



The Sunriser

The Kiwanis Club of Delray Beach

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



"Swing for Kids"
Charity Golf Classic
October 18, 2025

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, August:
Terrence Moore

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 - Bob Hayes, Rich Pollack

Golf Tourney - Scott Youngberg,
Bob Barcinski

***Interclubs:** Steve Rubin

***Membership:** Carlene Laseter,
Regina Sablo

*Newsletter/Website:

Scott Youngberg

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

***Programs:** Ezra Krieg

*Social Activities:

President, Ronnie Dunayer

***Spiritual Aims:** David Freeburn

*Youth Services:

Scholarship - Scott Youngberg,
Bill Morse

Terrific Kids - Peggy Kelleher,
Danielle Garcia

* Key Club/Builders Club

David Freeburn

American Heritage - Sally Schliefer
Atlantic High School - David Freeburn

Volume 2025, Issue 8

August, 2025

Building Community to End Poverty



Our program on July 2nd was presented by Gerard McKently, Circles Outreach Coordinator for Pathways to Prosperity. Growing up in poverty, families face tough challenges: deprivation, worry, hunger and limited access to education and medical services. Pathways to Prosperity is dedicated to strengthen communities by providing education and social services to raise school performance for children and increase economic opportunities for families.

One of their initiatives is the Circles model. This national movement reinforces the belief that every member of the community has gifts and strengths to share with one

another. It offers participants, referred to as Circle Leaders, the opportunity to identify their own strengths in order to improve their lives and to help build the community around them. Circle Allies establish a supportive, intentional, befriending relationship with an individual or family enrolled in the program. They work with the Circle Leaders on accomplishing the goals they set for themselves. They ensure Allies are provided with training on how to best support Leaders in achieving their goals to get out of poverty.

To learn more and to help, go to www.pathwaysboynton.org



Just Bring Your Game

Our program on July 16th was presented by James Taylor, Director of Sports Development for the Palm Beach County Sports Commission.

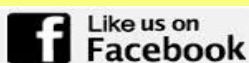
The PBCSC attracts sporting events and activities to Palm Beach County to enhance occupancy of hotel room nights; to maximize the positive economic impact of these events and activities on the Palm Beach County economy; to maximize the utilization of County facilities; to utilize events and activities to promote the image of Palm Beach County as a sports tourism destination on a national and international level.

Each year, the events they support are responsible for nearly one million sports visitors to Palm Beach County - sleeping in our hotels, utilizing our

facilities, enjoying our attractions and eating in our restaurants.

The PBCSC offers unsurpassed customer service on a consistent basis while offering a multitude of event management services to current and potential customers.

The PBCSC has a night golf tournament fundraiser coming on September 25th. "We're excited to bring back this unique event that combines great golf, great people, and a great cause," said George Linley, Executive Director of the Palm Beach County Sports Commission. "It's a perfect opportunity to support sports tourism and youth sports initiatives in Palm Beach County." For more information, go to www.palmbeachsports.com.



Visit our Website:
delraybeachkiwanis.org

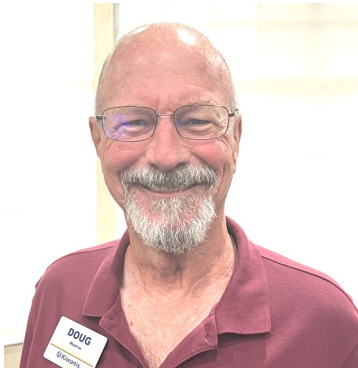


Other Doings.....



Hail! President, Pro-Tem of the Month!

***** July *****



Doug Martin

Here are the upcoming scheduled PPOTM's:

August - **Terrence Moore**

September - **Steve Rubin**

Thank You!



At our July 2nd meeting, there was a discussion about the COPE program. Here's the link: [COPE: Cost of Poverty Experience 2025 - Leadership Palm Beach County](#).

Members are encouraged to register and participate in this very thought-provoking program.



PPOTM Chaos!! Members were treated to a new seat assignment procedure for our July meetings, brought to you by new PPOTM **Doug Martin**. After a lot of consternation and gnashing of teeth, members were thrown out of their habitual seating to explore new avenues of sharing breakfasts with new faces at the table. Turns out, it was actually fun! Can anyone say "President for life?"



Our club was represented at the Back to School PBC event on July 26th. Thanks to **Rich Pollack**, **Andie DeVoe** and **Ezra Krieg** for participating.



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



Upcoming Important Dates:

Birthdays:

August 6 - Kevin Rickard
- Diane Colonna

August 9 - Matthew Byrne

August 16 - Doug Martin
- Janay Jackson

August 21 - Diane Alperin

August 22 - Ezra Krieg

August 26 - Jeff Pearlman

August 28 - Racquel McLean

August 31 - Patti Bloom
- Mykal Banta

Wedding Anniversaries:

August 1 - Andie & Michael DeVoe

August 2 - Dupree & Janay Jackson

August 8 - Pam & Joel Davidson (32 years)

August 9 - Jay & Diane Alperin (56 years!)

August 23 - Reeve & Anne Bright (50 years!)

Membership Anniversaries:

August 28 - Susan Ruby (32 years!)

July 2nd Meeting: Today, **Steve Rubin** celebrated another birthday. Members put in for that as well as wishing all a very happy 4th of July holiday. **Ronnie Dunayer** was in the paper and **Barry Frette** was happy for more rain. **Dave Freeburn** had a consolation dollar for Coco Gauff losing in the first round at Wimbledon. **Bob Hayes** was happy for the Marlins winning 8 in a row. **Mike Salem** acknowledged Ezra Krieg brightening up the room with his fancy Kiwanis shirt. **Diane Colonna** is going to Maine for a month and consensus opinion was that **Jay Alperin** needed a shave. Everyone else was Just Happy.

July 9th Meeting: **Dave Randolph** put in for his son's birthday and **Barry Frette** put in for his membership anniversary. **Ezra Krieg** was named to the Delray Housing Authority. **Pam Davidson** found an orthopedic surgeon she likes. **Bob Hayes** put in for the Marlins and Tigers. **Joel Davidson** also like the Marlins. **Rodney Stevenson** said Baseball is halfway through. **Rich Pollack** says there's only 91 days until Hockey Season. **Ronnie Dunayer** is taking the day off to watch Wimbledon and **Scott Youngberg** is happy for the running of the Tour de France. **Dave Freeburn** sold his business to **Patrick Glover** and is going on a trip to the Hampton's. **Andie DeVoe** is happy for turtle season in full swing. Everyone else was JH.

July 16th Meeting: Thanks to "crack reporter" **Bob Barcinski** for taking notes today. Everyone was happy for our guests today, one of whom won the 50/50. **Bill Morris** put in for his daughter's birthday. **Bob Hayes** enjoyed the weekend of sports-golf, tennis & Tigers. **Mykal Banta** also put in for the Tigers. **Joel Davidson** enjoyed the All-Star baseball game. **Pam Davidson** put in for her grandson's baseball team being state champs. **Peggy Kelleher** is looking forward to football season. **Rich Pollack** says there are now 83 days until hockey. **Ronnie Dunayer** put in for Linda Ronstadt's birthday. **Dave Randolph** put in for his sister-in-law visiting. **Barry Frette** is happy with Doug Martin as our PPOTM. Everyone else was Just Happy.

July 23rd Meeting: NFL camps open today and **Ezra Krieg** is ready for it. There was talk of him trying out. **Peggy Kelleher** would love to see Ezra in uniform - he'd be their best player! **Scott Youngberg** still loving the Tour de France. **Rich Pollack** says there are now 76 days until hockey. **Rodney Stevenson** reminds us that baseball is still going on. **Bob Hayes** likes the Tigers and the Marlins. **Joel Davidson** is also a Marlins fan. **Reeve Bright's** wife is doing better in the hospital. **Carlene Laseter's** husband is on his way to South Dakota and she's heading to the west coast. **Bob Barcinski's** grandson is in Slovenia. **Dave Randolph** is celebrating his first year wedding anniversary for the second time around. **Jay Alperin** is still annoying and times are still good for **Doug Martin**. Everyone else is Happy, Happy, Happy.

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



Change a Student's Life ...& Yours

our program on July 23rd was presented by Latoya Flowers, Program Manager-Mentoring Program for Children's Home Society of Florida.

CHS is looking for mentors. This is an opportunity to make an

impact in the life of a child in our community through their MODEL Mentoring and Project 18 Mentoring programs.

MODEL Mentoring: This program connects kids ages 6-12 who live in a single-parent household with mentors. During their mentoring relationship, positive adult role models help youth build self-esteem, teach the importance of respecting authority and empower them to achieve educational goals.

Project 18 Mentoring: Palm Beach County teens in foster care find positive guidance with an adult mentor in the community who helps them prepare for the next stage in their life. Mentors provide teens with encouragement, guidance and practical advice on everything from building healthy relationships to completing job applications.

To be a mentor in either program, there is an application and interview process. Then you attend an orientation and training session. There is a

commitment of at least 4 hours per month of face-to-face contact with a child for one to two years.

It's an extremely fulfilling way to serve and help these kids in need. For more information, call 561-868-4300 to begin your journey.



► Continued -From **Happy Dollars**, Page 2

July 30th Meeting: **Ronnie Dunayer** was happy Coco Gauff won in Canada, despite 24 double faults. **Scott Youngberg** was happy the Brewers beat the Cubs and NFL Hall of Fame game tomorrow. **Peggy KLelleher** is happy college football starts in 24 days. **Bob Hayes** is enjoying the Marlins. **Larry Schroeder's** granddaughter won silver and gold in Houston for Flag Football. **Joel Davidson** is happy his brother is safe from the tsunami last night in Hawaii. **Mike Salem** is happy for his health. **Ezra Krieg** enjoyed attending the Back to School bash last weekend. **Rich Pollack** was sent a copy of an article he wrote in 1977. He said he didn't realize how bad the writing was. **Dave Randolph** was awakened by the speech at church last week. **Andie DeVoe** and her husband are going to visit the turtles at IndiAtlantic Beach this weekend. **Steve Rubin** thanked **Doug Martin** for his term as PPOTM. **Terrence Moore** is looking forward to being PPOTM in August. Everyone else was "Just Happy".

Kiwanis Youth Protection in Practice

Our program on July 9th was presented by our own Pam Davidson, explaining Kiwanis's Youth Protection Guidelines & Programs.

As the premier provider of youth service clubs and programs, Kiwanis International holds itself and its members to the highest standards of

conduct and awareness. When we work with and mentor youth during projects and activities, their care and welfare are entrusted to us. Kiwanis members must know how to protect the youth with whom we interact. When we all share this commitment, we also protect ourselves and the organization we value.

Know - Protect - Respond

Kiwanis International partners with global abuse prevention educator Praesidium Inc. to conduct youth protection and child abuse prevention courses. Praesidium Inc. is a multi-disciplinary organization that has spent more than 25 years researching child sexual abuse and developing prevention training, programs, and services.

Currently, Service Leadership Program advisors and chaperones (member and non-member) are required to complete the training every two years. Youth protection and risk managers, as well as district administrators, have access to training modules they can complete. Kiwanis members have access to self-initiate a learner account through a link in their Kiwanis Connect member portal.

Please talk to Pam if you have any questions or would like to get the training. You can also go to <https://vimeo.com/863372175>



YOUTH
PROTECTION
GUIDELINES

A kid asks his dad,
"What's a man?"
The dad says,
"A man is someone who is
responsible and cares for
their family."
The kid says, "I hope one
day I can be a man just
like mom!"

Some cause happiness wherever they go. Others, whenever they go.



Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on July 7th. Here are the notes:

I. Board Attendance: President Dave Freeburn, Secretary Jay Alperin, Treasurer Bill Morse. Directors: Kelleher, Davidson, Pam; Krieg, Davidson, Joel;

II. Foundation Attendance : President Freeburn, Vice-President Pollack; Secretary Alperin; Treasurer Morse, Directors: Youngberg, PDavidson.

III. Secretary's Report: Minutes of June 2, 2025 Kiwanis board meeting. Motion to approve made by Ezra Krieg. Seconded by Freeburn. Approved unanimously

IV. Financial Report: Bill Morse reported that there is \$8,067 in the Foundation account, and approximately \$18,063 in the Administration account. Net YTD \$3,800. Motion to accept the Financial Report. Motion made by Jay Alperin. Seconded by Peggy Kelleher. Approved unanimously.

V. Old Business:

A. Youth Protection Training: Scheduled presentation by Pam Davidson

B. Pancakes, Pints, and Pigskins, November 16, 2025 at Finnegan's. Committee to meet Thursday at 3 PM at Finnegan's

C. Happy Hour, only 12 people showed up although more reserved. Next month to be announced.

D. Sand Sculpture: Kelleher to investigate as a community event.

E. Story Trail: The city provided the committee with map of proposed stanchion location. The committee found the locations would be a challenge for young children. The committee will make recommendations to the city. Questions about financing were raised and a full budget from the committee is requested.

F. Alternative location for club meetings once the club house closed. Dunayer has taken on the challenge. Cason Church, Social Hall but Cross Ministries cannot provide breakfast. Possibilities of catering, food truck or continental breakfast will be researched.

G. Education Breakfast: Fourteen members have reserved seats. Youngberg will remind the rest of the club of this opportunity.

H. District Convention see flkiwanis.org

I. Delray In White: Poor participation last year, therefore no plans to participate this year.

J. Fundraising Committee met. A list of possibilities and priorities to follow.

K. Key Club Liaison and Key Club Breakfast. Youngberg and Freeburn to investigate. Atlantic Key Club has not paid dues, therefore, Pam Davidson advises no more scholarships there. With no liaison Krieg suggested to postpone breakfast invitation.

L. Golf Tournament: Youngberg: We have six hole sponsors and six teams so far. We need eighteen, so keep promoting.

VI. New Business:

A.. Caring Corner Donation of \$250: Motion to donate \$250 by Joel Davidson, seconded by Pam Davidson. Discussion as to where this is a budget line item. There is no adopted budget at present. Pollack suggested and five members agreed to contribute \$50 each to the Foundation to cover the cost till the Foundation account is corrected. Motion passed with one no vote.

B. Kiwanis Reporting software update: To be available July16 but only applies to Secretary reporting.

C. Back to School Palm Beach. July 27, 2025 8 AM at Village Academy. Pollack: Need club members to volunteer to escort students in selecting school supplies, clothes, backpacks, etc. Spirit of Giving Network

D. High 5's for August 11, 2025: Rich Pollack will handle sign up.

E. Thanksgiving Dinners: The Church of the Palms has agreed to let us use the Social Hall Again. Cross Ministries will prepare the dinners for our distribution. Krieg will have a committee to improve efficiency. Last year the club provided \$500. Many club individuals contributed \$40 for additional dinners.

F. Mini Grant Requests: None.

Next Meeting: Monday August 4th to be chaired by Alperin

Recovery Solutions That Last



Our program on July 30th was presented by Darcy Hamilton, Program Fidelity Coordinator for the Recovery Community Hub of Palm Beach County. Their mission is to increase opportunities for community access to Recovery Resources. Their vision is that no one faces the challenges of recovery alone.

Community Recovery HUB of Palm Beach County provides support and solutions for those living with substance use disorders. They empower, connect and advocate for individuals and their families, in all stages of recovery. The Palm Beach County HUB embraces all pathways of recovery. They work to fight stigmatizing terminology and strive to diminish stigma in our community.

Services include a safe environment to go and receive all levels of support, family support, employment resources, general peer support, educational resources, trainings and education. To become a Recovery Coach and for more information, go to pbchub.org.



A grasshopper walks into a bar,
bartender says, "Hey we have a drink
named after you."

Grasshopper says, "Really?
You have a drink named Larry?"



Think you know words?

Build your vocabulary with these words and learn the meaning:

Bathos (bā THäs)

Noun, Greek, mid-17th century

1. (Especially in a literary work) An effect of anticlimax created by an unintentional lapse in mood from the sublime to the trivial or ridiculous.

Example Sentences:

1. "The influencer's video about world hunger descended into bathos when she started promoting her new protein shake."
2. "The heartfelt wedding vows had an unexpected moment of bathos when the groom's ringtone interrupted the ceremony."
3. "The ridiculous climax in the play left the audience with a deep sense of bathos."

DID YOU KNOW?

Why Do Some Coins Have Ridged Edges?

You've probably noticed that of the four coins that are in wide circulation in the United States today, two, the dime and the quarter, have a series of ridges on the edge. According to the U.S. Mint, this is technically referred to as a reeded edge. But is the reeded edge purely decorative, or does it serve a purpose? The answer goes all the way back to the 17th century, before the U.S. was even founded.

When the U.S. Mint opened in Philadelphia in 1793, the coins it produced were made of copper, silver, and gold, in accordance with the Coinage Act of 1792. Because coins of this era were made of precious metal, they were vulnerable to a practice known as clipping, which involved cutting off a small portion around the circumference of the coins. A skilled clipper would shave off enough from the coins to eventually amass a quantity of scrap metal worth cashing in, while also ensuring that the coins weren't conspicuously reduced in size or weight, allowing the altered coins to still be spent. Clipping had been common in 17th-century Europe, and it was so prevalent in England that by the end of that century, almost half of the silver content was absent from circulating English coins. This resulted in the metal composition of the coins being lower than their face value, a discrepancy that threatened to create a financial crisis throughout the continent, as well as in the European colonies. In order to combat the practice, England began minting coins with ridged edges; a smooth edge on any part of a coin would then be a telltale sign of clipping. When the United States was founded as an independent nation, the U.S. Mint followed suit by designing its higher denomination coins with reeded edges right from the beginning.

So that is the quick answer: Reeded edges were designed to prevent clipping. But in the U.S. today, coins are no longer made of silver or gold. As a result of the Coinage Act of 1965, almost all coins have been minted from a blend of copper and zinc. Clipping is no longer a problem, because the metal isn't valuable enough on its own to warrant trying to harvest it (not to mention the risk of stiff penalty for defacing circulating coins). So why do coins still have reeded edges?

The answer to that has to do with how coins are made in the first place. The coins start as flat discs (referred to as "blanks") cut from large sheets of metal. After undergoing a heat treatment to soften the metal, they are eventually loaded into a press room, where a die stamps the image onto the coin. The outer section of the die, called the collar, is what creates the reeding on the edge of the coin. When the composition of the coins changed after the Coinage Act of 1965, the U.S. Mint could either buy new master dies to eliminate reeding, or keep the equipment they already had. Since there was no detriment to continuing with reeded edges, there was no reason to take on the cost of replacing the equipment. While the master die was eventually replaced with today's modern machinery, reeded edges remain as a sensory aid for those with visual impairments, as a way to distinguish between pennies versus dimes, and nickels versus quarters.

Membership

Carlene Laseter - Chairperson

SHARING KIWANIS - COMMON OBJECTIONS A PERSON WILL BRING UP DURING YOUR CONVERSATION:



How will you answer these?

- There is no one my age in your Kiwanis club. Will this be a problem?
- I appreciate your club's fundraising, but I want to be active in hands-on service.
- I have no money for dues and other costs associated with being a member.
- I am afraid if I join your club I will overcommit myself. I have a real issue with that.
- I'm very busy and very socially active. I don't know whether I have time for something like this.
- I'm physically active. I'd like to do something physical to give back to my community since I deal with finances all day.
- I just don't know if I have anything in common with the club.
- I don't want to make any decisions until I get my father-in-law settled and know how much work it will be to have him live with us.
- I've always sacrificed myself for my family. I am looking forward to some "me" time now that the kids are out of the house.
- I'm only 50. Isn't Kiwanis for old people?
- I help people every day, all day. Kiwanis sounds a lot like my job.
- With my son at home, everything feels up in the air. I'm not sure what I want to do with my time, and I'm not sure I'll ever get a chance to find out.
- I want to downsize, so who knows where I will be living a year or two from now.
- Why should I pay dues to join Kiwanis when I can do service without paying for membership?
- I get a lot of requests to donate store items and materials to the groups I'm in. I suspect you approached me because of that, but I can't keep giving things away.
- I don't see the benefit of Kiwanis for me. I'm already volunteering and involved with my community.
- I'm very busy and have very little free time.

Are You Ready? Think About How You Would Answer These Objections

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

PUBLIC SERVICE ANNOUNCEMENT**IRS Online Account and identity protection PINs protect against fraudsters**

IRS identity protection PINs, or IP PINs, are a vital tool to protect taxpayers from fraudsters trying to steal personal and financial information. Taxpayers are encouraged to establish an [IRS Online Account](#) and request an IP PIN.

Important things to know about an IP PIN

- Anyone with an SSN or an ITIN can get an IP PIN including individuals living abroad.
- It's a six-digit number known only to the taxpayer and the IRS.
- It helps us verify the taxpayer's identity when filing a tax return. The account is protected even if there is no filing requirement.
- Only taxpayers who can verify their identity can get an IP PIN.
- Tax professionals can't get an IP PIN on behalf of their client but may obtain it directly from the taxpayer for filing purposes.
- Each IP PIN is valid for one year. When it expires, a new one is generated for security reasons.
- Taxpayers with an IP PIN must use it when filing any federal tax returns during the year, including prior year tax returns or amended tax returns.
- The program is voluntary, though it's strongly encouraged.
- **The IRS will never call, email or text the taxpayer to request their IP PIN.**

How to request an IP PIN

The fastest way to get an IP PIN is to request one through IRS Online Account, under the "Profile" page. If taxpayers don't already have an account on IRS.gov, they must register to validate their identity. Taxpayers should review the [identity verification](#) requirements before they use the Get an IP PIN tool.

Tax professionals should advise clients affected by identity theft to request an IP PIN. Even if a thief has already filed a fraudulent tax return, an IP PIN could prevent the taxpayer from being a repeat victim of tax-related identity theft.

Taxpayers who can't validate their identity online can still get an IP PIN.

Taxpayers who can't validate their identity online and whose income is below a certain threshold can file [Form 15227 \(EN-SP\), Application for an Identity Protection Personal Identification Number](#). The 2025 threshold is \$84,00 for individuals or \$168,000 for married couples filing jointly.

Taxpayers who can't validate their identity online or by phone, those who are ineligible to file a Form 15227 or those who are having technical difficulties can make an appointment at a [Taxpayer Assistance Center](#).

Calendar Of Events

August 7 Happy Hour, 5 pm
Finnegan's Irish Pub

August 8-10 Florida District
Convention, PGA Resort,
Palm Beach Gardens, FL.

August 11 High Fives, 7 am.
Orchardview Elementary

August 26 Education Breakfast
Delray Golf Club

October 18 Kiwanis "Swing for Kids"
Golf Tournament - Indian Spring CC
1pm-5pm

November 16 .. Pancakes, Pints & Pigskins
Tim Finnegan's Irish Pub, 9:30 am
Miami Dolphins vs Wash Commanders



"If you live to be one hundred, you've got it made. Very few people die past that age."

– George Burns

**Upcoming Meeting Programs**

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

8/6 Legal Aid (Hosted by Rich Pollack)
8/13 Delray Beach Fire Dept (Hosted by Rich Pollack)
8/20 Bright Minds Processing
8/27 Awesome Greyhound Adoptions

9/3 Eat Better Live Better
9/10 Delray Beach Police Department
9/17 Erica Whitfield, School Board Member
9/24 (Tentative) Brain Matters Research

10/1 Green Cars for Kids
10/8 DeVine's Big Sister Foundation (will need host)
10/15 Riptide Lacrosse
10/22 **POLICE APPRECIATION**
10/29 Rhonda Rodgers Foundation

11/5 Community Greening

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:



July 2 - Scott (The Man) Youngberg

July 9 - Peggy Kelleher

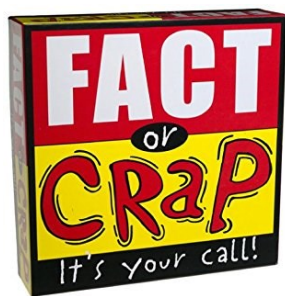
July 16 - Emma Lamar (Guest)

July 23 - Steve Rubin

July 30 - Bob Hayes

7 EASY STEPS TO IMPROVE YOUR ATTITUDE

1. STAND UP
2. STRETCH
3. TAKE A WALK
4. KEEP WALKING
5. BOARD A PLANE
6. FLY TO KEY WEST
7. NEVER RETURN



1. Fact or Crap - Howard Hughes is mentioned only once in the song Howard Hughes by the UK band Ride.

2. Fact or Crap - Born John Winston Lennon, John changed his name to John Ono Lennon as a tribute to his second wife, Yoko Ono.

3. Fact or Crap - A man actually invented pantyhose.

4. Fact or Crap - Will Smith earned the nickname Prince, because of his uncanny resemblance to the famous singer.

5. Fact or Crap - Nelly Furtado is Canadian, but also holds Portuguese citizenship.

6. Fact or Crap - The brothers Tetley, of the famous Tetley tea company, stated out in business by making and selling gunpowder

7. Fact or Crap - Bruce Springsteen was born in Poland just before his parents emigrated in 1949.

(Answers on Page 10)

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"The trust of the innocent is the liar's most useful tool."

– Stephen King



A monkey goes into a bar and asks the barman:

Do you have any bananas? - No, I don't. (says the barman)

Do you have any bananas? (asks the monkey)

No, I do not have any bananas!!!

Do you have any bananas?

If you ask me that question one more time, I'll nail your tongue to the counter!!!

Do you have any nails? - No, I don't.

- Do you have any bananas?

HEALTHY LIVING TIP



Combat "Text Neck" With These Two Stretches

From texting to emailing to browsing the internet and social media, we spend hours and hours every day on our phones, which can cause pain in our back and neck.

Have a tight neck? These two stretches can help!

The exaggerated nod—This stretch seems simple but is very effective. Sit comfortably, and with your teeth touching but not clenched, lean your head back like you are looking up at the ceiling. Then, gently open and close your mouth. You should feel a stretch both in the back of your neck and in the front.

Touch your toes—This stretch addresses both your hamstrings and your neck. Stand with your feet shoulder-width apart and hinge at your hips while reaching down to touch your toes. Relax your neck. If you can't touch your toes, that's ok! Enjoy the stretch along your back.

Tip adapted from Healthline¹⁰



Kiwanis
Delray Beach

2025

43rd Annual

"Swing For Kids" Charity Golf Classic

Benefiting Achievement Centers for Children & Families
and Delray Beach Kiwanis Foundation

Saturday, October 18, 2025
1:00 pm to 5:00 pm

Scramble, best ball format, Shotgun start

The day features 18 holes of golf,
complimentary food and
refreshments with Amazing silent
Auction, raffle prizes and contests.



INDIAN SPRING
COUNTRY CLUB

11501 El Clair Ranch Rd.
Boynton Beach, FL
561-737-5544



CALL US FOR MORE INFORMATION
954-288-7201

Online Registration at
KIWANIS-SWINGFORKIDS.COM

Please Note: Even though the event is 12 weeks away, we need to continue signing up Sponsors, Golfers and get Raffle Prizes.

We Need Everyone's Help!

To date, We have 6 hole sponsors and 9 teams signed up. We need at least 18 sponsors & 18 teams. For more information and If you are playing, sponsoring or both, You can register now on-line by going to:

<http://www.kiwanis-swingforkids.com/>

We can accept credit cards on our website, so please keep that in mind.

It will be a FUN event and will ultimately benefit the children and other projects in our area.



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:



July 2:

1776, the Continental Congress passed a resolution saying that "these United Colonies are, and of right ought to be, free and independent States."
1881, President James A. Garfield was shot by Charles J. Guiteau at the Washington railroad station; Garfield died the following September. (Guiteau was hanged in June 1882.)
1937, aviator Amelia Earhart and navigator Fred Noonan disappeared over the Pacific Ocean while attempting to make the first round-the-world flight along the equator.
1962, the first Walmart store opened in Rogers, Arkansas.
1964, President Lyndon B. Johnson signed into law a sweeping civil rights bill passed by Congress prohibiting discrimination and segregation based on race, color, sex, religion or national origin.
1979, the Susan B. Anthony dollar coin was released to the public.
2002, Steve Fossett became the first person to complete a solo circumnavigation of the world nonstop in a balloon.
2018, rescue divers in Thailand found alive 12 boys and their soccer coach, who had been trapped by flooding as they explored a cave more than a week earlier.

Birthdays:

Former Philippine first lady Imelda Marcos is 96.
Racing Hall of Famer Richard Petty is 88.
Writer-director-comedian Larry David is 78.
Rock musician Roy Bittan (Bruce Springsteen / E Street Band) is 76.
Former baseball player Jose Canseco is 61.
Retired figure skater Johnny Weir is 41.
Actor Lindsay Lohan is 39.
Actor Margot Robbie is 35.

July 9:

1850, President Zachary Taylor died of gastrointestinal illness after consuming a large amount of cherries and iced milk on a hot day five days earlier; Vice President Millard Fillmore was sworn in as president the following day.
1868, the 14th Amendment to the U.S. Constitution was ratified, granting citizenship and "equal protection under the laws" to anyone "born or naturalized in the United States," including formerly enslaved people.
1896, William Jennings Bryant delivered his famous "Cross of Gold" speech at the Democratic National Convention in Chicago.
1918, 101 people were killed in a train collision in Nashville, Tennessee, in the deadliest U.S. rail disaster in history.
1944, during World War II, American forces secured Saipan as the last Japanese defenses fell.
1965, the Sonny & Cher single "I Got You Babe" was released by ATCO Records.
2004, a Senate Intelligence Committee report concluded the CIA had provided unfounded assessments of the threat posed by Iraq that the Bush administration had relied on to justify going to war.
2011, South Sudan officially became an independent nation.

Birthdays:

Artist David Hockney is 88.
Musician and TV personality John Tesh is 73.
Business exec/TV personality Kevin O'Leary (TV: "Shark Tank") is 71.
Singer Debbie Sledge (Sister Sledge) is 71.
Actor Jimmy Smits is 70.
Tom Hanks is 69.
Actor Kelly McGillis is 68.
Actor-director Fred Savage is 49.

July 16:

1790, a site along the Potomac River was designated the permanent seat of the United States government; the area became Washington, D.C.
1945, the United States exploded its first experimental atomic bomb in the desert of Alamogordo, New Mexico; the same day, the heavy cruiser USS Indianapolis left Mare Island Naval Shipyard in California on a secret mission to deliver atomic bomb components to Tinian Island in the Marianas.
1951, the novel "The Catcher in the Rye" by J.D. Salinger was first published by Little, Brown and Co.
1964, as he accepted the Republican presidential nomination in San Francisco, Barry M. Goldwater declared that "extremism in the defense of liberty is no vice" and that "moderation in the pursuit of justice is no virtue."
1969, Apollo 11 launched from Cape Kennedy in Florida on the first manned mission to the surface of the moon.
1999, John F. Kennedy Jr., his wife, Carolyn, and her sister, Lauren Bessette, died when their single-engine plane, piloted by Kennedy, plunged into the Atlantic Ocean near Martha's Vineyard, Massachusetts.
2004, Martha Stewart was sentenced to five months in prison and five months of home confinement by a federal judge in New York for lying about a stock sale.

Birthdays:

International Tennis Hall of Famer Margaret Court is 83.
Violinist Pinchas Zukerman is 77.
Playwright Tony Kushner is 69.
Former actor and teen model Phoebe Cates is 62.
Actor-comedian Will Ferrell is 58.
Football Hall of Famer Barry Sanders is 57.
Actor Corey Feldman is 54.
Retired soccer star Carli Lloyd is 43.

July 23:

1903, the Ford Motor Company sold its first car, a Model A, for \$850.
1958, Britain's Queen Elizabeth II named the first four women to peerage in the House of Lords.
1982, actor Vic Morrow and two child actors, 7-year-old Myca Dinh Le and 6-year-old Renee Shin-Yi Chen, were killed when a helicopter crashed on top of them during filming of a Vietnam War scene for "Twilight Zone: The Movie."
1983, an Air Canada Boeing 767 ran out of fuel while flying from Montreal to Edmonton; the pilots were able to glide the jetliner to a safe emergency landing in Gimli, Manitoba. (The near-disaster occurred because the fuel had been erroneously measured in pounds instead of kilograms at a time when Canada was converting to the metric system.)
1996, at the Atlanta Olympics, Kerri Strug made a heroic final vault despite torn ligaments in her left ankle as the U.S. women gymnasts clinched their first-ever Olympic team gold medal.
1999, the space shuttle Columbia blasted off with the world's most powerful X-ray telescope and Eileen Collins became the first woman to command a U.S. space flight.
2006, Tiger Woods became the first player since Tom Watson in 1982-83 to win consecutive British Open titles.
2021, Cleveland's Major League Baseball team, known as the Indians since 1915, announced that it would get a new name, the Guardians, at the end of the 2021 season; the change came amid a push for institutions and teams to drop logos and names that were considered racist.

Birthdays:

Actor Woody Harrelson is 64.
Rock musician Slash is 60.
Country singer Alison Krauss is 54.
Actor-comedian Marlon Wayans is 53.
Former White House intern Monica Lewinsky is 52.
Actor Daniel Radcliffe is 36.

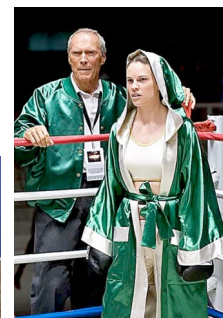
July 30:

1619, the first representative assembly in Colonial America convened in Jamestown in the Virginia Colony.
1916, German saboteurs blew up a munitions plant on Black Tom, an island near Jersey City, New Jersey, killing about a dozen people.
1930, Uruguay won the first FIFA World Cup, defeating Argentina 4-2.
1945, the Portland class heavy cruiser USS Indianapolis, having just delivered components of the atomic bomb to Tinian in the Mariana Islands during World War II, was torpedoed by a Japanese submarine; only 316 out of nearly 1,200 service members survived.
1956, President Dwight D. Eisenhower signed a measure making "In God We Trust" the national motto, replacing "E Pluribus Unum."
1965, President Lyndon B. Johnson signed the Social Security Amendments of 1965, which led to the creation of Medicare and Medicaid.
1976, Bruce Jenner, now known as Caitlyn Jenner, set a world record of 8,618 points and won the gold medal in the Olympic decathlon at the Montreal Summer Games.

Birthdays:

Former Major League Baseball Commissioner Bud Selig is 91.
Singer Paul Anka is 84.
Actor and former California Gov. Arnold Schwarzenegger is 78.
Actor Laurence Fishburne is 64.
Film director Christopher Nolan is 55.
Olympic gold medal beach volleyball player Misty May-Treanor is 48.
Actor Jaime Pressly is 48.
Former soccer player Hope Solo is 44.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Hilary Swank joins us, we hope that you will buy her a "Million Dollar Baby" drink, as she is 51 years old today.



Back By Popular Demand.....

Here Comes "Little Johnny"

Little Johnny sees his Daddy's car passing the playground and going into the woods. Curious, he follows the car and sees Daddy and Aunt Jane kissing. Johnny finds this so exciting and can barely contain himself as he runs home and starts to tell his mother excitedly.



"MOMMY, MOMMY, I WAS AT THE PLAYGROUND AND DADDY AND..." Mommy tells him to slow down, but that she wants to hear the story.

So Johnny tells her. "I was at the playground and I saw Daddy's car go into the woods with Aunt Jane. I went to look and Daddy was giving Aunt Jane a big kiss, then he helped her take off her shirt, then Aunt Jane helped Daddy take his pants off, then Aunt Jane laid down on the seat, then Daddy..."

At this point, Mommy cut him off and said, "Johnny, this is such an interesting story, suppose you save the rest of it for supper time. I want to see the look on Daddy's face when you tell it tonight."

At the dinner table, Mommy asks Johnny to tell his story. He describes the car into the woods, the undressing, laying down on the seat, and,

"then Daddy and Aunt Jane did that same thing Mommy and Uncle Jeff used to do when Daddy was in the Army."

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

Kids' safety is
in your hands.

YOUTH
PROTECTION
GUIDELINES

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

Visit our Website:
delraybeachkiwanis.org



Answers.....

1. Crap. Ride did release a song under that title, but Hughes is not ever mentioned.
2. Fact. He officially changed his name in April 1969 on the roof of Apple Records, London.
3. Fact. Allen Gant Senior invented pantyhose in 1959.
4. Crap. His friends and family say that his charm, used to get him out of trouble, earned him the nickname.
5. Fact. Nellys parents were born on Sao Miguel Island, and moved to Canada in late 1960s.
6. Crap. The Tetleys started their business, in 1822, by selling salt from the back of their packhorse in Yorkshire, England.
7. Crap. Springsteen was born in Long Branch, New Jersey.

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!

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

(Answers on Page 11)

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, 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

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.



Governor's Message

by Jeremy Riehl,
Florida Kiwanis Governor

Lighting the Way to a Better Future

As we start the 4th quarter of the Kiwanis year, it is a great time to reflect on our accomplishments and make plans to complete our goals. First of all, congratulations to Past Gov Prairy Riehl and the Florida District for being recognized at the International Convention as not only Distinguished but one of only five Beacon Districts for 2023-24. The momentum and excitement from that amazing year have carried into this year as we continue to serve our community and expand our impact.

Through the end of June, we have welcomed over 850 new members into the Florida District, on our way to over 1000 for the year. What is your club doing to grow through the summer? Remember, dues are prorated each month, so a good strategy is to collect due for next Kiwanis year and a small add fee to cover the rest of this year.

Part of that growth is from the 8 clubs we have opened this year. Welcome to the Kiwanis Club of South Marion in Division 6 that officially organized on June 12th. We have several others in the works with a plan to open at least 4 more clubs before Sept 30th.

Our Service Leadership Programs continue to shine. CKI brought home basically every award possible at their International Convention with Past Gov Jose Mendez accepting both Distinguished Governor as well as Distinguished District. In the past 3 months, we opened an additional 14 programs across the family bringing our opening total to 44 for the year and over 650 clubs in the Florida District.

The impact of our Signature Projects and Governor's Projects ripples throughout our communities with no end in sight. Every day Kiwanis look for new ways to serve while continuing to honor their commitments that have improved their communities throughout the years and decades.

I look forward to celebrating with everyone at the District Convention in just a few weeks at the PGA National Resort in Palm Beach Gardens. There is still time to register for an event people will be talking about for months to come. Rooms are going fast so book by July 15th to get the best rate. To learn more about the entertainment, education, and celebrations, go to:

<https://k05.site.kiwanis.org/call-to-kiwanis-district-convention-2025/>

Yours in Service,

Jeremy Riehl
Governor



Sudoku Puzzle....Answers

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



From Our Photographer's Camera.....

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

