** at the meeting.

Dave is an Original Charter Member of the club and is planning on re-joining. Great to see you Dave!



Continues—See **Other Doings**, Page 3

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



Upcoming Important Dates:

Upcoming Birthdays:

November 12 - Pam Davidson
November 19 - Patrick Glover
November 23 - Michelle Brown
November 27 - Bob Hayes

Wedding Anniversaries:

November 15 - Bob & Suzi Hayes, **55 years!**

Membership Anniversaries:

November 7 - Sally Schleifer
November 13 - Alberta Rickard, 18 Years
November 21 - Larry Schroeder, 24 years
November 22 - Diane Colonna
November 23 - Andie DeVoe
November 27 - Rich Pollack
November 29 - Jay Alperin, **51 Years!!!**

October 2nd Meeting: Bill Morse, Jay Alperin and Doug Martin were happy to get our club's bank account authorized signers straightened out, took over two hours. **Carlene Laseter** was happy for Kentucky winning. **Joel Davidson** was happy UM won and FSU lost. **Ezra Krieg** put a dollar in for the absent **Mykal Banta** who asked the question, "What happened to the Buffalo Bills?" **Peggy Kelleher** lamented the Bills losing. And didn't have an answer. **Larry Schroeder** put in for this was the day he joined the Delray Police in 1978. **Ronnie Dunayer** put in for her birthday and **Reeve Bright** celebrated his 51st member anniversary with a \$50 donation. **Rich Pollack** is happy for the start of hockey season. **Andie DeVoe** is happy for the start of "Witches Season" and her husband got tickets to see Pink Floyd. Everyone else was Just Happy.

October 9th Meeting: We were all concerned about the approaching Hurricane Milton. **Carlene Laseter** was happy her son & grandson got out of Tampa. **Ronnie Dunayer** helped a friend out of Sarasota and on to Mexico. **Larry Schroeder** and **Bill Morse** were happy to not be on the West coast. **Ezra Krieg** ran in two 5-k's this past weekend, despite the rain. **Rich Pollack** and **Scott Youngberg** were happy for the Panther's season opening win. **Steve Rubin** said most fights for an opening night. Rich also pointed out that the Dolphins were the only AFL East team to win. **Peggy Kelleher** liked the crazy college football games, especially Vanderbilt beating Alabama. **Pam & Joel Davidson** were happy for UM's comeback win. **Mykal Banta** liked the Tiger's winning in the baseball playoffs. **Dave Freeburn** returned from the West Coast - California. Everyone else was JH.

October 16th Meeting: Delray's new Fire Chief **Ron Martin** visited the club and took an application for membership. He was welcomed by all. **Bob Hayes** was happy hurricane Milton is gone. **Bill Morse** announced the IRS set May 1st as the tax deadline for 2025. **Andie DeVoe** is prepping for the 10th Annual Witches Brew. **Rich Pollack** was happy the Dolphins didn't lose (Ed note: They didn't play). **Bob Barcinski** is looking forward to filling in for Jay while he is vacationing. **Mike Moschette** is happy for the Panthers winning. **Mike Salem's** new kidney is normal. **Dave Freeburn** is going to his 50th high school reunion. **Steve Rubin** put in for Purdue's failed two pt conversion to lose the game against Illinois. **Reeve Bright** is still vertical and **Pam Davidson** is "almost upright". Everyone else was Just Happy.

October 23rd Meeting: **Scott Youngberg** is celebrating the birth of his second grandson, born yesterday. **Gina Sablo** put in for her birthday, which was also yesterday. Several members also congratulated Scott for a successful golf tournament. **Dave Freeburn** had fun at his 50th high school re-union in Mass. **Carlene Laseter** is going to Atlanta and **Bob Barcinski's** nephews are coming for a visit. **Terrence Moore** took the Silver medal in the 400 meter race at the Senior Games in Martin County. **Andie DeVoe** is getting ready for the 13th Witches Ride. **Bob Hayes** won a lot of vodka at the golf tournament. **Ronnie Dunayer** is taking the day off and wants to party with Bob. **Ezra Krieg** put in for the Miami Heat and InterMiami soccer in the playoffs. **Bill Morse** put in for the Yankees, **Mykal Banta** for the Lions and **Diane Colonna** for the Steelers. **Pam Davidson** and **Mike Moschette** put in for the 7-0 UM.



Continues—See **Happy Dollars**, Page 3





Building Possibilities

Our program on October 16th was presented by Jason Hagensick, the President and CEO of YMCA of South Palm Beach County. The Y is a leading non-profit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, they focus on empowering young people, improving health and well-being, and inspiring action in and across communities.

As a cause-driven organization, the Y's Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Their three main Areas of Focus include Youth Development, Healthy Living and Social Responsibility. When you support your local Y, you are:

Helping our youth develop self-confidence, character values and leadership skills by providing innovative and nurturing youth programs; Creating communities that support healthy living by addressing childhood obesity and chronic disease among children and adults and supporting their physical, intellectual and spiritual strength; and Instilling an ethic of volunteerism by providing opportunities for South Palm Beach County to give back and serve their communities.



The Y has several strategic initiatives, including Drowning Prevention, LIVESTRONG at the YMCA, Parkinson's and other Chronic Disease's Programs and Diabetes Self-Management Program to name a few. The support of their donors and community enables the Y to turn no one away due to their inability to pay.

For more information go to www.ymcaspb.org

► Other Doings Continues from page 2



Our club was well represented at Orchard View Elementary for Delray Reads Day. Thanks to **Pam Davidson, Dave Freeburn, Ezra Krieg, Rich Pollack, Andie DeVoe** and **Steve Rubin** for helping out.



Making A Positive Impact



Our program on October 24th was presented by Karen Swedenborg, the Associate Director of Development for Boca Helping Hands. BHH provides food, job training, access to healthcare and financial assistance to help individuals and families improve their quality of life and build financial stability.

In 2023, BHH distributed 114,525 pantry bags from five Palm Beach County locations and served more than 100,000 hot meals. The organization expands access to affordable medical, dental and behavioral care through its partnership with Genesis Community Health (serving clients at clinics in Boca Raton and Boynton Beach) and Florida Atlantic University's Christine E. Lynn College of Nursing Community Based Clinics (serving clients in West Palm Beach).

In addition, BHH sends weekend meals home with food-insecure elementary school students via the BHH Backpacks Program and serves 13 schools across south Palm Beach County. The BHH Resource Center provides emergency financial assistance to Boca Raton, Delray Beach, and Boynton Beach residents in crisis to help with rent, overdue utilities, and the rising cost of childcare through the Children's Assistance Program (CAP). To learn more and to help, go to www.bocahelpinghands.org.



► Continued -From Happy Dollars, Page 2

October 30th Meeting: Congratulations to **Andie DeVoe** and her Witches-Ride Event raising over \$40,000. All the members were happy for her. Andie thanked the members for their participation and help. Today we are also celebrating **Reeve Bright's** birthday. A lot of members put in for that. **Steve Rubin** acknowledged Reeve now entering his 9th decade....(not quite). Reeve, **Pam Davidson** and **Jeff Rasor** also put in for UM beating FSU.. **Ezra Krieg** had several dollars emporing everyone to pray for a Miami Dolphin victory this weekend over the Buffalo Bills and for Doug Martin upgrading his seating at the meeting today. **Mykal Banta** is happy for the Lions winning again. **Rich Pollack** put in for the Florida Panthers on top of their division. **Bob Hayes** is enjoying the World Series. New member-to-be **Dave Randolph** was happy his wife drove him to Tampa yesterday and got him back in time for this morning's meeting. **Diane Colonna** wished everyone a Happy Halloween. Everyone else was "Just Happy".



"A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip."



DID YOU KNOW?



DID YOU KNOW?

@K4KNOWLEDGE

Swans Only Have One Partner For Their Whole Life, If Their Partner Dies, They Could Pass Away From Broken Heart.



DID YOU KNOW?

There is a village in the Netherlands with no roads. The only form of transportation is by boat.

Membership

Carlene Laseter - Chairperson



How do you share Kiwanis?

"I started to talk about the gift of Kiwanis. If I really care about other people, why would I not want to share with them the best that I have in my life?"

— Ray Mitchell, Indianapolis, Indiana

"By explaining what it means to me and the pleasure and joy I get out of it."

— John Sheridan, Kingwood, Texas

"We had a member—a long-standing member who's a very proud Kiwanian—and he reached out to people like myself ... who were invested in kids' well being. Once we saw what it was about and what we could do on a local level, that's what grabbed hold of me. And that's what made me believe in the mission of Kiwanis."

— Bill Cunningham, Jersey City, New Jersey

What's your formula for sharing Kiwanis with others?



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

I ♥ MY CLUB



Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on September 30th. Here are some notes:

I. Board Attendance: President David Freeburn; Treasurer Morse; Secretary Alperin; Directors: Kelleher, Davidson, Pam; Krieg, Davidson, Joel; Sablo.

II. Foundation Attendance : President Davidson, Pam; Vice-President Pollack; Treasurer Morse, Secretary Alperin, Youngberg, Colonna.

III. Secretary's Report: A. Minutes of September 9, 2024 (sent out separately) Corrections to be reviewed by Ezra.

IV. Treasurer's Report: A. Club; B. Foundation; C. New dues (sent out separately); D. Bank Signatures

1. The bank requires a formal motion to remove and/or add signatures. 2. Motion to remove Barbara Schooler, Ben Ruby, Dale Morrison, Susan Ruby, Brian Shutt, Douglas Martin and to add David Freeburn, Jay Alperin, William Morse and retain Scott Youngberg. Motion made by: William Morse, Seconded by: Ezra Krieg, Votes: Yea -Unanimous (8); Nay Zero (0).

V. Membership Report (Carlene/Gina). A. Membership number as of now is 46. B. Members who wish to be dropped from roles: Barthelemy, Anneze; Gray, Angie; Morrison, Dale; Ruby, Susan; . Motion to remove above members from membership. Motion: Davidson, Pam; Second: Davidson, Joel. Passed C. Members in arrears. All have been sent formal notice by USPO. D. New member folder: 1. Items to be included etc., 2. Meeting tomorrow.

VI. Old Business:

A. Golf Tournament October 18 Update – Scott. 1. 10 teams; need 16. 2. sponsors; have 12, need 18.

B. Charter Night Potential Dates - (David not in attendance).

1. October 24, Thursday. 2. Finnegan's, TBA.

3. Time ? 4. Certificate of gratitude to be sent to former Treasurer Morrison.

C. Holiday Party Date – Jay. 1. Saturday 12/14/2024 from 6 PM to 10 or later. 2. Club will pay for main dish (TBD) Suggestions? 3. Desert: Bourbon, Chocolate, Pistachio, Strawberry homemade ice creams. 4. Members may bring appetizers but notify in advance to reduce duplication. 5. Jay will list booze, beer, wines and mixers left over from last party.

D. Happy Hour - Update (Peggy). 1. Finnegan's has been a great host. Plan for every other month. 2. Next will be week between Christmas and New Years, 5 PM at Finnegan's.

E. Boca Club Charter Update –(Pam). 1. They are chartered with 15 members, plus 2 new members. 2. Charter night, not determined. 3. We bought their Bell.

F. Terrific Kids; (Peggy). 1. Dates in November 22nd from 7:15 to 8:15 and April? 2. Expecting big turnout.

3. Motion by Bill, 2nd Ezra to provide about \$250 for gifts.

G. Mistletoe event Update 12/18 – (Peggy). 1. City Special Events to bring cost estimates. 2. Expect between 1,000 and 1,200 participants (old record 480 couples). 3. Will coordinate with DDA. 4. Extensive discussion. Risk if fails is between \$5,000-\$10,000. 5. The following page is the detail provided by Peggy. Highlighted. 6. Motion to approve Scott, 2nd William. Yea: Regina, Joel, Peggy, Ezra, William, Scott, Diane. Nay: Pam, Rich, Carlene, Jay.

7. Motion passed: 7 to 4

H. Real Men Bake Partner with Women's Club, - (Peggy). 1. Tentative date Feb 10th. Peggy will meet with then to assist and split proceeds 60% WC and 40% Kiwanis. 2. If WC folds, we may take the fund raiser over. 3. No action at this time.

I. Christmas Tree Lot –(Scott). 1. Two high potentials located at SE 5th Avenue and 8th Street but no final commitment yet.

J. Story Trail Reconsideration (Joel). 1. Considerable disagreement as to status. 2. Last board meeting motion will be reviewed by Ezra. { (According to Robert's Rules, a voter on the winning side must make a formal motion to reconsider before a further discussion or another motion can be considered.) a. Motion to Reconsider -vote Y/N, b. If yea then a new motion must be made. (I recommend a written report be presented with the motion, containing all constructions and costs, separated between City and Club. It should include all maintenance costs and proposed funding sources. An estimate of the number of children to benefit from the project, and the success or failure of previous similar efforts, etc. – Jay Alperin) }

K. Thanksgiving Turkeys (Krieg). 1. Motion to approve up to \$500 by Peggy, 2nd Bill: Passed . 2. Members are encouraged to donate in amounts of \$40 to provide additional meals. 3. Turkey dinners will be delivered to and stored at the Church of the Palms until distribution on Thanksgiving morning by our membership.

VII. New Business

A. Mini Grant Request – 1. Not as a formal application but the Miracle League has requested our help in running their concession stand starting October 3rd and repeated several afternoons. 2. Motion to deny request: Peggy, 2nd Joel; Passed

B. Foundation Update (Rich – Left meeting)

C. Putt Putt Fundraiser Rich. 1. Rotary is asking to meet them in February. 2. Reeve. 3. No action

D. Kiwanis Foundation Emergency Fund. 1. Motion to provide \$100 to subsidize funding for Hurricane damage from Helene. Joel, 2nd Scott; Passed

E. Discussion presented by Joel to invite Key Club to our meetings during their school breaks. 1. We are not meeting Dec.25 or Jan. 1.

F. Pam brought up that West Boca Raton High Key Club is sponsored by us and they have over 200 members. We need to involve them. To be mentioned to Bob Hayes.

VII. Next Regular Board Meetings. A. November 4, 2024 at 7:30 AM on Zoom.

VIII. Adjournment. 8:47



Think you know words?

Build your vocabulary with these new words and learn the meaning:

Nyctalopia (niktə'lōpēə)

Noun, Greek, late 17th century

1. The inability to see in dim light or at night. Also called night blindness.

Example Sentences:

1. "Ever since I developed nyctalopia, I've had to be extra careful when driving after sunset."

2. "My friend with nyctalopia carries a small flashlight to help her see in dimly lit restaurants."

3. "Shari turns on her living-room lights in the early afternoon because of her nyctalopia."

THE IDEA HAD TO COME FROM SOMEWHERE



PUBLIC SERVICE ANNOUNCEMENT***Recovering From Identity Theft***

After discovering you are a victim of identity theft, you want to act quickly to limit the damage and close or report any accounts that the identity thieves are using. Review the following steps, and always take detailed notes of who you contacted, the actions you have taken, and when you took each action.

1. File a report with law enforcement. Under Section 817.568(18), Florida Statutes, you may file a report in the location where the theft occurred or in the city or county in which they reside. When filing, you should provide as much documentation as possible, including copies of debt collection letters, statements showing fraudulent charges, credit reports and any other evidence you may have. Request a copy of the police report to provide as documentation to creditors and credit reporting agencies.

2. File a report with the fraud department of the three major credit bureaus and request they place a fraud alert on your credit report. You should also order copies of your credit reports to determine whether there are additional fraudulent accounts listed in your name.

3. Visit IdentityTheft.gov to file a report with the Federal Trade Commission and get a recovery plan.

4. Contact the fraud department of each of your creditors and report the identity theft, even if your account at that creditor has not been compromised. Close the accounts you believe have been compromised and follow-up in writing immediately. The Federal Trade Commission provides an Identity Theft Affidavit, a standardized form used to report new accounts fraudulently opened in your name. Check with the company to see if they accept this form. If not, request that they send you their fraud dispute form.

5. Contact the fraud department at your bank or financial institution. If you suspect your accounts have been compromised, cancel your checking and savings accounts, and obtain new account numbers.

Identity theft is a crime that can take a toll on the financial health of the victim and the victim's family, but it doesn't stop there. Identity theft can feel deeply personal and can have an emotional impact on you and your family. The recovery process may be long and complicated, leaving victims feeling overwhelmed with feelings of loss, helplessness, anger, isolation, betrayal, rage, and even embarrassment. The emotional trauma can be increased if the identity thief is a family member or someone you considered a friend. It's important to remember that no one deserves to be the victim of a crime and there is no shame in asking for help. While victims of identity theft must focus on clearing their identity, experts recommend that they also make time to heal the emotional wounds associated with being a crime victim.

Here are a few coping tips to help with that process:

Recognize your emotions. Be consistent and organized. Don't forget the rest of your life. Accentuate the positives. Take time for yourself. Be kind to yourself. Exercise. Set limits.

Calendar Of Events

- November 9** AVDA 5k, Run for Team Kim
John Prince Park
- November 22** Terrific Kids, 7:15-8:15 am.
Orchard View Elementary
- November 26** Pie-It-Forward Deliveries
Duffy's, Delray Beach
- November 28.....** Thanksgiving Dinner Deliveries
- December 5** Delray in White
Old School Square
- December 14.....** Holiday Party at
Alperin's, 6 pm start
- February ??** Putt-Putt
Challenge vs. Rotary



"The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us."

– Bill Watterson

**Upcoming Meeting Programs**

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

11/6 JARC FL
11/13 Big Dog Resue
11/20 Spady Museum
11/27 Trashy Mermaids

12/4 Lion Country Safari Zoo Keepers
12/11 Stet News
12/18 Pulte Family Foundation
12/25 Merry Christmas

1/1 Happy New Year!
1/8 Florence Fuller Child Development
1/15 Kickstart
1/22 NEED SPEAKER
1/29 NEED SPEAKER

2/5 Delray Beach Fire Chief
1/12 NEED SPEAKER
1/19 Hanley Foundation

Always looking for speakers if anyone has suggestions....

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



50/50 Winners:

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



October 2 - Bob Barcinski
 October 9 - Peggy Kelleher
 October 16 - Andie DeVoe
 October 23 - Gina (Birthday Girl) Sablo
 October 30 - Mike Salem

My wife didn't order anything from Amazon yesterday so the UPS guy knocked on our door to see if we're okay.

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Keep your thoughts free from hate, and you need have no fear from those who hate you."

– George Washington Carver



WHAT DO WE LEARN FROM COWS, HIPPOS AND ELEPHANTS?



It's impossible to reduce weight by eating green grass, salads, and walking.

HEALTHY LIVING TIP



The Scale Isn't Everything: More-Comprehensive Ways to Measure Your Health

Put the scale away for a little while and try these techniques to focus on your overall health rather than just a number:

- Keep a journal and track your healthy habits, such as working out or eating veggies with every meal. Celebrate these small victories!
- Take progress photos and compare them throughout your journey. Take your pictures in the same pose, wearing the same outfit, at the same time every week (preferably in the morning before you've had breakfast).
- Check on other aspects of your health, such as your energy levels, skin, and tummy health. Developing a healthy routine does much more for your body than just lowering the number on the scale.

These are just a few ways to check in with yourself on your fitness and wellness journey without the scale.

Tip adapted from Daily Burn¹¹



1. Fact or Crap - Martin is the most common surname in France.

2. Fact or Crap - The famous jewelry store Tiffany & Co. originally sold tobacco products.

3. Fact or Crap - Abbey Road Studios was known as EMI Studios until 1970, after the Beatles Abbey Road was released.

4. Fact or Crap - A hank is a measure of wool.

5. Fact or Crap - Melanocytic nevus is the medical term for severe depression

6. Fact or Crap - The killer whale (the orca) is officially classified as a dolphin

7. Fact or Crap - The dingo is also known as the warrigal.

(Answers on Page 10)



The Kiwanis Club of Delray Beach

Where Ordinary People Provide Extraordinary Service" - Celebrating 51 Years of Service

**Benefiting the Achievement Centers For Children & Families
and Living Hungry**



2024 "Swing For Kids" Charity Golf Sponsors ----*Thank You!*

Our annual golf tournament took place on October 18th and was a Big Success, raising \$10,995. Thanks to our sponsors and to **Carlene Laseter, Gina & Bob Sablo, and Gina Griffin** for working the registration table and helping at the banquet. 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**:

Closest to the Pin

Player	Score
1 AL PEREZ	24
2 JIMMY WOOD	24
3 JIMMY WOOD	24
4 JIMMY WOOD	24
5 JIMMY WOOD	24
6 JIMMY WOOD	24
7 JIMMY WOOD	24
8 JIMMY WOOD	24
9 JIMMY WOOD	24
10 JIMMY WOOD	24

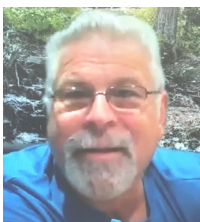
Longest Drive

Player	Score
1 AL PEREZ	24
2 JIMMY WOOD	24
3 JIMMY WOOD	24
4 JIMMY WOOD	24
5 JIMMY WOOD	24
6 JIMMY WOOD	24
7 JIMMY WOOD	24
8 JIMMY WOOD	24
9 JIMMY WOOD	24
10 JIMMY WOOD	24



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 2:

1919, President Woodrow Wilson had a serious stroke at the White House that left him paralyzed on his left side.
1944, German troops crushed the 2-month-old Warsaw Uprising, during which a quarter of a million people were killed.
1967, Thurgood Marshall joined the U.S. Supreme Court at its first African American justice; he would serve for 24 years until his retirement in 1991.
2006, an armed milk truck driver took a group of girls hostage in an Amish schoolhouse in Nickel Mines, Pennsylvania, killing five of them and wounding five others before taking his own life.
2016, Hall of Fame baseball broadcaster Vin Scully signed off for the last time, ending 67 years behind the mic for the Dodgers as he called a 7-1 loss to the Giants in San Francisco.
2020, stricken by COVID-19, President Donald Trump was injected with an experimental drug combination at the White House before being flown to a military hospital, where he was given Remdesivir, an antiviral drug.

Birthdays:

Film critic Rex Reed is 86.
Singer-songwriter Don McLean is 79.
Actor Avery Brooks is 76.
Singer-actor Sting is 73.
Actor Lorraine Bracco is 70.
Actor-talk show host Kelly Ripa is 54

October 9:

1962, Uganda won autonomy from British rule.
1963, a mega-tsunami triggered by a landslide at Vajont Dam in northern Italy destroyed villages and caused approximately 2,000 deaths.
1967, Marxist revolutionary guerrilla leader Che Guevara, 39, was executed by the Bolivian army a day after his capture.
1985, Strawberry Fields in New York's Central Park, a memorial to former Beatle John Lennon, was dedicated.
2009, President Barack Obama won the Nobel Peace Prize for what the Norwegian Nobel Committee called "his extraordinary efforts to strengthen international diplomacy and cooperation between peoples."
2010, a drill broke through into an underground chamber where 33 Chilean miners had been trapped for more than two months.

Birthdays:

Musician Jackson Browne is 76.
TV personality Sharon Osbourne is 72.
Football Hall of Famer Mike Singletary is 66.
Film director Guillermo del Toro is 60.
Golf Hall of Famer Annika Sorenstam is 54.
Musician Sean Lennon is 49.
Model Bella Hadid is 28.

October 16:

1793, during the French Revolution, Marie Antoinette, the queen of France, was beheaded.
1859, radical abolitionist John Brown led a raid on the U.S. arsenal at Harpers Ferry in what was then a part of western Virginia. (Ten of Brown's men were killed and five escaped. Brown and six followers were captured; all were executed.)
1962, the Cuban Missile Crisis began as President John F. Kennedy was informed that reconnaissance photographs had revealed the presence of nuclear missile bases in Cuba.
1964, China set off its first atomic bomb, codenamed "596," on the Lop Nur Test Ground.

1968, American athletes Tommie Smith and John Carlos sparked controversy at the Mexico City Olympics by giving "Black power" salutes during a victory ceremony after they had won gold and bronze medals in the 200-meter race.
1984, Anglican Bishop Desmond Tutu was named winner of the Nobel Peace Prize for his decades of non-violent struggle for racial equality in South Africa.
1995, the Million Man March, a gathering of Black men meant to foster unity in the face of economic and social issues affecting African Americans, was held in Washington D.C.

Birthdays:

Actor-director Tim Robbins is 66.
Rock musician Flea (Red Hot Chili Peppers) is 62.
Singer John Mayer is 47.
Former WNBA point guard Sue Bird is 44.
Philadelphia Phillies outfielder Bryce Harper is 32.
Tennis player Naomi Osaka is 27.

October 23:

1915, an estimated 25,000 women marched on Fifth Avenue in New York City in support of women's suffrage.
1942, during World War II, Britain launched a major offensive against Axis forces at El Alamein in Egypt, resulting in an Allied victory.
1944, the Battle of Leyte Gulf began; the largest naval battle of World War II resulted in a major Allied victory against Japanese forces.
1993, the Toronto Blue Jays won their second consecutive World Series as Joe Carter hit a walk-off, three-run home run in Game 6 to win the series over the Philadelphia Phillies.
2001, Apple released the iPod. An estimated 450 million iPod devices were sold before the line was discontinued in 2022.

Birthdays:

Film director Philip Kaufman is 88.
Jazz singer Dianne Reeves is 68.
Country singer Dwight Yoakam is 68.
Comedic musician "Weird Al" Yankovic is 65.
Rock musician Robert Trujillo (Metallica) is 60.
CNN medical reporter Dr. Sanjay Gupta is 55.
Actor Ryan Reynolds is 48.

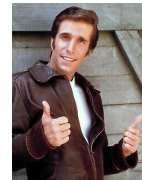
October 30:

1938, the radio play "The War of the Worlds," starring Orson Welles, aired on the CBS Radio Network.
1961, the Soviet Union tested a hydrogen bomb, the "Tsar Bomba," with a force estimated at about 50 megatons (over 3,500 times that of the atomic bomb dropped on Hiroshima).
1974, Muhammad Ali knocked out George Foreman in the eighth round of a scheduled 15-round bout known as the "Rumble in the Jungle," in Kinshasa, Congo (then Zaire), to regain his world heavyweight title.
2005, the late Rosa Parks became the first woman to lie in honor in the U.S. Capitol Rotunda; President George W. Bush and congressional leaders paused to lay wreaths by the casket of the civil rights icon.
2018, notorious gangster James "Whitey" Bulger was found beaten to death at a federal prison in West Virginia; the 89-year-old former Boston crime boss and longtime FBI informant had been transferred there just hours earlier.

Birthdays:

Football Hall of Fame coach Dick Vermeil is 88.
R&B singer Otis Williams (The Temptations) is 83.
Broadcast journalist Andrea Mitchell is 78.
Country/rock musician Timothy B. Schmit (The Eagles) is 77.
Actor Harry Hamlin is 73.
Business executive and former presidential adviser Ivanka Trump is 43.

AND.... "If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Henry Winkler joins us, we hope that you will buy him a "Fonzie" drink, as he is 79 years old today.



THE POWER OF PARTNERSHIP



Funny Quotes about Marriage ...



-- Being old is when you don't care where your spouse goes, just as long as you don't have to go too.

-- I now know how it will all end for me. Someone will unplug my life support to charge their phone.

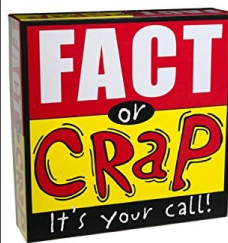
-- At a wedding reception, someone yelled, "All married people please stand next to the one person that has made your life worth living." The bartender was almost crushed to death.

-- I met my wife at a singles night. I was surprised because I thought she was home with the kids.

-- I want someone I can share my entire life with who will leave me alone most of the time.

-- Yesterday I bought a world map, gave my wife a dart, and said, "Throw this and wherever it lands, I will take you on vacation." We're spending 3 weeks behind the fridge.

-- As I walk through the Valley of the Shadow of Death, I remind myself that you can't always trust Google Maps.



Answers.....

1. Fact. From St. Martin, is derived from the Latin word, mart.
2. Crap. The store initially sold a wide variety of stationery items.
3. Fact. Abbey Road Studio is most closely associated with the Beatles.
4. Fact. Wound on a reel, a hank is a 560-yard unit of wool yarn.
5. Crap. Melanocytic nevus is what the medical profession call beauty spots or moles.
6. Fact. Whales are the closest living relatives of hippopotamuses.
7. Fact. The dingo is considered a wild dog.

You're not fat, you're just easier to see.

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!

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

(Answers on Page 11)

Kids' safety is
in your hands.

YOUTH
PROTECTION
GUIDELINES

Youth Protection Policies in Practice

<https://vimeo.com/863372175>

Visit our Website:

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

2024-2025 Kiwanis Int'l President:

Lee Kuan Yong
Kuala Lumpur, Malaysia

2024-2025 Florida Kiwanis Governor:

Jeremy Riehl
407-275-0747

2024-2025 Division 21 Lt. Governor:

Pam Davidson
Email: g8rmomof2@gmail.com

Other Division 21 Clubs:

Boca Raton-1st & 3rd Thursdays, 5 p.m.
Boca Raton Community Center Annex
260 Crawford Blvd, Boca Raton

West Boca Raton- 1st Friday, 1 pm.
Glades Road Branch Library
20701 95th Ave S, Boca Raton

Boynton Beach - 1st & 3rd Tuesdays, 7 am
2nd & 4th Tuesdays, 12 noon
Crackerbarrel, 1475 SW 8th St, Boynton Beach

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

Lake Worth - Tuesdays, 8:30 a.m.
Too-Jays Restaurant
419 Lake Avenue, Lake Worth

Florida Kiwanis Foundation:

2024-2025 President: James Wylie
Email: fjameswylie@gmail.com

Div. 21 Trustee: Joel Davidson
E-mail: jid310@bellsouth.net

You + Kiwanis =

Improved
Lives & communities.

Sudoku Puzzle....Answers

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



Governor's Message

by Jeremy Riehl
Florida Kiwanis Governor

Happy New Year!

A new year brings with it new leadership and new opportunities to make a difference. I encourage every member to commit to making this year better than the last.

How do you do that? You build upon the foundation and change one small thing for the better. You attend one more project. You invite one person to an event. You share one idea. After you take that small step, then you take one more small step for the better. If everyone takes action, you will start to notice big change.

To provide some guidance, I encourage you to focus on the five goals below for this year.

Goals:

Build 9 new clubs, Increase Membership, Build 27 new Service Leadership Programs and support existing clubs, Increase Signature Projects and promote existing projects, Support Foster Programs.

New Clubs

We built four new clubs in the past two months. We have momentum on six more that are already in the build process. We plan to keep the pipeline full as we work to charter an average of one club every month. How can you and your club help? Volunteer to do research or make calls for appointments. Reach out to [David Roth](#) if you can help.

Membership

Every club should have a goal to increase their membership every year. This means having a plan to add new members through an open house, 2 for 2, or a similar program. It also means keeping your existing members actively engaged so they stay. One of the most effective methods for both is "Just Ask." [Todd Smith](#) and the membership team have resources and ideas to help.

Service Leadership Programs

Service Leadership Programs from K-kids to CKI are at the heart of Kiwanis. Every club should strive to support the schools and kids in their community. Reach out to the schools in your area and offer to start a program to help the students or find a group that would benefit from an Aktion club. If the programs are going, commit to work more closely with your existing SLPs. Don't forget to get everyone in your club involved, not just the advisors. [Allen Yergovich](#) and the other district advisors can help.

Signature Projects

Every club should have a signature project that reinforces a positive Kiwanis brand in the community. If you already have one, continue to expand it. Then, submit an awards application so the rest of Kiwanis can celebrate your success and learn from you. [Kerri Gordon](#) is standing by to help!

Support Foster Care Programs

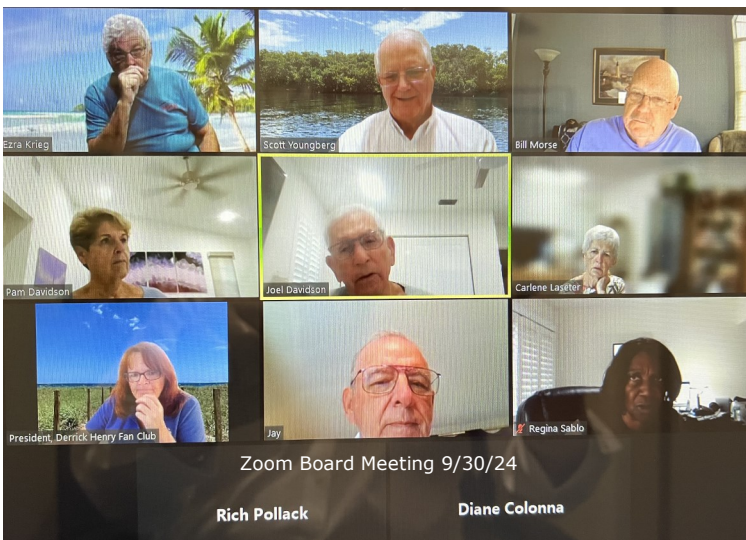
Thousands of children in the Florida District find themselves in desperate need of support each year. I challenge you to do at least one project that supports these vulnerable children as they face difficult situations no kids should ever have to endure. Invite the local foster representative to speak at your club. [Day](#) and [Delvin Scott](#) can help you make the connection.

**Yours in Service,
Jeremy Riehl, Governor**



From Our Photographer's Camera.....

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



#Kids Need Kiwanis