

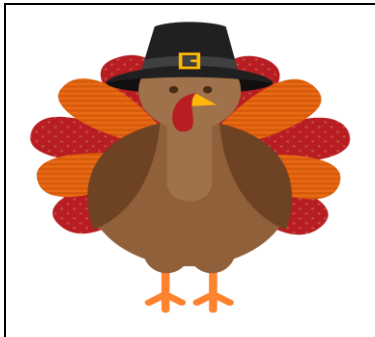


# pulse



The *heartbeat* of the Kiwanis Club of Panama City

Volunteer Satisfaction **Children** Helping International **Service** Kiwanis  
 Networking Fun **Community** Leadership Camaraderie Fundraising Friendship **Key Club** Caring



## Home for the Holidays



- FL District Governor -Jeremy Riehl
  - Div. 2 Lt Governor -Jake Cook
  - FL Foundation Trustee – Keith Forehand
  - Key Club Lt Governor -Lyndon Glover
- Division Leaders*  
*Leaving a Legacy for the Children*

### Christmas in November

Our Annual Christmas in November is right around the corner on Nov. 20<sup>th</sup> and it's a fun event benefitting homeless and foster children. Bring a toy, food item, anything that someone would want to buy. Great time to do some Christmas shopping, or you can donate the items back for the kids. And of course, guests are invited to join the fun. Items go quickly so bid high and bid often. It all happens within our club meeting so make plans to attend and you might want to arrive a little early to scope out the gifts. If you cannot attend tell Keith an amount to put on your bill.

### Ring those Bells

Another great Kiwanis tradition is to “Ring the Bells” for the Salvation Army. Our day is scheduled for Dec. 6<sup>th</sup> in front of the Lynn Haven Walmart. It is also noted that the Salvatiion Army needs volunteers to help stuff packages with items to give to those in need. See Sharon Trainor for a work schedule.

### Holiday Meeting Schedule

We'll miss you for a few meetings due to the days of the week that holidays fall this year. No official meetings on: Nov. 27<sup>th</sup> due to Thanksgiving, Dec. 25<sup>th</sup> is Christmas, and Jan. 1 for New Year's Day. I'll be around for all except Christmas so, give me a call and we can have lunch.

### Fall Festival Recap...

On Saturday Nov. 2<sup>nd</sup> we had a great time cooking pancakes for the Council on Aging's Fall Festival. 15 members donated 60 service hours to help cook and serve approx. 200 attendees. This festival helps the Council on Aging raise more than \$20,000 in matching funds to better serve our elderly community. This is a long-standing tradition for our club, and it helps us prepare for our “big event” in April.

### Only 2 ads left!

Hurry. Only \$50 gets you a full year's ad on the back of this newsletter and mention on our website as a Kiwanis supporter. What a bargain! Tell Keith if you want to place a new ad today, as there are only 2 spaces left.

**How do we define Kiwanis?....."Kiwaniis is a global organization of volunteers dedicated to improving the world one child and one community at a time"**



**November Anniversaries**

- 6<sup>th</sup> – Nick & Teresa Sorrento
- 7<sup>th</sup> – Mo & Tahereh Mohammad
- 11<sup>th</sup> – Jim & KayLee Sheetz
- 19<sup>th</sup> – Heather & Daniel Murray
- 25<sup>th</sup> – Dan & Stefanie Gall
- 27<sup>th</sup> – Jimmy & Katie Patronis
- 29<sup>th</sup> – Dave & Mary Burris

**November Birthdays**

- 10<sup>th</sup> – Sharon Trainor
- 20<sup>th</sup> – Steven Stoff
- 22<sup>nd</sup> – Dave Hornkohl
- 25<sup>th</sup> – Aretha Hall



***Call to all members***

What a better time of the year to invite someone to join Kiwanis! The holidays always bring out the “giving” in all of us and there is no better way to give than being a member. Invite someone to the Auction, to Ring the Bells, or to one of the Christmas Choir performances. We’ll take care of the rest and get them an application!

**Inspirational Moments for Kiwanis**

The French philosopher Montaigne said: ***“The value of life lies not in the length of days but in the use we make of them”***. As Kiwanians, we are contributing a portion of our lives in service to others, so whether our days are many or few, we have added value to our lives and to the lives of those we serve.

For all you trivia buffs, let’s test your Kiwanis knowledge.

***What U.S. President, who was a charter Kiwanian from Marion, OH, was the first U.S. Chief Executive to visit Canada?***

Attend a meeting to find out the answer.

*Did you know the answer last month? (“Operation Drug Alert”)*

<b>2024 – 2025 Officers / Directors</b>	
<b>President</b>	Stefanie Gall
<b>Past President</b>	Jake Cook
<b>President Elect</b>	Sharon Trainor
<b>Vice Pres.</b>	Eric Spoon
<b>Secretary</b>	Eric Krebs
<b>Treasurer</b>	Keith Forehand
<b>Directors</b>	
Debbie Armstrong	
Doug Huntsucker	Brian Hinton
Terry Jack	Dan Gall
Stan Peacock	Steven Stoff
Taylor Marshall	Dale Cronwell
<b><u>Club Contact Information:</u></b>	
Kiwanis Club of Panama City, Inc	
P.O. Box 796	
Panama City, FL 32402	
<b>Facebook:</b>	
kiwanisclubofpanamacity	
<b>Website:</b>	
<a href="http://www.panamacitykiwanis.org">www.panamacitykiwanis.org</a>	
<b>Keith Forehand, Editor</b>	
(850)-832-1048	
<a href="mailto:dkforehand@gmail.com">dkforehand@gmail.com</a>	

<b>Committee Chairpersons</b>	
<b><u>Service</u></b>	
Adopt a Precinct, Fall Festival, Meals on Wheels, Salvation Army Bell Ringing.	
<b><u>Human &amp; Spiritual Values</u></b> Donna Golden	
Invocations & Sympathy Cards	
<b><u>Service Leadership Programs</u></b>	
Mosley Key Club	Dan Gall
Bay High Key Club	Jake Cook
Bozeman Key Club	Ron Shover
Arnold Key Club	Steven Stoff
N. Bay Haven Key Club	Karen Custer
Merritt Brown Bldrs	Debbie Armstrong
Tommy Smith K-Kids	Donna Golden
Northside K-Kids	Carolyn LaCour
Beach K-Kids	Max Daleiden
Parker K-Kids	Dale Cronwell
Walsingham K-Kids	Todd Brister
Chautaugua Aktion Club	Myron Guilford
<b><u>100<sup>th</sup> Anniversary Committee</u></b>	
Eric Krebs	

<b>Committee Chairpersons</b>	
<b><u>Membership</u></b>	Stan Peacock
<b><u>Fund Raising</u></b>	
<b>Pancake Days</b>	Sharon Trainor
<b>Holiday Auction</b>	Eric Spoon
<b>Mardi Golf</b>	Eric Krebs
<b><u>Club Administration Programs</u></b>	
Doug Smith	
<b><u>Image Website Facebook</u></b>	
Melissa Brister	
Eric Krebs	
<b><u>Interclubs</u></b>	Brian Hinton
<b><u>Finance</u></b>	Keith Forehand
<b><u>Auditor</u></b>	Beverly Halley

# Kiwanis Calendar of Events

## *Opportunities to Serve*

*Share the fun and Invite a Guest!*

### November 2024

- 1<sup>st</sup> - Meals on Wheels**  
Myron Guilford & Chevina Guilford
- 2<sup>nd</sup> - Council on Aging Fall Festival**  
Let's Cook some Pancakes!
- 5<sup>th</sup> - Election Day**
- 6<sup>th</sup> - Club Meeting**  
Bob Kuchta & Michael Lister -IFS Therapy
- 8<sup>th</sup> - Meals on Wheels**  
Ed Bell & Corey Wilson
- 11<sup>th</sup> - Veterans Day**
- 13<sup>th</sup> - Club Meeting**  
Henry Hazard -Veterans Day WWII
- 15<sup>th</sup> - Meals on Wheels**  
Steve Stoff & Dave Hornkohl
- 18<sup>th</sup> - Club Satellite Meeting**  
5:30 pm The Place Downtown
- 20<sup>th</sup> - Club Meeting**  
**Christmas in November Auction**
- 22<sup>nd</sup> - Meals on Wheels**  
Todd Brister & Brian Hinton
- 27<sup>th</sup> - No Club Meeting**  
Happy Thanksgiving
- 28<sup>h</sup> - Thanksgiving Day**
- 29<sup>th</sup> - Meals on Wheels**  
Doug Smith & Ron Shover

### December 2024

- 3<sup>rd</sup> - Board Meeting**  
**November & December Combined**  
Via Zoom 5:30 pm
- 4<sup>th</sup> - Club Meeting**  
Christmas Choir
- 6<sup>th</sup> - Meals on Wheels**  
Bob Daffin & Dave Burris
- 6<sup>th</sup> - Salvation Army Bell Ringing**  
Lynn Haven Walamrt
- 11<sup>th</sup> - Club Meeting**  
Christmas Choir
- 13<sup>th</sup> - Meals on Wheels**  
Myron Guilford & Chevina Guilford
- 16<sup>th</sup> - Club Satellite Meeting**  
5:30 pm The Place Downtown
- 18<sup>th</sup> - Club Meeting**  
Christmas Choir
- 20<sup>th</sup> - Meals on Wheels**  
Ed Bell & Corey Wilson
- 25<sup>th</sup> - No Club Meeting**  
**Merry Christmas**
- 27<sup>th</sup> - Meals on Wheels**  
Todd Brister & Brian Hinton
- 31<sup>st</sup> - New Year's Eve**



**Sharon Trainor**  
**(850)-872-4130**

[www.healthystartbfg.com](http://www.healthystartbfg.com)

*Bay Dental Center*  
 "We are here when you need us."  
**Dr. John C. Colias, DDS**



45 E. Beach Drive Phone: (850) 785 5502  
 Panama City, FL 32401 Fax: (850) 785 5510  
[WWW.BAYDENTALCENTER.COM](http://WWW.BAYDENTALCENTER.COM)

**CUSTOM BLIND & SHADE**

Blinds -Shades-  
Shutters -Draperies  
850-832-1048  
Keith Forehand  
[customblindandshade.com](http://customblindandshade.com)

**Florida Kiwanis Foundation**

"Leaving a Legacy for the Children"  
Keith Forehand, Trustee  
[www.floridakiwanisfoundation.org](http://www.floridakiwanisfoundation.org)

**Todd C. Brister**  
Attorney at Law

(850) 215-7885  
744 Harrison Ave.  
[tbrister@knology.net](mailto:tbrister@knology.net)



Sue Webb



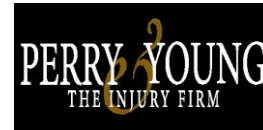
**Key Electrical Supply, Inc.**  
Mike Murphy  
769-3276 (downtown)  
235-1696 (beach)

Douglas L. Smith



**Harrison Dental Associates**

1012 W 11<sup>th</sup> St.  
(850) 763-6782



4 Locations  
850-215-7777

**Mayflower**

Van Horn Transfer & Storage  
**763-3965**  
Hercules Pettis  
[VANHORNMAYFLOWER@yahoo.com](mailto:VANHORNMAYFLOWER@yahoo.com)



**Ryan C. Posey, CPA**

850.248.0061  
[ryan@ryanposeycpa.com](mailto:ryan@ryanposeycpa.com)  
[www.ryanposeycpa.com](http://www.ryanposeycpa.com)

**Southern Yacht Surveyors**

Christopher Mills, AMS  
Surveys / Consulting  
[Southernyachtsurveyors@gmail.com](mailto:Southernyachtsurveyors@gmail.com)  
**850.913.1595**

**Stan Peacock**  
Attorney & Counselor Of Law

848 Jenks Ave.  
(850)-215-2112  
[www.stanpeacocklaw.com](http://www.stanpeacocklaw.com)



Doug Fontaine, CRPC  
(850)-730-1053  
[doug.fontaine@wfafinet.com](mailto:doug.fontaine@wfafinet.com)



1415 Airport Rd  
769-4000  
[www.gracechurchpc.com](http://www.gracechurchpc.com)



Dave Hornkohl  
850.784.3903  
[service@baytowncov.com](mailto:service@baytowncov.com)



Mortgage Loan Origination  
Max Daleiden  
C: 847-471-0485  
[mjdaleiden@allegiantlendingfirm.com](mailto:mjdaleiden@allegiantlendingfirm.com)



Taylor Marshall, FIC  
(850)832-6848

**MICHAEL R. REITER**  
ATTORNEY AT LAW

**(850) 277-0777**  
Social Security,  
Disability, and  
Bankruptcy



Myron Guilford



**ALL AMERICAN AIR CONDITIONING**

**HOJAT MOHAMMAD**  
President  
[mohammad@allamericanac.net](mailto:mohammad@allamericanac.net)

1025 Harrison Avenue  
Panama City, FL 32401  
Lic# CAC1814081

850-914-9000  
Fax 850-913-1515  
[www.AllAmericanAC.net](http://www.AllAmericanAC.net)



Denise Cox

This space is available. One or 2 Ads for just \$50 per year each.

**Little Babes Academy**  
Quality Childcare Center  
"Where Bright Futures Begin"  
5409 Hickory Street  
Panama City FL 32404  
[littlebabesacademy@yahoo.com](mailto:littlebabesacademy@yahoo.com)  
**850-252-6223**  
[www.littlebabesacademy.com](http://www.littlebabesacademy.com)



Copy / Print / Scan  
**Nicholas Sorrento**  
850-784-6601  
[reliablecopyproducts.com](http://reliablecopyproducts.com)  
[sorrento@rcpnow.com](mailto:sorrento@rcpnow.com)



Brian Hinton 850-527-6393

Please support our sponsors