



The

# HAPPY NEW YEAR Sunriser

The Kiwanis Club of Delray Beach

"Where Ordinary People Provide Extraordinary Service" - Celebrating 52 Years of Service



Meets for Breakfast Wednesday's, 7:30 a.m., Fairfield Inn & Suites, 910 W. Atlantic Ave., Delray Beach, FL.

## 2025-2026 Officers

**President Pro-Tem, January:**  
Larry Schroeder

**President:** Diane Colonna  
561-997-4897

**Secretary:** Jay Alperin  
561-289-2387

**Treasurer:** Bill Morse  
561-213-2965

## 2025-2026 Bd. of Directors

Carlene Laseter, Peggy Kelleher,  
Reeve Bright, Scott Youngberg,  
Ezra Krieg, Larry Schroeder,  
Pam & Joel Davidson, Regina Sablo,  
Rich Pollack, Andie DeVoe,  
David Freeburn

## 2025-2026 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  
Mike Salem

### \*Youth Services:

**Scholarship** - Scott Youngberg,  
Bill Morse

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

### \* Key Club/Builders Club

- David Freeburn

American Heritage - Sally Schlieler  
Atlantic High School - David Freeburn

Volume 2026, Issue 1

January, 2026



## Delray Beach Has A Food Forest

Our program on December 3rd was presented by Michiko Kurisu, Co-Founder and Director of the Swinton Community Growing Project. Located in downtown Delray Beach at 30 N Swinton Ave, SCGP is a perma-pop-up project guided equally by the principles of permaculture and by our need for short term, intensive growing. Seeking to enrich our understanding of how caring for plants and the earth is to care for ourselves, SCGP's food forest addresses existing air flow, microclimates, and inherent energy of the space to utilize a myriad of growing methods and structures. They grow food in traditional raised

beds, beautiful log beds, in storied planting guilds and portable grow bags. Often they just let food grow where it plants itself. They cultivate a small orchard and butterfly garden, too! At SCGP you will find annual vegetables like leafy greens, tomatoes, and peppers, as well as lesser known nutritional superstar perennials such as katuk, callaloo, chaya, and moringa. They offer educational workshops and pop-up community events and are committed to providing the opportunity to learn through nature how to support resilience in the garden, ourselves, and community. For more information, go to their Facebook page "Swintoncgp".

**SWINTON  
COMMUNITY  
GROWING  
PROJECT**

POP-UP PERMACULTURE

## The Last Meeting Of The Year - Goodbye 2025, Hello 2026!

As has been our tradition, we like to document the last meeting for the year with a group picture. It's a little less 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 2026!

Let's make 2026 the best yet!



Like us on  
Facebook



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

## Other Doings.....



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

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



## David Freeburn/Bill Morse

Here are the upcoming scheduled PPOTM's:

January, 2026 - **Larry Schroeder**

February - **Joel Davidson**

March - **Bill Morse**

April - **Carlene Laseter**

May - **Andie DeVoe**

June - **Gina Sablo**

July - **Pam Davidson**

August - **Terrence Moore**

September - **Steven Rubin**

*Thank You!*



Our club gave our hosts at the Golf Club a holiday gift. Our server Phito received \$250 cash and our cook Bryan received \$100 cash. Individual Members also gave them extra tips to brighten up the holidays.



Our club had a table at the Delray In White Dinner & Toy Drive on December 3rd. Our club will be receiving a \$1,000 donation as a result of that. Thanks to **Ezra Krieg** for organizing our participation.



Our program on December 31st was everyone donating dollar bills with a charity name. One dollar was drawn to see which charity receives the pot, with the club to match the total dollars collected. The winner was one of **Bob Hayes'** dollars, who chose the Achievement Centers for Children & Families. Total to ACCF is \$265.

## \$\$\$ 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 (46 Years!)

January 6 - Terrence Moore

January 11 - Mykal Banta

**December 3rd Meeting:** **Bob Barcinski** is celebrating 41 years as a member of our club. Several members put in for that. **Bob** and **Ronnie Dunayer** put in for the Christmas Tree lighting last night. **Rich Pollack** served as a one day PPOTM and was happy for the Dolphins winning. **Ezra Krieg** was happy the Thanksgiving day deliveries went well and thanked Rich for keeping the meeting "short". **Nick Coppola** was thinking about **Jay Alperin's** knee surgery this morning and hoping for a speedy recovery. **Carlene Laseter's** son made it for Thanksgiving and **Larry Schroeder** is taking his family to their annual Gaylord Palms trip in Orlando. **Joel Davidson** put in for UM and the restoration of their villa. **Mike Salem** hoped it goes quickly. **Peggy Kelleher** is happy the Gators and Bills both won. **Diane Colonna** is still cheering for the Steelers. **Scott Youngberg**, the die-hard FSU fan, noted the Women's Soccer Team is playing in the semi-finals for the National Championship, and ranked #3. **Terrence Moore** was happy to share the dais with **Tom Carney** last night. **Dave Randolph** is still above ground and **Reeve Bright** is vertical.

**December 10th Meeting:** Today we inducted Fire Chief **Ron Martin** into our membership. Everyone put in for that. **Bob Hayes** had a fun trip to the Keys last week. **Dave Freeburn** is celebrating another birthday. **Ronnie Dunayer** announced the Putt-Putt event she helped with raised \$10,000. **Rich Pollack** got a hole in one at that event. **Joel Davidson** is happy UM is in the football playoffs. **Barry Frette** enjoyed the city's Christmas Tree lighting. **Ezra Krieg** is happy the Dolphins have won 4 in a row. **Peggy Kelleher** was happy Alabama/Ohio State both lost and the Bills won. **Scott Youngberg** was happy the FSU Women's Soccer Team won the National Championship. **Reeve Bright** and **Dave Randolph** are still vertical.

**December 17th Meeting:** Today we welcomed back **Jay Alperin** from his knee surgery. He was "thrilled" to be back. **Pam Davidson** was also back from her home renovations/repairs. A lot of members were glad to see Jay & Pam. Pam and **Bob Barcinski** wished everyone a happy Chanukah. **Andie DeVoe** got a new washer/dryer. A lot of members put in for that as well. Except for **Bob Hayes**, who put in for birthdays & anniversaries. **Scott Youngberg** and **Larry Schroeder** put in for Navy beating Army. **Joel Davidson** is rooting for UM to beat Texas A&M. **Diane Colonna** is cheering for the Steelers and **Peggy Kelleher** the Bills. Peggy also had a fabulous trip to Costa Rica. **Dave Freeburn** is very happy for his newest granddaughter, born the same day as his birthday after 44 hours of labor (Yikes!). **Terrence Moore's** youngest son is visiting. **Carlene Laseter's** youngbest son turned 44. **Gina Sablo** had a fun cruise with the family and hosted 11 people in her house. **Mike Salem** is OK after spending a few days in the hospital. **Dave Randolph** was happy his wife was at the meeting.

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



## Rediscover the Joy of Learning

Our program on December 10th was presented by Jennifer Gerken, Marketing & Community Outreach Coordinator for the Osher Lifelong Learning Institute (OLLI) at Florida Atlantic University (FAU).



OLLI is committed to providing intellectually enriching educational opportunities tailored for seasoned adults. Their curriculum aims to expand participants' understanding of cultural, societal, scientific, and political issues. Courses are taught by university faculty and distinguished guest lecturers, covering a wide range of subjects such as foreign policy, music, art, history, science, literature, philosophy, current events, and films.

OLLI programs are offered in a welcoming environment with state-of-the-art facilities across FAU's campuses in Jupiter, Boca Raton, and Broward County. Since 1980, Florida Atlantic University has been a pioneer in lifelong learning, boasting the oldest and largest OLLI in the United States. Their institute serves as a national model for exemplary lifelong learning programs.

OLLI offers over 200 courses and has served over 8,000 members. The variety of classes keeps their members coming back year after year. For more information, go to <https://olli.fau.edu>



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



**Andie DeVoe**

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

**Congratulations Andie!**

## Substance Abuse Prevention

Our program on December 17th was presented by Dr. Suzanne Apencer, CEO of Living Skills In Schools (LSIS).

LSIS brings accredited, age-appropriate and pedagogically proven substance abuse prevention programming to students in K-12 classrooms. Through their programs, they are working towards a world in which resilient, informed and empowered students shape and maintain communities free of substance abuse. LSIS has been delivering free programming to the students, educators, parents, school counselors, and the community in Palm Beach County since its inception in 1999 and has reached over 323,000 students to date.



One of their programs offers an innovative Family Box (short for Family Box for Substance Abuse Prevention) designed around evidenced-based research showing that families that dine together at least three times a week are more likely to reduce substance abuse in their teens. The boxes are free of charge to eligible families. Included is a digital, tabletop video brochure, a 4.5" mini tv screen that does not require access to technology, computer literacy, or batteries. The one-hour prevention education, the same program that Living Skills in the Schools has been teaching in schools and to families throughout Palm Beach County for years, is preprogrammed on the LCD screen video brochure. Families hear directly from a licensed professional, and a prevention speaker who shares their lived experience with substance abuse to deliver an authentic prevention message.

For more information, go to [livingskillsintheschools.org](http://livingskillsintheschools.org)



► Continued -From Happy Dollars, Page 2

**December 24th Meeting:** Last week we celebrated the holidays at Ezra Krieg's house. Everyone thanked Ezra and Marsha for their hospitality. Rich Pollack and Barry Frette enjoyed the deserts, including Jay Alperin's ice cream. Everyone was also happy for Andie DeVoe for winning the "Heart of the Club" award. Well deserved! Lots of "Ditto's" today as many well wishes for Christmas were heard. Peggy Kelleher thanked everyone for their help with Terrific Kids. Scott Youngberg was happy for his son visiting from San Diego. Mike Salem put in for his membership anniversary. Joel Davidson was happy for UM beating Texas A&M and attended the Boca Bowl. Dianne Colonna is still cheering for the Steelers. Dave Randolph wants everyone to pray for him - his wife has his credit card.

**December 31st Meeting:** Everyone extended New Year wishes. Everyone was also happy to see past president Susan Ruby visiting. Susan was happy to be here and she now has a great-granddaughter. The weather turned cold last night. Jay Alperin forgot to wear his long pants. Ronnie Dunayer is happy to be teaching golf in doors because it's so cold. Lilly Jones's granddaughter is getting married. Carlene Laseter is enjoying the Amtrak rides to Tampa. Beats driving! Joel Davidson and Reeve Bright are cheering on the Canes vs Ohio State tonight. Terrence Moore was happy Illinois won their bowl game. Andie DeVoe is enjoying her new washer/dryer. Bob Hayes had a great trip to Sanford and took a riverboat cruise while there.

**HAPPY NEW YEAR EVERYONE!**



# Kiwanis Terrific Kids®

On December 18th, our club presented the 2025 Fall Terrific Kids Awards to over 200 deserving students at Orchard View Elementary. The kids received a certificate, bumper sticker, pencil and a cupcake. Thanks to **Peggy Kelleher** and **Danielle Garcia** for organizing the event and to all the members who participated: **Andie DeVoe, Rich Pollack, Ezra Krieg, Bill Morse, Doug Martin, Pam & Joel Davidson, Barry Frette, Gina Sablo, Diane Colonna, Carlene Laseter, Dave Freeburn, Tom & Lucie Carney** and **Scott Youngberg**.



## Eliminating Isolation & Suicide

Our program on December 24th was presented by David Magana, Local Coordinator for Irreverent Warriors.

Irreverent Warriors 501(c)3 is a proud program of the Grunt Style Foundation, committed to tackling veteran suicide through camaraderie, connection, and authentic community.

**IRREVERENT:** A deliberate departure from conventional or solemn attitudes, often characterized by humor, light-heartedness, and a willingness to challenge the status quo or traditional expectations in a respectful and mindful manner.

**WARRIOR:** "Warrior" refers to a member of a tribe or community who is experienced in demonstrating courage, discipline, and strength. Warriors fight for a cause and in defense of others, embodying resilience, determination, and sacrifice for the protection and advancement of their tribe.

In the context of Irreverent Warriors, "irreverence" implies a refreshing approach to addressing serious issues affecting veterans, such as mental health and suicide prevention, through unconventional means that prioritize camaraderie, empowerment, and empathy while using humor and community support to break down barriers and stigma. It signifies a commitment to celebrating the unique spirit and resilience of veterans while fostering a supportive environment that encourages openness and healing.

Their signature events, Silkies Hikes and Silkies Retreats, bring together hundreds of veterans in combat

boots and the iconic military "silkies" shorts. These gatherings are filled with laughter, banter, and genuine connection, recreating the sense of platoon brotherhood and sisterhood that so many lose after leaving the service. They believe there is a gap in modern mental healthcare; rebuilding the "emotional safety net" that the platoon provided on active duty.

They cut through the red tape. There are no pity parties, no lectures... just real veterans supporting one another in ways only they can. Whether it's through humor, shared miles, cold plunges, or moments of reflection, they create spaces where healing is empowered and happens naturally.

At Irreverent Warriors, they believe that the bonds forged in sweat, laughter, and shared struggle can do more for mental health than any sterile waiting room ever could. Together, they are building a tribe that saves lives.

For more information, go to [irreverentwarriors.com](http://irreverentwarriors.com).



## Board Meeting Notes

Our club's recent Board Meeting took place via Zoom on December 1st. Here are the notes:

**I. Board Attendance:** President Diane Colonna, Secretary Alperin. Directors: Kelleher, PDavidson, Davidson, Freeburn, Bright, Krieg, Schroeder.

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

**III. Secretary's Report:** Minutes from November 3, 2025 meeting. Motion to accept minutes, Jay/Pam. Passed.

**IV. Financial Report:** Club Account Balance \$16,510.80. \$6,662.87 transferred to Foundation from Golf tournament. \$5,403.00 To Kiwanis annual membership dues. Foundation Balance \$22,854.96. \$7,119.00 from PPP, \$6662.87 from Golf tournament. Achievement Center to get \$3,000.00 after a vote today. Motion to accept: Joel/Peggy. Passed

### V. Old Business:

A. Golf Tournament – \$3,000 donation to Achievement Center. Scott - Pam Passed. Next golf tournament scheduled for 10/26/2026. Rich - Peggy Passed. Committee needs volunteers, discussion as to alternate benefactors.

B. Pancakes, Pints, and Pigskins event recap- (Peggy) Net \$7,119.00. C. Thanksgiving meals recap (Ezra). 51 families served; 12 paid for by our club and 39 from donors. American Heritage Circle K provided ~25 workers (Membership generator). Because of a truck breakdown the assembly facility was moved to St. Joe's Facilitated by Reeve Bright. \$100 donation to St. Joe's Ezra - Peggy Passed.

D. Delray Beach 250th US Birthday Celebration - (Peggy). Jointly with Rotary plan to organize a Sand Sculpture Competition. Will need sponsors for prizes and members for the committee.

E. Story Trail Agreement and Update- (Joel). Delayed - Supplies damage or missing on delivery to City. Plan to be done January 1, 2026, with March dedication, TBA. Agreement with Scholastic to print books Rich - Peggy passed.

F. Alternate meeting location--Fairfield Inn (Jay). Some information was emailed but more to follow later today. Menu, Price, Storage of Banners, badges, etc. Up to \$3,200 for rental Ezra - Peggy Passed. G. Holiday Party – December 18 (Ezra). Menu ? (But Pam wants no red meat). BYOB, needs some sides and deserts. Jay will provide 3 quarts of homemade ice cream.

H. Corporate Membership Program (Ezra). Still needs a more formal proposal.

I. Terrific Kids (Peggy). December 18, 2025 8:30 AM. \$250 prizes Peggy – Rich Passed. Also need supplies, bumper stickers, medals, etc.

### V. New Business:

- A. New Member – Lance Wordelmann (ratify email approval). No deposit, therefore tabled.
- B. Mini Grant Requests - (Ezra). Palm Beach State-Daughters of American Revolution Scholarships. Not clear to Boards. Ezra – lack of a second, therefore failed. Rich will transmit to applicant.
- C. Discussion re: email votes (Rich). Online voting policy, Jay will check with Rubin.
- D. Donor Recognition (Foundation). Discussion included letter of recognition, certificate, printing in newsletter, creating a scholarship, receipt for tax deduction. What if donor wants to remain anonymous? We need a more formal proposal to discuss.
- E. Jacob's Shoes. Andy will start collecting in January for February delivery. so, start saving now. You need new shoes anyway.

**Next Meeting:** Monday, January 5, 2026, 7:30am via Zoom.

**Them:** What inspires you to get out of bed every morning?

**Me:** My bladder mostly.



## Ever Wonder ?



... Do illiterate people get the full effect of Alphabet soup?

... If a deaf person has to go to court, is it still called a hearing?

... What disease did cured ham actually have?

... Why do buffalo wings taste like chicken?

... Why is it that no matter what color bubble bath you use the bubbles are always clear?

... Why do they call them "Free Gifts"? Aren't all gifts free?

... Is there ever a day that mattresses are not on sale?

... Where do forest rangers go to "Get away from it all"?

... Whatever happened to Preparation A through G?

... If a cow laughed hard, would milk come out of her nose?

... Why isn't the number 11 pronounced onety-one?

## DID YOU KNOW?

-- Did you know hippopotamuses have killed more people in Africa than any other animal

-- Did you know an elephants ears are used to regulate body temperature

-- Did you know the Arctic Ocean is the smallest in the world

-- Did you know the most common mental illnesses are anxiety and depression

-- Did you know the word laser stands for 'Light Amplification by Stimulated Emission of Radiation'

-- Did you know crocodiles never outgrow their enclosure

-- Did you know reindeer hair is hollow inside like a tube

-- Did you know your skin is the largest organ making up the human body

-- Did you know cows don't have upper front teeth

## Membership

Carlene Laseter - Chairperson



### Meet Our Newest Member



**Ron Martin**

Ron Martin was born in Hammond, Indiana located on the Southeast Side of Chicago, in an area affectionately known as the Calumet Region or "Da Region". He has three (3) Children: Sabrina age 28, with his son-in law Nick Duda age 27. His eldest Son is Michael, age 26, and his youngest son, Gabriel, age 24.

Ron has served as a Firefighter for 34 years, he is a State and Nationally Registered Paramedic, he holds a Fire Officer III Certification in the State of Florida, he is also a State Fire Inspector and Arson/Explosion Investigator. Beyond trade specific certifications he also holds the following:

Associate's degree in Fire Science Technology; Bachelor's degree in management, with specialized work in Organizational Culture; Master's degree in Homeland Security Management/Emergency Management; He has also completed a Leadership Fellowship Program through the National Fire Academy Completing a four-year program and hold an Executive Fire Officer Designation.

In terms of Fun, he and his fiancé Colleen and enjoy travel, visiting National Parks, Wineries, and live music. Hobbies he still enjoys include powerlifting, bowling, and writing poetry. Finally, and most importantly, HE IS A CHICAGO BEARS, and WHITE SOX FAN, and he hopes this does not impact his membership.

**Welcome Ron!**

**THE K FORMULA**  
LOVE IT. SHARE IT. LIVE IT.

I never said I hated you. I just said that if you were on fire, I might consider roasting marshmallows.

**BIG DIFFERENCE.**



#### **PUBLIC SERVICE ANNOUNCEMENT**

#### **5 Things You Can Find on IRS.gov**

The IRS website offers a wealth of information beyond just tax filing information. Here are some things you can find on the site that might help you as a taxpayer:

1. The Taxpayer Bill of Rights - This set of fundamental rights tells you what to expect when dealing with the IRS.
2. Resources on how to apply for 501(c)(3) status - There are webinars and resources to help organizations apply for and maintain their tax-exempt status.
3. Information on IRS tax volunteer opportunities - Learn how to give back and help people file their taxes
4. Information on the latest tax scams - Know what to look out for and how to stay safe
5. The Interactive Tax Assistant - Get personalized answers to your tax questions

This information is not a substitute for individualized tax advice. Please discuss your specific tax issues with a qualified tax professional.

---Tip adapted from IRS.gov

#### **Calendar Of Events**

**January 7-28**.....Collecting all types of shoes for "In Jacob Shoes"

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

**February 28-March 1**... 27th Annual Garlic Fest

**April 10-12, 2026** ....64th Annual Delray Affair

This is a major fund raiser.  
We need everyone's help



**I SWALLOWED A DICTIONARY. IT GAVE ME THESAURUS THROAT I'VE EVER HAD**  
UNKNOWN PUUNster ©2018



#### **Upcoming Meeting Programs**

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

1/7 Child Rescue Coalition  
1/14 Arts for Smiles  
1/21 Impact 100 Women  
1/28 Peace Corps Experience

2/4 Rhonda Rodgers Foundation  
2/11 Flite Center (tentative)  
2/18 Division of Victim Services  
2/25 Soup Kitchen of Boynton Beach

3/4 Take Stock of Children

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 3 - Larry Schroeder  
December 10 - Joel Davidson  
December 17 - Pam Davidson  
December 24 - Barry Frette  
December 31 - Scott (The Man) Youngberg



### Think you know words?

Build your vocabulary with these words and learn the meaning:

### **Limitrophe** ( 'límə.trof )

Noun, Latin, late 16th century

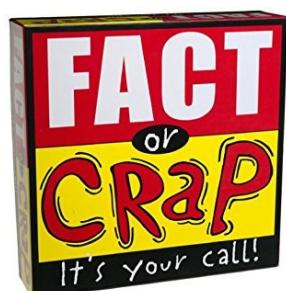
1. A border state or area.

Also as an Adjective:

1. Border, frontier; being or existing along a border or frontier.

#### Example Sentence:

1. "As it's limitrophe to the university campus, the apartment complex houses primarily graduate students



- Fact or Crap** - The walls of microwave ovens help heat food.
- Fact or Crap** - Twins can have different fathers.
- Fact or Crap** - Polar bears actually have light yellow, not white, fur.
- Fact or Crap** - The original price tag on an Apple I computer was \$666.66.
- Fact or Crap** - The largest living tree is 42 feet in circumference.
- Fact or Crap** - Bingo was invented by church elders as a way to raise money.

**(Answers on Page 10)**

## HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"There's great value in being able to step back and laugh at yourself, at life and at attitudes. Laughter helps you put everything into perspective."



– Jim Henson

ONE MINUTE YOU'RE 21, STAYING UP ALL NIGHT DRINKING BEER, EATING PIZZA AND DOING SKETCHY STUFF JUST FOR FUN.

**THEN...**

IN A BLINK OF AN EYE YOU'RE 60, DRINKING WATER, EATING KALE AND YOU CAN'T DO ANY SKETCHY STUFF, BECAUSE YOU PULLED A MUSCLE PUTTING ON YOUR SOCKS.

### HEALTHY LIVING TIP



### Two Top Benefits of Garlic

Not only is garlic delicious, but it also has many potential health benefits (and no, one of them isn't warding off vampires). Here are just two of the top benefits of garlic:

#### *Immune Support*

One of the most potent benefits of garlic is that it may help your immune system. A robust immune system can help combat sickness, including the common cold.

One large, 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared to a placebo. The average length of cold symptoms was also reduced by 70%, from 5 days in the placebo group to just 1.5 days in the garlic group.

#### *Improved Cholesterol*

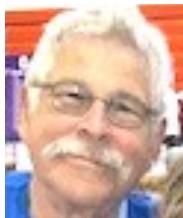
Additionally, garlic may also help improve cholesterol levels, thereby reducing the risk of heart disease. Garlic may lower both total and LDL cholesterol (otherwise known as the "bad" cholesterol).

Tip adapted from Healthline<sup>10</sup>

## 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 3:

1947, the Tennessee Williams play "A Streetcar Named Desire" opened on Broadway.

1967, a surgical team in Cape Town, South Africa, led by Dr. Christiaan Barnard, performed the first human heart transplant on Louis Washkansky, who lived 18 days with the donated organ from a 25-year-old woman who had died in a traffic accident.

1979, 11 people were killed in a crush of fans at Cincinnati's Riverfront Coliseum, where the British rock group The Who was performing.

1989, U.S. President George H.W. Bush and Soviet leader Mikhail Gorbachev concluded two days of positive bilateral discussions in Malta in a symbolic end to the Cold War.

2015, Defense Secretary Ash Carter ordered the armed services to open all military jobs to women, removing the final barriers that had kept women from serving in combat.

#### **Birthdays:**

Actor Daryl Hannah is 65.

Actor Julianne Moore is 65.

Olympic figure skating gold medalist Katarina Witt is 60.

Actor Brendan Fraser is 57.

Actor Holly Marie Combs is 52.

Actor Amanda Seyfried is 40.

### December 10:

1861, the Confederacy admitted Kentucky as it recognized a pro-Southern shadow state government that was acting without the authority of the pro-Union government in Frankfort.

1898, a treaty was signed in Paris officially ending the Spanish-American War.

1906, President Theodore Roosevelt became the first American to win a Nobel Prize, winning the Nobel Peace Prize for helping to negotiate peace in the Russo-Japanese War.

1964, Martin Luther King Jr. received his Nobel Peace Prize in Oslo, saying he accepted it "with an abiding faith in America and an audacious faith in the future of mankind."

1994, Yasser Arafat, Shimon Peres and Yitzhak Rabin were jointly awarded the Nobel Peace Prize for their efforts to advance the Middle East peace process.

2007, former Vice President Al Gore accepted the Nobel Peace Prize with a call to confront human-caused climate change and stop waging war on the environment.

2022, Morocco became the first African country to reach the World Cup semifinals by beating Portugal 1-0.

#### **Birthdays:**

Actor-singer Gloria Loring is 79.

Actor Susan Dey is 73.

Jazz musician Diane Schuur is 72.

TV chef Bobby Flay is 61.

Actor Raven-Symone is 40.

### December 17:

1777, France becomes one of the first nations to officially recognize the independence of the United States.

1903, Wilbur and Orville Wright conducted the first successful manned, powered airplane flights near Kitty Hawk, North Carolina, using their experimental craft, the Wright Flyer.

1933, the Chicago Bears defeated the New York Giants 23-21 in the first NFL championship game.

1963, President Lyndon B. Johnson signed the Clean Air Act into law; it was the first federal legislation targeting the control of air pollution.

1975, Lynette "Squeaky" Fromme was sentenced to life in prison for her attempt on the life of President Gerald R. Ford in Sacramento, California. (She was paroled in August 2009.)

1989, "The Simpsons" debuts on Fox television; it has become the longest-running animated U.S. TV series.

1992, President George H.W. Bush, Canadian Prime Minister Brian Mulroney and Mexican President Carlos Salinas de Gortari signed the North American Free Trade Agreement in separate ceremonies; NAFTA went into effect in 2004 and was replaced by the United States-Mexico-Canada Agreement in 2020.

#### **Birthdays:**

Actor Ernie Hudson is 80.

Political commentator Chris Matthews is 80.

Actor Wes Studi is 78.

Actor Bill Pullman is 72.

Country singer Tracy Byrd is 59.

Actor Milla Jovovich (YO'-vuh-vich) is 50.

Boxer Manny Pacquiao is 47.

### December 24:

1814, the United States and Britain signed the Treaty of Ghent, which would end the War of 1812 following ratification by both the British Parliament and the U.S. Senate.

1851, fire devastated the Library of Congress in Washington, D.C., destroying about 35,000 volumes (about two-thirds of the library's collection).

1865, several veterans of the Confederate Army formed a private social club in Pulaski, Tennessee, that was the original version of the Ku Klux Klan.

1943, President Franklin D. Roosevelt appointed Gen. Dwight D. Eisenhower supreme commander of Allied forces in Europe.

2024, NASA's Parker Solar Probe survived its record-breaking closest approach to the sun, hurtling 3.8 million miles above its fiery surface. Since its 2018 launch, the probe has completed numerous other close fly-bys to observe solar wind and other events.

#### **Birthdays:**

Immunologist Dr. Anthony Fauci is 85.

Filmmaker Lee Daniels is 66.

Singer Ricky Martin is 54.

TV host Ryan Seacrest is 51.

Rock singer Louis Tomlinson (One Direction) is 34.

NFL wide receiver Davante Adams is 33.

### December 31:

1879, Thomas Edison first demonstrated his electric incandescent lights for the public by illuminating some 100 bulbs in and around his laboratory in Menlo Park, New Jersey.

1904, New York's Times Square saw its first New Year's Eve celebration, with an estimated 200,000 people in attendance.

1972, baseball player Roberto Clemente, 38, was killed when a plane he chartered and was traveling on crashed shortly after takeoff from Puerto Rico while carrying relief supplies for earthquake-devastated Nicaragua.

1985, singer Rick Nelson, 45, and six others were killed when fire broke out aboard a plane that was taking the group to a New Year's Eve performance in Dallas.

1995, the syndicated comic strip "Calvin and Hobbes," created by Bill Watterson, came to an end after a 10-year run.

1999, Russian President Boris Yeltsin resigned, making Prime Minister Vladimir Putin acting president.

2019, the health commission in the central Chinese city of Wuhan announced that experts were investigating an outbreak of respiratory illness and that most of the victims had visited a seafood market in the city; the statement said 27 people had become ill with a strain of viral pneumonia, which would eventually be known as COVID-19.

#### **Birthdays:**

Rock musician Andy Summers (The Police) is 83.

Actor Ben Kingsley is 82.

Businessman Donald Trump Jr. is 48.

Olympic gymnastics gold medalist Gabby Douglas is 30.



**AND.....** "If you're sitting in a bar this afternoon, like Jay and his friends will be doing and Actor Anthony Hopkins joins us, we hope that you will buy him a drink, as he is 88 years old today.





Back By Popular Demand.....

## Here Comes "Little Johnny"

At Sunday School they were teaching how God created everything, including human beings.

Little Johnny, a child in the Kindergarten class, seemed especially intent when they told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and asked, "Johnny, what is the matter?"

Little Johnny groaned and responded, "I have a pain in my side. I think I'm going to have a wife."

**We all get heavier as we get older,  
because there's a lot more  
information in our heads.**

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



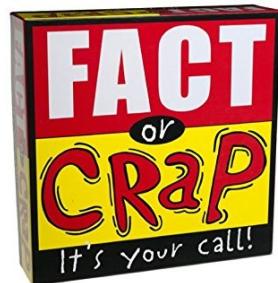
### YOUTH PROTECTION GUIDELINES

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

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



## Answers.....



- 1) Fact - Microwave ovens heat food by sending out small radio waves (microwaves). These waves are reflected off the oven walls and onto the food. As the waves penetrate the food, the water molecules in the food begin to move. It is the molecules' vibration that heats the food.
- 2) Fact - It is very very rare, but it can happen. In China a man took a blood test to prove he was not the father of twin children. Evidence proved that he was the father of one, but not the other. The woman then admitted she did have sex with a second man within a 3 day period at the time of conception.
- 3) Crap - Their fur is made up of CLEAR hollow hairs.
- 4) Fact - Introduced in 1976 the Apple 1 was like a circuit board - it came without a keyboard, power supply or monitor. At auction, the Apple 1 has been sold for \$12,500.
- 5) Crap - it is 102.6 feet. Named "General Sherman" its stands 275 feet tall and it is the largest (in volume) tree in the world. Its mass is 10 times greater than that of a blue whale.
- 6) Crap - The game can be traced to 16th century Italy. A new York toy salesman named Edwin S. Lowe renamed it bingo after its arrival to the USA in 1929 when he overheard someone accidentally yell "bingo" instead of "beano" (beans were used as card markers)

## This Month's Sudoku Puzzle....



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

- Each horizontal row has every number only once.
- Each vertical column has every number only once.
- Each 3 by 3 region has every number only once.

**Difficulty - Very Hard. Be sure to use a pencil!**

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

(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

**2025-2026 Kiwanis Int'l President:**

Michael Mulholland  
Interlaken, NJ

**2025-2026 Florida Kiwanis Governor:**

Tommy Mills  
850-320-5582

**2025-2026 Division 21 Lt. Governor:**

David Freeburn  
Email: freeburnd@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:**

**2025-2026 President:** David Roth  
Email: DavidRoth@keyes.com

**Div. 21 Trustee:** Joel Davidson  
E-mail: jid310@gmail.com

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

**Sudoku Puzzle....Answers**

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



**Kiwanis New Jersey District hosts conference on youth homelessness.**

**By Julie Saetre**

**Submitted by the Kiwanis New Jersey District**

In the 2023-24 school year, 17,315 students in the U.S. state of New Jersey were identified as experiencing homelessness. That's why Kiwanis International's New Jersey District created the New Jersey Kiwanis Youth Homelessness District Project, which works to create awareness of the issues faced by these students and provide support to organizations that are actively working to address them.

As part of the project, the district held its inaugural statewide New Jersey Kiwanis Hope and Healing Conference on November 6. The conference brought together youth advocates, agency professionals and community partners from across the state for a full day of learning, empowerment and connection.

"Our goal has always been to elevate the voices of young people facing housing instability and bring every corner of New Jersey's support network together," says Michael Ellithorpe, New Jersey Kiwanis District project chair. "This conference demonstrated what is possible when service organizations, educators and advocates unite behind a shared mission."

Attendees participated in workshop sessions and networking opportunities designed for transitionally housed youth, youth homelessness agency staff, community partners and Kiwanis members. The event underscored New Jersey's statewide commitment to addressing youth homelessness through shared purpose and coordinated action.

"This conference proved exactly what Kiwanis stands for — hope, action and partnership," says Frank Cahill, New Jersey District governor. "Seeing so many agencies, advocates and young people in one room reminded us why we remain committed to this project. Youth experiencing homelessness deserve stability, opportunity and community, and Kiwanis will continue to stand beside them every step of the way."

Emily Scharf, president of the New Jersey Kiwanis Foundation, also praised the shared commitment that shaped the conference. "The Hope and Healing Conference was the culmination of years of work, collaboration and compassion across New Jersey. Every attendee — from youth to agency leaders — played a part in creating a space of empowerment and healing. This is only the beginning of what we can accomplish together."

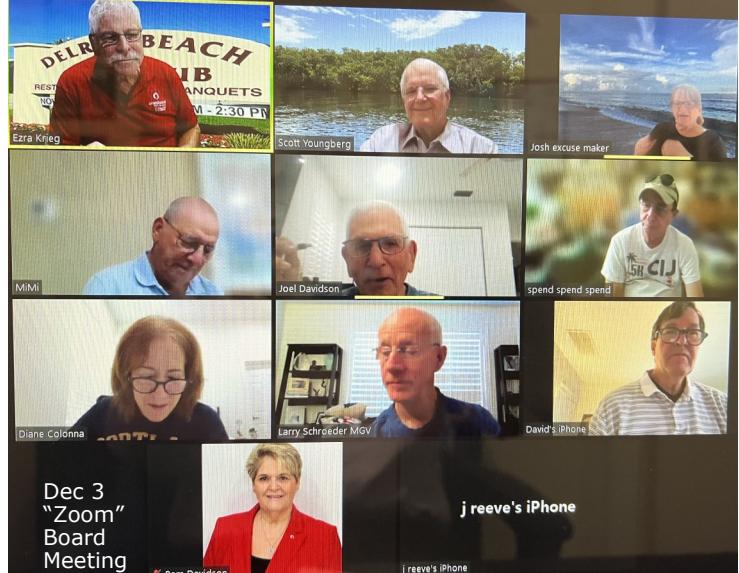
To date, the New Jersey Kiwanis Youth Homelessness District Project has generated nearly US\$40,000 in donations and thousands of volunteer hours.

Learn more about [Kiwanis clubs addressing youth homelessness](#) and get inspiration for your own project.



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

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





# Holiday Party

Thank you Ezra Krieg & Marsha for hosting this year's Holiday Party. It was a Grand Time for all!

