



The Sunriser



The Kiwanis Club of Delray Beach - Sunrise

"Where Ordinary People Provide Extraordinary Service" - Celebrating 39 Years of Service

Meets for Breakfast Every Wednesday, 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, Fl. 33445

2012-2013 Officers

- President:** Doug Martin
561-900-9390
- Pres. Elect:** Position Open
(Please Volunteer)
- Vice-President:** Susan Ruby
- Secretary:** Barbara Schooler
561-271-6649
- Treasurer:** Dale Morrison
561-278-1002
- Immediate Past President:**
Jeff Goldman

2012-2013 Bd. of Directors

Ben Bassford, Susan Ruby,
Terrill Pyburn, Ben Ruby,
Alberta G. Rickard, Jeff Goldman

2012-2013 Committee Chairs

- *Community Service:**
 - AVDA** - Jean Antin
 - Thanksgiving**-Jay Alperin,
Jeff Goldman, Ernie Galinis
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Brian Shutt,
Barbara Schooler, Ernie Galinis
 - Golf Tourney**- Ben Ruby
 - Glo-Ball**- Bob Barcinski
 - Cruise** - Alberta Gaum Rickard,
AHS Key Club
 - Garlic Festival**- Jeff Goldman,
Ernie Galinis
- *Interclubs:** Steve Rubin
- *Membership:** Terrill Pyburn,
Alberta Gaum-Rickard
- *Newsletter/Website:**
Scott Youngberg
- *Programs:** Ezra Krieg, Ray Osterlund
- *Social Activities:**
President & President Elect
- *Spiritual Aims:**
Scott Youngberg, Ray Osterlund
- *Youth Services:**
 - BUGS** - Doug Martin, Carlene Laseter,
Ernie Galinis
 - Scholarship** - Doug Martin
 - Key Club/Builders Club** - Steve Rubin

Volume 2013, Issue 4

April, 2013

The Kiwanis Easter Bunny Visits Bethesda



Through the efforts of President **Doug Martin** and the **American Heritage School Key Club**, our club sponsored a visit of the Easter Bunny to brighten the day of some of the children at Bethesda Memorial Hospital.

At our March 20th meeting, the members attending formed a production line and prepared 18 Easter baskets to give out on March 26th. Thanks to **Alberta Gaum** and **Terrill Pyburn** for

bringing the costume, and to **Scott Youngberg**, **Tony Marazita** and members of the **American Heritage Key club** for helping out. It was really wonderful to see the faces of those children who otherwise were not having a great day. **Thanks to every one who helped.....**More pictures on page 2.

"Human Trafficking" is a Major Problem

Our program on March 27th was presented by Kim Hale, President of Kim Hale Private Investigations. The topic was Human Trafficking, which is a form of Modern Day slavery.

Human Trafficking involves the commercial exchange and exploitation of humans including forced prostitution and pornography, involuntary labor, servitude and debt bondage. Human trafficking is a growing problem worldwide, recently rising to the second most common criminal activity behind the illegal drug trade. Florida has been identified as a hub for human trafficking activity, citing one of the highest incidences of human trafficking in the country. This crime affects all types of individuals, both foreign and domestic.



Kim Hale with Terrill Pyburn

the world with 2.5 million located right here in the United States. Each year, 600,000 to 800,000 more people are being trafficked worldwide. If you suspect possible human trafficking, contact the 24 Hour Trafficking Information and Referral **Hotline: 888-3737-888**. You may contact Kim Hale at 561-361-1681 for more information.

Currently, there are approximately 27 million people enslaved throughout

Visit our Website:

www.delraybeachkiwanis-sunrise.org

Members of our club and the AHS Key Club prepare the Easter Baskets, get suited up and distributes the gifts to the children at Bethesda Memorial Hospital.



Interclubs

Steve Rubin, Chairman



Another Success!

Thanks to **Carlene Laseter, Regina Sablo,** and **Jean Antin**, who joined me at Duffy's for the Delray Noontime meeting on March 28, 2013, we had a successful Interclub.

The lobster bisque was creamy and had just a hint of sherry. The Alaskan crab legs were sauteed in fresh garlic and were sprinkled generously with parsley. The wedge of lemon in the iced tea was tart and had very few seeds. We were all very impressed with the homemade potato chips and meticulously folded napkins. Don't miss the next Interclub.

Respectfully,
Steve Rubin

Why we miss Rodney Dangerfield. Because he said

"When I was born the doctor came out to the waiting room and said to my father, "I'm very sorry. We did everything we could...but he pulled through."

I come from a stupid family. During the Civil War my great uncle fought for the west!

My father was stupid. He worked in a bank and they caught him stealing pens.

My mother had morning sickness after I was born.

My mother never breast fed me. She told me that she only liked me as a friend.

My father carries around the picture of the kid who came with his wallet.

When I played in the sandbox the cat kept covering me up.

I could tell that my parents hated me. My bath toys were a toaster and a radio.

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



Upcoming Birthdays:

April 25 - Bill Szymanski

Wedding Anniversaries:

April 9 - Regina & Bob Sablo

Membership Anniversaries:

- None -

March 6th Meeting: It was a "sparse" turn out today. **Jay Alperin** put in \$2 because there weren't enough people. **Bob Hagel** said that Jay just put his dollar in for him. And, believe it or not, everyone else was "Just Happy".

March 13th Meeting: **Alberta Gaum** did the collecting today. It was the "Morning After" the elections. Every one was happy it was over....**Jay Alperin** was happy even though his choice didn't win. **Ezra Krieg** told us Fox Chase voted.....Hmmmmm.....Fox Chase is one of those pockets not in the city, isn't it? **Bob Barcinski** and **Alberta** also put in for their birthdays. **Bob Hagel** was happy he made it and **Scott Youngberg** proclaimed "Happy New Year!"

March 20th Meeting: **Jay Alperin** was pressed into service collecting all the happy dollars today. Jay said "I'm Happy I'm Here!" **Jim Van Patten** announced that he expects to be receiving the "Gold Award" in his Toastmasters group. FSU alumni **Scott Youngberg** pulled a "Shocker" by congratulating the Miami Hurricanes for making the NCAA Tournament. **Ernie Galinis** ditto'd that. **Ezra Krieg's** son was visiting from his school in Maine and **Steve Rubin** has become an FSU fan because his daughter is going to school there. He was a little bummed when FSU was eliminated from the NIT tournament. Everyone else was "Just Happy".

March 27th Meeting: This was an extremely loud, rambunctious meeting today....What a lot of FUN! **Regina Sablo** was here celebrating her 10 year anniversary with the club. **Barbara Schooler** was back from New York visiting her new grand-daughter. **Carlene Laseter** enjoyed her company that visited last weekend. **Terrill Pyburn** put in for the Easter Bunny visit and for our new member **Kim Hale**. Kim was happy to be joining our club. Finally, **Scott Youngberg** asked if anyone saw the moon last night. A fantastic sight reminding him of the fishing days with **Ray Osterlund & Jay Alperin** where we would all sing...."When the moon hits your eye like a big pizza pie...." There is no truth to the rumor that there may have been a little alcohol involved.



Upcoming Meeting Programs

At the time of publication, we did not receive any future program information.

Contact Ezra for more information, or come to a meeting and be surprised.

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



Part 1.....Proper storage of food reduces the risk of food poisoning. Follow these tips to ensure your food is always safe to eat.

Fridge storage

Some foods need to be kept in the fridge to help stop bacteria growing. These include foods with a "use-by" date, cooked foods and ready-to-eat foods such as desserts and cooked meats.

Here's how to prevent bacteria from growing:

- keep your fridge temperature below 5°C
- when preparing food, keep it out of the fridge for the shortest

time possible

- if you're having a buffet, keep the food refrigerated until you're ready to serve it
- cool down leftovers as quickly as possible (within 90 minutes), store them in the fridge and eat them within two days
- store eggs in their box in the fridge

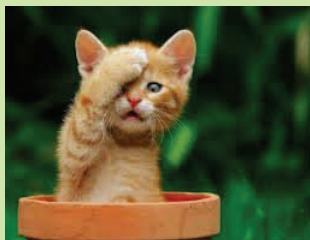
Never put open cans in the fridge, as the metal may transfer to the can's contents – place the contents in a storage container or covered bowl instead "Make sure food has cooled down before you put it in the fridge," says Philippa Hudson, senior lecturer in food safety at Bournemouth University.

"If the food is still hot it will raise the temperature in the fridge, which isn't safe as it can promote bacterial growth."

Clean your fridge regularly to ensure it remains hygienic and in good working condition.

THIS COULD BE ME / US SOMEDAY:

Couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember



Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure.'

'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Calendar Of Events

April 5-7 **Delray Affair** Fund Raiser. We need all members to help out.



April 6 Opening Day Delray Beach Little League. Support our sponsored team at Pompey Park.

April 20 **Florida Kiwanis Governors official visit** to Division 21 and Cookout at Boynton Inlet Park. Expecting 300 people. Good Times for All.

TBA.....Interclubs, Bugs,

Other Doings.....



Our club donated \$100 to the city Easter Egg Hunt and also provided Easter Baskets and sponsored the Easter Bunny's visit to the Children's ward at Bethesda Hospital.



Our Club netted \$1,300 from the Garlic Festival. The Monies will help us achieve our goals for this year in community service and helping kids. Thanks to all who helped!

Rigorous Exercise for Over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level.) After you feel confident at that level, put a potato in each of the sacks.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



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 few weeks:

March 6:

1836 The Alamo in San Antonio, Texas, fell to Mexican forces after a 13-day siege.

1857 In its Dred Scott decision, the Supreme Court held that Scott, a slave, could not sue for his freedom in a federal court.

1912 Oreo sandwich cookies were first introduced by the National Biscuit Co., which later became Nabisco.

1944 Heavy bombers staged the first American raid on Berlin during World War II.

1957 The former British African colonies of the Gold Coast and Togoland became the independent nation of Ghana.

1981 Walter Cronkite signed off for the last time as anchorman of "The CBS Evening News."



Birthdays:

1926 Alan Greenspan, Former Federal Reserve chairman, turns 87

1944 Mary Wilson, Singer (The Supremes), turns 69

1946 David Gilmour, Rock musician (Pink Floyd), turns 67

1947 Rob Reiner, Actor-director, turns 66

1947 Kiki Dee, Singer, turns 66

1959 Tom Arnold, Actor, turns 54

1969 Amy Pietz, Actress ("Caroline in the City"), turns 44

1972 Shaquille O'Neal, Basketball player, turns 41

March 13:

1639 New College was renamed Harvard College for clergyman John Harvard.

1781 The planet Uranus was discovered by Sir William Herschel.

1852 "Uncle Sam" made his debut as a cartoon character in the NY Lantern.

1884 Standard Time was adopted throughout the United States.

1969 Apollo 9 returned to Earth after a mission to test the lunar module.

Birthdays:

1939 Neil Sedaka, Singer, songwriter, turns 74

1950 William H. Macy, Actor turns 63

1956 Dana Delany, Actress ("Body of Proof,") turns 57

1962 Terrence Blanchard, Jazz trumpeter, turns 51

March 20:

1815 Napoleon Bonaparte entered Paris, beginning his Hundred Days rule.

1816 The Supreme Court affirmed its right to review state court decisions.

1852 Harriet Beecher Stowe's novel about slavery, "Uncle Tom's Cabin," was published.

1987 The FDA approved the sale of AZT, a drug shown to prolong the lives of some AIDS patients.

1997 Liggett Group settled 22 state lawsuits by admitting the industry markets cigarettes to teenagers and agreeing to warn on every pack that smoking is addictive.

Birthdays:

1922 Carl Reiner, Actor-writer-director, turns 91

1931 Hal Linden, Actor ("Barney Miller"), turns 82

1948 Bobby Orr, Hockey Hall of Famer, turns 65

1950 William Hurt, Actor, turns 63

1957 Spike Lee, Director, turns 56

1958 Holly Hunter, Actress, turns 55

1963 Kathy Ireland, Model, turns 50

March 27:

1513 Spanish explorer Juan Ponce de Leon sighted Florida.

1794 President George Washington and Congress authorized creation of the U.S. Navy.

1836 The first Mormon temple was dedicated, in Kirtland, Ohio.

1939 Oregon won the first NCAA men's basketball tournament with a 46-33 victory over Ohio State in Evanston, Ill.

1977 A KLM Boeing 747, attempting to take off, crashed into a Pan Am 747 on the Canary Island of Tenerife, killing 583 people in the deadliest aviation accident in history.

1998 The FDA approved the drug Viagra, made by Pfizer, to fight male impotence.

2007 NFL owners voted to make instant replay a permanent officiating tool.

Birthdays:

1935 Julian Glover, Actor, turns 78

1942 Michael York, Actor, turns 71

1950 Tony Banks, Rock musician (Genesis), turns 63

1963 Quentin Tarantino, Director, turns 50

1970 Mariah Carey, Singer, actress, turns 43

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Fergie, Singer (Black Eyed Peas), comes in, we hope that you will buy her a drink, as she is 38 years old today.

Did You Know.....?

Key Club is the oldest and largest service program for high school students. It is a student-led organization that teaches leadership through service to others. Members of the Kiwanis International family, Key Club members build themselves as they build their schools and communities. Key Club has approximately 260,000 members in approximately 5,000 clubs. Key Club is represented in 30 countries.

Florida District of Key Club International, Inc.

The Florida District of Key Club is one of 34 districts that make up Key Club International. It is comprised of 20,000 members in 350 clubs within the state of Florida and the Cayman Islands. Formed in 1934, Florida was the first district in Key Club. Its board of trustees consists of 46 student members and is advised by 17 adult members on the Kiwanis Committee on Key Club. The Florida District of Key Club is a Florida registered corporation and approved by the U.S. Internal Revenue Service as a section 501(c)(3) charitable organization with tax exempt status.

Mission Statement

Key Club is an international student-led organization which provides its members with opportunities to provide service, build character and develop leadership.

Vision

We are caring and competent servant leaders transforming communities worldwide.

Core values

The core values of Key Club International are leadership, character building, caring and inclusiveness.

Pledge

I pledge, on my honor, to uphold the Objects of Key Club International; to build my home, school and community; to serve my nation and God; and combat all forces which tend to undermine these institutions.

Motto

Caring—Our Way of Life

Objects

To develop initiative and leadership.

To provide experience in living and working together.

To serve the school and community.

To cooperate with the school principal.

To prepare for useful citizenship.

To accept and promote the following ideals:

To give primacy to the human and spiritual, rather than to the material values of life.

To encourage the daily living of the Golden Rule in all human relationships.

To promote the adoption and application of higher standards in scholarship, sportsmanship and social contacts.

To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.

To provide a practical means to form enduring friendships, to render unselfish service and to build better communities.

To cooperate in creating and maintaining that sound public opinion and high idealism which makes possible the increase of righteousness, justice, patriotism and good will.

Our Club Sponsors The American Heritage School Key Club.

From the File

**"Stuff you didn't know.....
you didn't know!"**

..... It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law all the mead he could drink.

Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

..... Many years ago in England , pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups.

When they needed a refill , they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

Disorder In The Court

These are from a book called *Disorder in the American Courts*, and are things people actually said in in court , word for word , taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.



ATTORNEY: Now doctor , isn't it true that when a person dies in his sleep , he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: The youngest son , the 20-year-old , how old is he?

WITNESS: He's 20 , much like your IQ.

ATTORNEY: Were you present when your picture was taken?

WITNESS: Are you shi**ing me?

ATTORNEY: So the date of conception (of the baby) was August 8th?

WITNESS: Yes.

ATTORNEY: And what were you doing at that time?

WITNESS: Getting laid

ATTORNEY: She had three children , right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

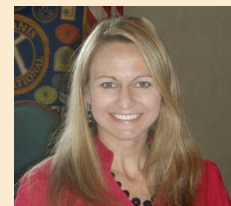
ATTORNEY: Were there any girls?

WITNESS: Your Honor , I think I need a different attorney. Can I get a new attorney?

Membership

Terrill Pyburn - Chairperson

**Welcome To Our
Newest Member:**



Kim Hale



Kim's Induction Ceremony with Jay Alperin presiding along with her sponsor Ezra Krieg.

Kim is a Licensed Private Investigator with the State of Florida and is President of Kim Hale Private Investigations, located in Delray Beach. She was born and raised on Massachusetts' North Shore and worked on Beacon Hill in Boston before coming to South Florida in 2000. Kimberly's experience includes hundreds of cases, with specialties in locating missing people and specialization in conducting background investigations and fraud prevention.

Kim is also the founder and Executive Director of Gateways, a private foundation established in Boston in 1999. Gateways is a not-for-profit book program that serves incarcerated youth in Palm Beach County, providing reading material and mentoring programs to troubled, high risk youth in order to facilitate positive inner psychological change.

Please make sure you introduce yourself next time you see her, and don't forget to sign her apron. I have it on great authority there will be fines for not signing.

Welcome Kim!



50/50 Winners:
Here are the holders of
the "Winning Tickets"
for last month:



March 6 - Steve Rubin (Gave to AVDA)

March 13 - Ezra Krieg (Gave to AVDA)

March 20 - Jay Alperin (Gave to AVDA)

March 27 - Steve Rubin - Again?? (Gave to AVDA)

PUBLIC SERVICE ANNOUNCEMENT

Colon Cancer - it's important to know the following:

That if you are 50 and over or have loved ones that age:

- * Both men and women can have colon cancer.
- * It's important to be screened even if you feel well.
- * When colon cancer is caught early, most people can be cured.
- * You can still get colon cancer even if no one in your family has ever had it.

There are various types of screening tests for colorectal cancer. When it's time to be screened - take action and get screened. Your doctor can help you decide which type of screening is right for you:

- * A fecal occult blood test (FOBT) is done at home using a test kit from your doctor. It's recommended once a year to check for blood in your stool that you can't see.
- * A sigmoidoscopy is recommended every 5 years for persons at average risk.
- * A colonoscopy is recommended every 10 years for persons at average risk.

Here are some statistics about colorectal cancer:

- * It is the second leading cause of cancer deaths in both men and women in the United States.
- * An estimated 141,210 new cases will be diagnosed in 2011. About 49,380 people will die from the disease.
- * About 6 percent of Americans are expected to develop the disease within their lifetime.
- * The risk of colorectal cancer begins to increase after the age of 40 and rises sharply at the ages of 50 to 55, then doubles with each succeeding decade.

Here is what you can do to avoid contributing to these statistics.

Screening Comes First

The most important step, by far, is to have a screening test. These tests come in various forms, some more difficult to perform than others. We'll get into the details about them in a minute.

In addition to screening, you can take other steps to reduce your risk of cancer. In fact, you already know and may be practicing some of the techniques for preventing colorectal cancer.

Lots Of Fruit And Vegetables

Researchers can't say that a particular diet causes colorectal cancer, but an association between diet and disease is likely. Eat more fruits, vegetables and whole-grain foods. Eating less red meat and limiting how much alcohol you drink also can help. Of course, stopping smoking is crucial.

Researchers used to think that eating a high-fiber diet would protect against colorectal cancer, but now they're not sure. Still, hold on to your salad. After all, eating a high-fiber diet and drinking plenty of fluids is healthy anyway.

Thirty Minutes A Day

Another way to help prevent the disease is through exercising and maintaining a healthy weight. Get at least 30 minutes of exercise most days of the week, but even small amounts of regular exercise can help. Extra fat, especially around your waist, can increase your chances of getting colorectal cancer.

The Supplement Quandary

Some studies suggest that people with higher blood levels of vitamin D have a decreased risk of colorectal cancer compared to people that have abnormally low levels.

Other studies have focused on aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs commonly are used to relieve minor pain. Other NSAIDs include ibuprofen (Motrin, Nuprin or Advil, for example), naproxen (Naprosyn, Aleve) and indomethacin (Indocin). Some studies have found that people who regularly use NSAIDs have a lower risk of developing colorectal cancer or adenomatous polyps (which can develop into cancer). However, more study is needed. According to the American Cancer Society, taking NSAIDs to lower colorectal cancer risk isn't currently recommended.

Screening: The Best Protection

Screening allows your doctor to find polyps in the colon. Polyps are the growths than can lead to cancer. Certain procedures also allow the doctor to remove polyps in the course of the screening test. One estimate says that removing polyps can lower the occurrence of colorectal cancer by as much as 90 percent.

Screening tests range from simple, home-based tests to complicated procedures involving special medical equipment. Work with your doctor to select the option that is right for you.

A Final Word

If you feel that getting screened for colorectal cancer may be a little uncomfortable and inconvenient, you're probably right. But think of it this way — this short-term inconvenience can save your life.

Two cowboys come upon an Indian lying on his stomach with his ear to the ground. One of the cowboys stops and says to the other, "You see that Indian?" "Yeah," says the other cowboy.

"Look," says the first one, "he's listening to the ground. He can hear things for miles in any direction."

Just then the Indian looks up. "Covered wagon," he says, "about two miles away. Have two horses, one brown, one white. Man, woman, child, household effects in wagon."

"Incredible!" says the cowboy to his friend. "This Indian knows how far away they are, how many horses, what color they are, who is in the wagon, and what is in the wagon. Amazing!"

The Indian looks up and says, "Ran over me about a half hour ago."



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

Thank you

The Delray Beach-Sunrise Kiwanis Club was Chartered in 1973 and is operating in Division 21 of the Florida District

2012-13 Kiwanis International President:
Thomas DeJulio

2012-13 Florida Kiwanis Governor:
Allen Whetsell

2012-13 Division 21 Lt. Governor:
John Sullivan

Other Division 21 Clubs:

Boca Raton-Thursdays, 7:30 a.m.,
Boca Raton Train Depot
747 S. Dixie Hwy., Boca Raton

Boynton Beach-Tuesdays, 12 Noon,
Duffy's Sports Grill
4746 N. Congress Ave., Boynton Beach

Delray Beach- 1st & 3rd Thursdays, 12:15 p.m.,
Duffy's Sports Grill
1750 South Federal Highway
Delray Beach 33483

Gold Coast Knights-1st & 3rd Thurs., 7 p.m.,
Deerfield Country Club
50 Fairway Drive, Deerfield Beach

Green Acres - Wednesdays, 12 Noon,
Palm Beach National Golf & CC
Nassau Road
Lake Worth, 33467

Hypoluxo-Lantana - Tuesdays, 7:00 a.m.
Maddock Park
1200 West Drew Street
Lantana, Florida 33462

Lake Worth - Tuesdays, 8 a.m.,
TooJays Restaurant
419 Lake Avenue, Lake Worth

Palm Springs - Tuesdays, 7:15 a.m.
Newport Café
2677 Forest Hill Blvd., #123
West Palm Beach, FL

Florida Kiwanis Foundation:

President: Don Fineout

Div. 21 Trustee: James Banaeian



Executive Perspective

by Stan D. Soderstrom, *Executive Director of Kiwanis and the Kiwanis International Foundation*

THE WAYS WE SERVE

Kiwanians are well acquainted with the Kiwanis approach to service. What we're known for first and foremost is our community service. On the surface, our service undertakings seem to fall into three categories. (These are just my opinion and not official Kiwanis guidelines.)

First, there are service activities. These are the simplest, easy-to-plan, easy-to-execute, service efforts usually involving a small number of people and meeting a simple need. Picking up litter, singing at a nursing home or honoring teachers, police or firefighters of the month.

Next are service projects. Most clubs excel at these. They require significant planning and resourcing, and their impact is usually much greater than an activity. Organizing a pancake day, building a playground or renovating a child's bedroom to accommodate his special needs.

Requiring the greatest level of commitment are service programs. These usually are ongoing and may be daily, weekly or monthly in occurrence. Sometimes, they're the best opportunity to build a club's reputation within the community, as well as its brand. We have clubs that run community centers, day-care facilities and senior living apartments.

These programs are the Kiwanis most people see. They're what we're best known for. Interestingly, most of us overlook some of the most important community service our clubs perform—things that make a long-term difference to our local, and even our global, communities. Our advocacy is a service. We advocate for children and mothers.

Through The Eliminate Project, we're stepping forward and asking governments and health organizations to join us as we commit to saving lives of women and their future babies. By publicly stating that we serve the children of the world, we educate ourselves and others about important community needs, and we shine a light on children's issues.

Our networking is service (yes, Kiwanians do network and it's alright). By reaching out to others—through business, community, church, school and other relationships—we're educating our communities and community leaders. The larger our circles of members, friends and supporters, the more people who care about the things we care about.

Our very presence is also service. By being an active, engaged part of any community, we have the opportunity to lead by example. Even if people don't join us or financially support us, they see us and know we make their community a better place to live.

It's important that every Kiwanis club understands how it can contribute to its community's quality of life by being a good club that invites others to join, participate or support. By making its presence known, it makes others feel good about the community.

And ultimately everyone, especially children, will benefit. Thank you for your Kiwanis service— whatever form it may take.

..... **Stan Soderstrom, Kiwanis Executive Director**





From Ben Bassford's Camera.....

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



Ben Bassford

