



# The HAPPY NEW YEAR Sunriseser



## 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, January**  
Larry Schroeder

**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,  
Bill Morse

**Terrific Kids** - Peggy Kelleher,  
Danielle Garcia

#### \*Key Club/Builders Club

- Bob Hayes

American Heritage - Sally Schliefer

Atlantic High School - Bob Hayes

Volume 2025, Issue 1

January, 2025

## The Last Meeting Of The Year - Goodbye 2024, Hello 2025!



As has been our tradition, we like to document the last meeting for the year with a group picture. It's a little more than 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 2025!

Let's make 2024 the best yet!

## A Legacy of Giving

Our program on December 18th was presented by Jeffrey Bookstein, the VP of Development for the Pulte Family Charitable Foundation (PFCF).

Guided by the belief in the inherent dignity of all persons, the Pulte Family Charitable Foundation works to meet the basic human needs of the most marginalized members of the human family, including socioeconomically disadvantaged youth; the aged; persons with physical, emotional, and mental disabilities; and those with the fewest material resources. In addition, the Foundation seeks to serve religious communities and correlative organizations of Judeo-Christian beliefs. To this end, the Foundation strives to enact through its grantees the Seven Corporal Works of Mercy: feed the hungry,

give drink to the thirsty; clothe the naked; care for captives; shelter the homeless; visit the sick, and assist the mourning.

The PFCF, in partnership with the Intellectually Developmentally Disabled Community Foundation (IDDCCF) and the IDDeal Foundation, is building a small independent residential community called 'The IDDeal Place' for individuals with mild to moderate I/DD in South Florida. While the PFCF is committing millions to land acquisition, entitlement, and land development, the vertical build will be made possible through funding from government agencies, corporate partners, private donors, family offices, and foundations. For more information, go to [www.pultefamilyfoundation.org](http://www.pultefamilyfoundation.org).



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Visit our Website:  
[delraybeachkiwanis.org](http://delraybeachkiwanis.org)



PULTE FAMILY  
CHARITABLE FOUNDATION

## Other Doings.....



### Hail! President, Pro-Tem of the Month!

\*\*\*\*\* December \*\*\*\*\*



### Joel Davidson

Here are the upcoming scheduled PPOTM's:

- 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 gave a Thank you Holiday Bonus to our servers: Fito & Fenel at the golf club.



A big **THANK YOU!** goes to **Jay & Diane Alperin** for hosting this year's Annual Holiday Party. The food was great, especially the ice cream. And, thanks to everyone who brought an appetizer or desert. We all had a fun time.



Our club donated \$100 to the Boynton Women's Club on behalf of their President, Jocelyn Patrick, who was a big help with the Thanksgiving deliveries.



Our club donated \$150 each to the Florida Kiwanis Foundation and the Kiwanis Children's Fund.



Our club is sponsoring a table for the Real Men Bake event, donating \$200 of the \$400 cost. Members will pay \$20 a seat.

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

## \$\$\$ 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 19 - Terri Schroeder
- January 20 - Carlene Laseter
- January 28 - Jody Martin

#### Wedding Anniversaries:

- January 1 - Diane Colonna & Jeff Perlman
- January 3 - Ronnie Dunayer & Charlotte Dilks

#### Membership Anniversaries:

- January 1 - Ezra Krieg (45 Years!)
- January 6 - Terrence Moore
- January 11 - Mykal Banta

**December 4th Meeting:** Everyone contributed for the Thanksgiving deliveries, and for **Ezra Krieg** in organizing the effort. Ezra thanked everyone for their help. **Tom Carney** is proud to belong to our club. **Jay Alperin** also fined numerous members for not wearing their name badge. **Rich Pollack** put in \$10 from **Jill Arbetter** for missing our meetings, and he had a dollar of his own for the beautiful weather. **Bob Barcinski** celebrated 40 years as a member of our club. **Diane Colonna**, **Lynn Korp**, **Steve Rubin** and **Dave Randolph** also put in for that. **Ronnie Dunayer & Barry Frette** put in for the Delray Tree Lighting. **Peggy Kelleher** is going to Buffalo and **Scott Youngberg** had a great trip to San Diego. **Larry Schroeder** had a sad dollar for the Hurricane fans as UM lost in football. **Jeff Rasor** was happy at least the Cowboys won. **Gina Sablo** saw all 7 grandchildren at Thanksgiving, and they all went home. **Pam & Joel Davidson** were happy their grandson was released from the hospital for Thanksgiving. **Terrence Moore** was happy to inaugurate table #4 at our meeting. **Bob & Suzi Hayes** are going to Bermuda to celebrate a long over-due honeymoon (It was originally cancelled because Bob got drafted 55 years ago).

**December 11th Meeting:** **Jay Alperin** was happy he got to go to See FAU win. **Bob Hayes** had a great time in Bermuda. **Bill Morse** put in for UF's bowl game. **Peggy Kelleher** had a great time in Buffalo. **Joel Davidson** put in for Miami's bowl game. **Ronnie Dunayer's** godson turned 16. **Rich Pollack** was happy the Panthers won again. **Lynn Korp** was happy the boat parade was saved this year. **Barry Frette's** 90 yr old Dad had a Hole-in-One recently. **Steve Rubin** bumped into former member Jerry Taylor. **Ezra Krieg & Reeve Bright** are both happy to be vertical. Everyone else was "Just Happy".

**December 18th Meeting:** Last Meeting of the Year! Everyone wished Happy Holiday's and Thanked the Alperin's for hosting the Holiday Party. **Mykal Banta** put in for Bill Morse winning the Heart of the Club Award. **Peggy Kelleher** dittoed that and also cheered on the Bills. **Dave Freeburn** is for the Eagles and **Dave Randolph** had a good time at the Boat Parade party hosted by **Reeve Bright**.

**December 25th Meeting:** No meeting today.



### Merry Christmas to All!





Other Doings (Continued from Page 2) . . .

Congratulations to the Kiwanis Foundation Sustaining Members. Thanks to Joel & Pam Davidson, Reeve Bright, Barry Frette, Rich Pollack, Bob Barcinski, Bill Morse, Larry Schroeder, Scott McLean, Diane Colonna, Steve Rubin, Mike Salem (Not pictured) and Mark Scheinbaum (Not pictured) for your Annual Donation.



Sustaining Members contribute a minimum of \$25 annually and the sum goes directly into the Foundation's Grants Fund, which is used to fund grants, leadership development programs, and scholarships. None of these funds are used for operating expenses and they are exhausted each year! Your contributions have a DIRECT and IMMEDIATE impact on Florida's children. Thank You!

AAZK Promotes Animal Conservation

Our program on December 4th was presented by Frank Verney, President of the AAZK Chapter at Lion Country Safari.



The American Association of Zoo Keepers (AAZK) is a non-profit organization founded by professional animal care staff and related persons interested in promoting zookeeping skills and animal care as a profession. The local Lion Country Safari Chapter participates in several events and fundraisers yearly to promote animal keeping and raise money for various efforts benefiting animals.

Their mission is to advance excellence in the animal-keeping profession, foster effective communication beneficial to animal care, support deserving conservation projects, and promote the preservation of our natural resources and animal life.

Established in 2001, the AAZK Chapter at Lion Country Safari has been working towards educating and promoting the importance of animal conservation for over 23 years. For more information, go to aazklcs.com



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



Bill Morse

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

Congratulations Bill!

Stet News Fills The Gap



Our program on December 11th was presented by Joel Engelhardt, the Co-Founder & Editor of Stet News, Palm Beach County.

Stet News is a nonprofit, independent news site focused exclusively on Palm Beach County, led by the local journalists who created it, dedicated to the communities it serves, and accountable to all. (And in case you're wondering what the word stet means: From Latin, meaning "Let It Stand." Used by editors in print copy to indicate that a word or passage previously deleted should be retained.)

Stet News was started to fill the gap in news and civic information left by the contraction of the county's major newspaper and other community news and information sources. With Palm Beach County's growing population, now at more than 1.5 million residents, the need is greater than ever for strong local accountability reporting. Stet News makes the public aware of important decisions being made by government officials, businesses and other organizations that impact the health and wealth of residents and communities.

Since launching as a weekly digital newsletter in early 2023, Stet News has produced hundreds of original stories that otherwise would not have come to light. They also partner with WLRN public radio to distribute our content. For more information, go to stetnews.org





## Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on December 2nd. Here are some notes:

**I. Board Attendance:** President David Freeburn; Secretary Jay Alperin, Directors: Kelleher, Davidson, Pam; Krieg, Davidson, Joel; Sablo, Devove

**II. Foundation Attendance:** President Davidson, Pam; Vice-President Pollack; Directors: Colonna.

**III. Secretary's Report:** Approve Minutes of November 4 and November 20, 2024. Motion made by: J. Davidson, Seconded by: Jay Alperin. Passed

**IV. Financial Report:**

There was no Financial Report at this time.

**V. Old Business:**

A. Recap of Thanksgiving meal deliveries. Ezra Krieg reported that the meal deliveries were very smooth, it was much improved over last year's event. Suggestions were made to provide a map with the locations of deliveries, and to make sure apartment numbers were included. The event cost the club around \$450, many of the supplies were donated. Ms. Jocelyn Patrick was a big help in making sure that everything was organized and ready. He suggested that \$100 be donated to the Boynton Women's Club as a way of thanking her. She is president of that organization. Motion to approve donation of \$100 to Boynton Women's Club. Motion made by: Peggy Kelleher, Seconded by: Rich Pollack. Passed unanimously.

B. Terrific Kids Friday Nov 22nd - recap (Peggy). Peggy Kelleher reported that the event at Orchard View Elementary was a big success, the kids were excited and talking about it all day. A second Terrific Kids event is being planned for the spring.

C. Boca Club Bingo Fundraiser Recap - (Pam). The Boca Club's bingo event raised \$908, they were very pleased with the turnout and the results.

D. Pine Grove request for support follow-up (Pam). Pam Davidson reported that she had tried to reach the school principal to get more details on what they need, but she has not yet had a reply.

E. Holiday Party / Charter Night - Saturday December 14th at Jay Alperin's. Charter Night will include the installation of new officers. Need to get all RSVPs and a list of dishes that people are bringing to the party.

F. Kiwanis / Rotary Golf Challenge Feb 6th - (Rich). Rich Pollack noted that the putt putt golf event with the Rotary Club is scheduled for February 6th at Putt'n Around in Delray Beach. The fee will likely be \$25, there will be a 50/50 raffle.

G. Spady Museum - MLK Jr. Brunch (Rich Pollack). This event will be

held January 20, 2025. The cost is \$55 per person. Rich asked for direction on how the club can participate: one suggestion is for Kiwanis to pay \$25 of the fee for each member who attends, with the balance paid by the attendee. He needed to know the number of participants before purchasing a table at \$550. Scott will send out an email to the members and bring a sign-up sheet to the next meeting. Ezra suggested we get a count as soon as possible so that the Kiwanis logo can be included on the event sponsorship info. Rich will contact the museum about holding a table.

H. Real Men Bake (Ezra Krieg). This event benefits the Boynton Women's Club and is planned for February 10, 2025. This coming year will be its 10th anniversary. Peggy noted that Kiwanis will be a co-sponsor and will receive some of the proceeds. The club should buy a table. Rich - it would be helpful to have a better sense of the club's financial status before going ahead with additional donations for events. Motion to buy a table at the cost of \$400 with members paying half (\$20 each). Motion made by: Peggy Kelleher, Seconded by: Diane Colonna. Passed unanimously

**VI. New Business**

A. Grant Request Sunflower Creative Arts - (Rich). Rich Pollack recommended telling the applicant that this is not something Kiwanis typically funds. As proposed the funds would be used to help train adults and does not directly benefit children's programs. Motion to deny grant application from Sunflower Creative Arts. Motion made by: Joel Davidson, Seconded by: Peggy Kelleher. Motion passed unanimously

B. Nominations for Officers. Pam Davidson stated that a figurehead president is needed for next year. Joel stated most clubs have nominations in February and vote for officers in March.

C. Regarding the Kiwanis Fund Annual Gift, Joel Davidson stated that last year Delray Kiwanis had given \$150 each to the Children's Fund and the Kiwanis Foundation (total of \$300). This year's recommended amount is the same as last year's contribution, and is due by December 31st. Motion to approve donations of \$150 to the Kiwanis Children's Fund and \$150 to the Kiwanis Foundation. Motion made by: Joel Davidson, Seconded by: Pam Davidson. Passed unanimously.

D. Other. Peggy—Happy hour is being considered for Thursday December 26th at Tim Finnegan's. David Freeburn won't be available for the January 6th board meeting. Rich Pollack will run the meeting. Pam - the club needs to think about doing additional fundraisers, the most recent fundraisers haven't been as successful as they were in the past. There was a discussion about the possibility of contracting with a professional to organize certain events; this item should be deferred to a future agenda.

**Next Meeting Monday January 6, 2025.**



### Think you know words?

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

## Lucubrate (look(y)ə brāt)

Verb, Latin, early 17th century

1. Write or study, especially by night.
2. Produce scholarly written material.

**Example Sentences:**

1. "Elliott lucubrated past midnight every night during finals week."
2. "The new professor has lucubrated several books on Egyptian history."
3. "I couldn't focus during the day, but as soon as the sun went down, I could lucubrate."





A precious little girl walks into a Pets Mart Shop and asks, in the sweetest little lisp, between two missing teeth, "Excute me, mithter, do you keep widdle wabbits?"

As the shopkeeper's heart melts, he gets down on his knees so that he's on her level and asks, "Do you want a widdle white wabbit, or a thoft and fuwwy, bwack wabbit, or maybe one like that cute widdle bwown wabbit over there?"

She, in turn, blushes, rocks on her heels, puts her hands on her knees, leans forward and says, in a tiny quiet voice,

"I don't think my python weally gives a thit !!!"

## DID YOU KNOW?

### Captain Morgan was a real person.



**Captain Morgan**

The Captain Morgan rum brand is named after a real person: the legendary Welsh privateer and buccaneer [Captain Henry Morgan](#), who terrorized Spanish ships in the 17th century. Morgan was born in Wales around 1635, but his famous swashbuckling adventures took place in the Caribbean, where he was sent to fight the Spanish. Privateers were kind of legal pirates: They worked as representatives of a government, raiding rival nations on their

sponsoring nation's behalf, while keeping some of the fortune for themselves. Morgan was part of a group known as the "Brethren of the Coast" — real-life pirates of the Caribbean — and his exploits gained him both wealth and lasting fame.

Captain Morgan led many raids against Spanish colonies, most famously in 1671, when he took 1,000 men and captured Panama City. While his previous raids had been during wartime, the Panama City attack came after a peace treaty was signed between England and Spain, meaning Morgan was acting illegally as a pirate. He was returned to England to stand trial, but the English people, who had heard of his exploits, treated him more like a hero than a criminal, and he was even knighted by King Charles II. When he returned to Jamaica, he left the pirate world behind and became lieutenant-governor of the colony; upon his death at age 53, he was given a state funeral in Port Royal with ships firing guns in salute. Centuries later, in 1944, when the Seagram company set up a rum distillery in Jamaica, they named it after the larger-than-life local buccaneer.

## Membership

Carlene Laseter - Chairperson



### Why Volunteerism is Important

Modern life is busy, and it can sometimes be difficult to feel connected to your community in meaningful ways. If loneliness and social isolation are becoming a problem, it may be time to make a change. Specifically, it may be time to introduce volunteerism into your life.

In a literal sense, the definition of volunteerism is "the act or practice of doing volunteer work in community service." But volunteerism doesn't have to be restricted to the action it describes. Volunteerism connotes a mindset or a philosophy. It can also mean an attitude of service or a willingness to give back to your community — and in doing so, to make the world around you a better place.

As it turns out, volunteerism doesn't just help the organization, population, or community on the receiving end. Volunteering your time or energy can have amazing benefits for you, too. Below are a few ways that volunteering can change your life for the better:

**Facilitates connection.** Volunteering gives you the chance to meet new people and can improve your social and relationship skills. Volunteering with family members or friends can provide an opportunity to spend meaningful time with those people, thereby strengthening those relationships.

**Provides a sense of meaning.** A lot of research has been done on the link between altruism and happiness. The happiness that many people feel as a result of volunteering may be related in part to the increased sense of purpose and self-confidence experienced when people are generous with their time and energy.

**Helps lengthen your lifespan.** In addition to its emotional and mental benefits, volunteering can improve your physical health. Volunteering can lower stress levels and enhance peoples' overall sense of well-being, both of which can have positive effects on physical health. Many volunteering opportunities also entail physical labor, which can be a great source of exercise.

Kiwanis club members look at the needs of children in their community and decide on projects that will benefit local kids the most. By coming together with others in your area, you can begin to make your community a better place for everyone in it. Reach out to people you know to join our club and get involved!

**THE**     
**FORMULA**  
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## **PUBLIC SERVICE ANNOUNCEMENT**

### **Taxpayers and tax pros should learn about these common tax scams**

While scammers work hard during tax season to try to steal money, personal information and data, they also stay busy the rest of the year. Taxpayers and tax professionals should remain alert and aware of these common scams, schemes and cons to avoid losing money, personal information or client data.

#### **Social media: Fraudulent form filing and bad advice**

Social media can circulate inaccurate or misleading tax information, and the IRS has recently seen schemes that encourage people to submit false, inaccurate information in hopes of getting a refund or taking advantage of a credit, such as the Employee Retention Credit. Taxpayers should always remember that if something sounds too good to be true, it probably is.

Online Account help from third-party scammers Swindlers pose as a "helpful" third party and offer to help create a taxpayer's IRS Online Account at IRS.gov. The scammers making these offers are trying to steal a taxpayer's personal information. Taxpayers should access their account directly through IRS.gov.

#### **Phishing and spearphishing**

Taxpayers and tax professionals should be alert to fake communications posing as legitimate organizations in the tax and financial community, including the IRS and the states. These messages arrive in the form of an unsolicited text or email to lure victims into providing valuable personal and financial information that can lead to identity theft.

Spearphishing is a tailored phishing attempt targeting a specific organization or business. Tax professionals need to be very careful about spearphishing because of the risk of a data breach. A successful spearphishing attack can ultimately steal client data and the tax preparer's identity, allowing the thief to file fraudulent returns.

#### **Unscrupulous tax return preparers**

Most tax preparers provide outstanding and professional service. However, people should be careful of shady tax professionals and watch for common warning signs, including charging a fee based on the size of the refund. A major red flag or bad sign is when the tax preparer is unwilling to sign the dotted line. Avoid these "ghost" preparers, who will prepare a tax return but refuse to sign or include their IRS Preparer Tax Identification Number as required by law. Taxpayers should never sign a blank or incomplete return.

#### **Offer in compromise mills**

Offers in compromise are an important program to help people who can't pay to settle their federal tax debts. But "offer in compromise mills" can aggressively promote offers in compromise in misleading ways to people who clearly don't meet the qualifications, often costing taxpayers thousands of dollars. A taxpayer can check their eligibility for free using the IRS Offer in Compromise Pre-Qualifier tool.

## **Calendar Of Events**

- January 20** ..... MLK Brunch, 10 am  
Indian Springs CC, Boynton Beach
- February 1** ..... Christmas in July 5k  
7:30 am, Pompano Community Park
- February 6** ..... Putt-Putt Challenge vs. Rotary  
5:30pm, Putt'n Around, Delray Beach
- February 10** ..... Real Men Bake  
Boynton Womens Club
- April 4-6** ..... 63rd Annual Delray Affair  
(Major Fundraiser)



A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train." The farmer says, "Sure, and if my bull sees you, you'll even catch the 4:11 one."



### **Upcoming Meeting Programs**

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

- 1/1 Happy New Year!
- 1/8 Florence Fuller Child Development
- 1/15 Kickstart
- 1/22 Palm Beach Parks and Recs
- 1/29 House of Grace

- 2/5 Delray Beach Fire Chief
- 2/12 All People's Day Festival
- 2/19 Hanley Foundation
- 2/26 Delray Beach Concours

- 3/5 Bella's Angels
- 3/12 NEED SPEAKER
- 3/19 NEED SPEAKER (Need Host)
- 3/26 NEED SPEAKER (Need Host)

- 4/2 NEED SPEAKER
- 4/10 Tentative: **Police Appreciation**

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:



- December 4 - Reeve Bright
- December 11 - Larry Schroeder
- December 18 - Dave Randolph
- December 25 - Merry Christmas!

## HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"If we all worked on the assumption that what is accepted as true were really true, there would be little hope of advance." – Orville Wright



A drunken man staggers in to a Catholic church and sits down in a confession box and says nothing. The bewildered priest coughs to attract his attention, but still the man says nothing. The priest then knocks on the wall three times in a final attempt to get the man to speak. Finally, the drunk replies: "No use knocking' mate, there's no paper in this one either."

What did our parents do to kill boredom before the internet?

I asked my 26 brothers and sisters and they didn't know either.

## HEALTHY LIVING TIP



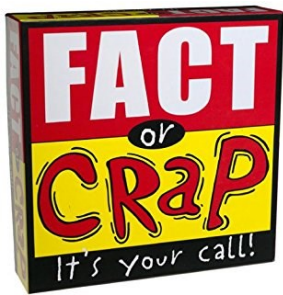
### How Well Do You Know Your Sunburn Protection Factor?

We all know that protecting your skin from the sun is important, but did you know that not all sunscreens are made equal? Dermatologists have some specific recommendations when it comes to your Sunburn Protection Factor (SPF). Here are some tips:

- Choose a broad-spectrum sunscreen that protects you from both UVB and UVA rays.
- Always use at least SPF 30
- Choose a water-resistant sunscreen.
- Don't forget your lips! Apply sunscreen to your lips or use a chapstick with SPF 30 or higher.
- Reapply your sunscreen every 2 hours if you're sweating a lot in the water.
- Apply enough sunscreen to cover all skin that clothing will not cover. Most adults need about 1 ounce—or enough to fill a shot glass—to cover their bodies completely.
- Apply your sunscreen 15 minutes before going outdoors.

These tips will help you choose the best sunscreen to protect your skin for years.

Tip adapted from American Academy of Dermatology<sup>8</sup>



**1. Fact or Crap** - Famous Russian composer Stravinsky originally studied to be a mathematician.

**2. Fact or Crap** - A hydathode is a type of secretory tissue in leaves.

**3. Fact or Crap** - Siopao is a standard dish in Thailand made of pigs blood and spices.

**4. Fact or Crap** - The metal tungsten is also known as wolfsheet.

**5. Fact or Crap** - The first game of field hockey was formulated and played in Kenya by a British group in the early 20th century.

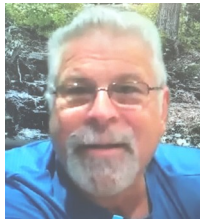
**6. Fact or Crap** - Catoptrophobia is the fear of ridicule.

**7. Fact or Crap** - The first recorded track and field event of the high jump took place in Scotland in the 19th century.

(Answers on Page 9)

## 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 4:

1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins, dubbed the "Million Dollar Quartet," gathered for the first and only time for a jam session at Sun Records in Memphis.  
 1964, police arrested some 800 students at the University of California, Berkeley, one day after the students stormed the administration building and staged a massive sit-in.  
 1965, the United States launched Gemini 7 with Air Force Lt. Col. Frank Borman and Navy Cmdr. James A. Lovell aboard on a two-week mission. (While Gemini 7 was in orbit, its sister ship, Gemini 6A, was launched on Dec. 15 on a one-day mission; the two spacecraft were able to rendezvous within a foot of each other.)  
 1991, after being abducted and held for nearly seven years as a hostage by Hezbollah militants in Lebanon, Associated Press correspondent Terry Anderson was released from captivity.

#### Birthdays:

Game show host Wink Martindale is 91.  
 Actor-producer Max Baer Jr. is 87.  
 Actor Jeff Bridges is 75.  
 Jazz singer Cassandra Wilson is 69.  
 Actor Marisa Tomei is 60.  
 Rapper Jay-Z is 55.  
 Actor-model Tyra Banks is 51.  
 Musician Jelly Roll is 40.

### December 11:

1936, Britain's King Edward VIII abdicated the throne so he could marry American divorcee Wallis Warfield Simpson; his brother, Prince Albert, became King George VI.  
 1946, the United Nations International Children's Emergency Fund (UNICEF) was established.  
 1978, nearly \$6 million in cash and jewelry were stolen from the Lufthansa cargo terminal at New York's John F. Kennedy Airport; the 'Lufthansa Heist,' the largest cash robbery in history at the time, was immortalized in the film 'Goodfellas.'  
 1980, President Jimmy Carter signed legislation creating a \$1.6 billion environmental "Superfund" to pay for cleaning up hazardous chemical spills and toxic waste dumps.  
 1997, more than 150 countries agreed at a global warming conference in Kyoto, Japan, to control the Earth's greenhouse gases.  
 2008, former Nasdaq chairman Bernie Madoff was arrested, accused of running a multibillion-dollar Ponzi scheme that wiped out the life savings of thousands of people and wrecked charities. (Madoff died in April 2021 while serving a 150-year federal prison sentence.)

#### Birthdays:

Actor Rita Moreno is 93.  
 Former U.S. Secretary of State John Kerry is 81.  
 Singer Brenda Lee is 80.  
 Rock musician Nikki Sixx (Motley Crue) is 66.

### December 18:

1865, the 13th Amendment to the Constitution, abolishing slavery, was declared in effect by Secretary of State William H. Seward.  
 1892, Peter Ilyich Tchaikovsky's ballet "The Nutcracker" publicly premiered in St. Petersburg, Russia; although now considered a classic, it received a generally negative reception from critics.  
 1917, Congress passed the 18th Amendment to the U.S. Constitution prohibiting "the manufacture, sale, or transportation of intoxicating liquors" and sent it to the states for ratification. (It was repealed in 1933 by the 21st Amendment.)  
 1957, the Shipping port Atomic Power Station in Pennsylvania, the first nuclear facility to generate electricity in the United States, went on line. (It was taken out of service in 1982.)  
 2011, the last convoy of heavily armored U.S. troops left Iraq, crossing into Kuwait in darkness in the final moments of a nearly nine-year war.  
 2019, the U.S. House impeached President Donald Trump on two charges, sending his case to the Senate for trial; the articles of impeachment accused him of abusing the power of the presidency to investigate rival Joe Biden ahead of the 2020 election and then obstructing Congress' investigation. (It was the first of two Trump impeachment trials that would end in acquittal by the Senate.)

#### Birthdays:

Rock musician Keith Richards is 81.  
 Filmmaker Steven Spielberg is 78.  
 Actor Brad Pitt is 61.  
 Tennis Hall of Famer Arantxa Sanchez Vicario is 53.  
 Pop singer Sia is 49.  
 Singer Christina Aguilera is 44.  
 Singer Billie Eilish is 23.

### December 25:

1066, William the Conqueror was crowned King of England.  
 1776, Gen. George Washington and his troops crossed the Delaware River for a surprise attack against Hessian forces at Trenton, New Jersey, during the American Revolutionary War.  
 1818, "Silent Night (Stille Nacht)" was publicly performed for the first time during the Christmas Midnight Mass at the Church of St. Nikolaus in Oberndorf, Austria.  
 1868, President Andrew Johnson granted unconditional pardons to "every person who directly or indirectly" supported the Confederacy in the Civil War.  
 2009, passengers aboard Northwest Airlines Flight 253 foiled an attempt to blow up the plane as it was landing in Detroit by seizing Umar Farouk Abdulmutallab, who tried to set off explosives in his underwear. (Abdulmutallab later pleaded guilty and was sentenced to life in prison.)

#### Birthdays:

Country singer Barbara Mandrell is 76.  
 Actor Sissy Spacek is 75.  
 Baseball Hall of Famer Rickey Henderson is 66.  
 Actor Jeremy Strong is 46.

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Football Hall of Famer Larry Csonka joins us, we hope that you will buy him a "GoFins" drink, as he is 78 years old today.



Never ever, ever, ever go to the horse auction after 4 margaritas Lesson learned.





# Funny Quotes

## The Joys Of Growing Older



... Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

... If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.

... I won't be impressed with technology until I can download food.

... Some people call me crazy. I prefer happy with a twist.

... My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."

... I really don't mind getting old, but my body is having a major fit.

... Camping: where you spend a small fortune to live like a homeless person.

... Project Manager. Because Miracle Worker isn't an official job title.

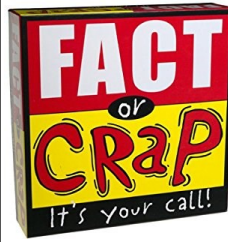
*If you have something for the newsletter, please send it to Scott Youngberg via E-mail: esysy@att.net — Thank you*



**YOUTH PROTECTION GUIDELINES**

**Youth Protection Policies in Practice**  
<https://vimeo.com/863372175>

**Visit our Website:**  
[delraybeachkiwanis.org](http://delraybeachkiwanis.org)



### Answers.....

1. Crap. Stravinsky's parents pressed him to study law, but after attending fewer than 50 classes, he switched to music.
2. Fact. Water is released from the top in order to transport the nutrients.
3. Crap. Siopao are Chinese steamed bread buns filled with meat or vegetables.
4. Crap. It is also known as wolfram, with a chemical symbol of W.
5. Crap. 4000 year old drawings at the huge tombs in Egypt depict a sport resembling field hockey.
6. Crap. Catoptrophobia is the fear of mirrors.
7. Fact. Scissors, Eastern Cut Off, Western Roll are techniques for executing a high jump.

## 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!**

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

(Answers on Page 10)

**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, Malasia

**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, 8 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@gmail.com

**You + Kiwanis =**  
Improved  
Lives & communities.

**Sudoku Puzzle....Answers**

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

**Kiwanis Amplify to return in 2025**

Two Kiwanians stand as examples of the program's impact on personal and professional leadership.

By Tony Knoderer

In 2025, Kiwanis International will again offer Kiwanis Amplify — a leadership program for those who want to improve their ability to lead a team within Kiwanis and beyond. Registration will open in January. Kiwanis Amplify is an online course featuring interactive modules led by experts, with peer discussion that helps participants enhance each other's understanding.

Participants will take a deep dive into eight topics: Leadership; Communication; Event planning; Diversity, equity and inclusion; Working with others; Marketing; Strategic thinking; and Self-care as a leader.

Participants can work through the course at their own pace to earn a certificate of completion.

**Two members at a crossroads**

When Kiwanis Amplify launched in 2021, two Kiwanians — Angelo Ciardella and Cynthia Blackman — were at a crossroads. Blackman was adjusting to service as her division's lieutenant governor during the COVID-19 pandemic, and Ciardella was completing his nursing degree. Both found what they were looking for in the inaugural Kiwanis Amplify class.

Ciardella, current lieutenant governor of Division 3 of the Eastern Canada and the Caribbean District, was impressed with the quality of the training material, but also with the depth and breadth of the topics. "I absolutely loved that the trainings did not focus on Kiwanis at all," he says, "[but] rather the themes and skills needed to be a successful leader in life, which translate to our service journeys in Kiwanis."

Blackman, now governor-elect of the Eastern Canada and the Caribbean District, says the program "forced me to re-evaluate my perspective on being intentional with inclusive leadership and not being afraid to fail as a leader."

The skills that resonated most with Ciardella and Blackman were those they could apply to their personal growth. "Being given permission to fail was something that I needed to hear so badly at that time in my life," Ciardella says. "The rigors of university, moving up in leadership in my club and that little thing called the pandemic were really causing me to be down on myself." For Blackman, self-care was the big takeaway. "Oftentimes as a leader," she says, "we place others before ourselves."

**Professional impact**

Ciardella and Blackman found that Kiwanis Amplify helped their careers. Ciardella partially attributes his job as a nurse at one of North America's leading hospitals to Kiwanis Amplify. "The program helped me hone my leadership and communication skills, setting me above others in my industry," he says. "Teamwork, communication, DEI, strategic thinking — these themes are so relevant in my work, and Kiwanis Amplify has helped me excel in these areas." For Blackman, the program was a guide toward greater effectiveness in giving presentations — and in engaging with large groups of all kinds. "Kiwanis Amplify gave me the tools to adjust my leadership style at the office to one where I was more inspirational," she says. "The [communication] module enhanced my presentation style and instilled confidence in me that allowed me to engage with various audiences actively and effectively."

Blackman found that her communication style was also improved, helping her become more conscious about her choice of words. Ultimately, she found the program so useful that she participated again in 2024. After the success that resulted from participating in the 2021 program, Ciardella got involved with shaping it and helping others. He joined a Kiwanis-led committee to make suggestions for Kiwanis Amplify's second year, and he served as a program mentor in its third year. "These experiences have been some of the highlights of my Kiwanis journey," he says.

**Get ready to register**

To learn more, visit the Kiwanis Amplify webpage. And bookmark the page so you can sign up when the registration period begins in January. We encourage you to spread the word in the meantime: Kiwanis Amplify is available both to Kiwanis members and nonmembers (US\$50 for Kiwanis members, US\$600 for nonmembers). For everyone who participates, it's an opportunity to improve your career, your community and yourself.





## From Our Photographer's Camera.....

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

