



# The Sunriser



## The Kiwanis Club of Delray Beach - Sunrise

*Where Ordinary People Provide Extraordinary Service" - Celebrating 41 Years of Service*

Meets for Breakfast Wednesday's (except the 1st Week), 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, Fl. And the 1st Thursday, 6:00 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, Fl.

### 2014-2015 Officers

**President:** Scott Youngberg  
561-386-5237

**Pres. Elect:** Open

**Vice-President:** Susan Ruby

**Secretary:** Barbara Schooler  
561-271-6649

**Treasurer:** Dale Morrison  
561-278-1002

**Immediate Past President:**  
Doug Martin

### 2013-2014 Bd. of Directors

Carlene Laseter, Susan Ruby,  
Ben Ruby, Rosalee Rhodes,  
Alberta G. Rickard

### 2013-2014 Committee Chairs

#### **\*Community Service:**

**AVDA** - Jean Antin, Ben Ruby

**Thanksgiving**- Alberta G. Rickard  
Jeff Goldman

**\*Club Meetings:** Jay Alperin

**\*Satellite Club/Evening Meeting:**  
Rosalee Rhodes

#### **\*Fund Raising:**

**Delray Affair**- Carlene Laseter

**Golf Tourney**- Ben Ruby

**Glo-Ball**- Bob Barcinski

**Garlic Festival**- Jeff Goldman

**\*Interclubs:** Steve Rubin

**\*Membership:** Carlene Laseter  
Kim Hale, Peggy Kelleher

#### **\*Newsletter/Website:**

Scott Youngberg

**\*Programs:** Ezra Krieg

#### **\*Social Activities:**

President & President Elect

**\*Spiritual Aims:** Doug Martin

#### **\*Youth Services:**

**Scholarship** - Doug Martin

**Key Club/Builders Club** -

American Heritage-Tony Marazita

Atlantic High School- Lisa Milchman

Unity School - Stacy Brookman

**Volume 2015, Issue 4**

**April, 2015**

## **Feeding The Mind, Body & Spirit Of Children**



Our program on March 11th was presented by Shelly Zacks, the Team

Leader for The Delray Beach

Children's Garden. The garden is the first of its kind in Palm Beach County. The goal of the garden is to nurture an eco-consciousness in children through nature exploration, garden education and play.

Children's gardens across the country are revealing that they feed the mind, body and spirit of children; empower children to create a more sustainable and food secure world;

bring people together from all economic, cultural and ability groups; and offer an opportunity for the proactive evolution of new ideas to serve people, plants and the earth.

The group meets every Saturday between 9am-12 noon at 127 SW 2nd Avenue in Delray Beach. If you wish to help building out the garden or want to contribute to their cause, you can contact Shelly at shellyzacks@yahoo.com. You can also find them on Facebook.



**THE DELRAY BEACH CHILDREN'S GARDEN**  
*nurturing eco-consciousness in children*

## **Wayside Helps Women With Addictions**

Our program on March 25th was presented by Lisa McWhorter, Executive Director of Wayside House. The mission of Wayside House is to provide women with addictions the support, programs and services they need to recover mentally, physically and emotionally and return to their families and community ready to live a fulfilling life.

Located in Delray Beach, Wayside House, with its clinical staff, consulting psychiatrist and on-site registered nurse, serves 28 residential clients with a comprehensive clinical program that is responsive to the specific needs of women with addictions and co-occurring conditions, and their families.

Wayside House also serves a large number of outpatients. Wayside House clinicians conduct individual assessments of any woman, ages 18

and older, in the community with an addiction history and who is at the time of the assessment sober but in need of help in sustaining sobriety.

Their serene campus is complete with gazebo, brick walkways, gardens of flowers, herbs, vegetables and fruit trees, all tucked away with privacy. More importantly, they have a wide-ranging therapeutic program complete with the latest therapies for treating drug and alcohol addiction and co-occurring conditions, including eating disorders. They also offer a wide variety of holistic services from equine and horticulture therapies, to art, yoga, meditation and parenting education. For more information go to [www.waysidehouse.net](http://www.waysidehouse.net).



**Visit our Website:**

[www.delraybeachkiwanis-sunrise.org](http://www.delraybeachkiwanis-sunrise.org)



Like us on  
**Facebook**

## Increase Sales with Sandler



Our program on March 18th was presented by Lewis Fogel, the President & CEO of Sandler Training Systems in Delray Beach.

Sandler works with companies across Southern Florida, through the Boca Raton region and surrounding areas. Their clients are businesses of all industries and sizes who are motivated to invest in their future, who believe in their business development teams and are never satisfied with the status quo. One of his tips: Listen to understand. Body language gives you 55% of the prospects reaction. While 35% is represented in their tonality and 10% in their actual words.

Each month, they host sales and customer service workshops for CEOs, Owners, Presidents, Executives and Managers who want to be not only better, but different than their competition. They are an opportunity for business leaders to connect, and take away real strategies and tactics you can implement with your staff.

Sandler Training's core 'President's Club', 'Strategic Customer Care' and 'Sandler Management Solutions' programs emphasize ongoing reinforcement training for lasting change and success. In addition, they offer several short-term programs, and/or support tools which are designed to resolve specific business issues. These 'specialized' programs and tools support and enhance their core training material, to meet their clients' specific business needs. For more information, go to [www.flsales.sandler.com](http://www.flsales.sandler.com).

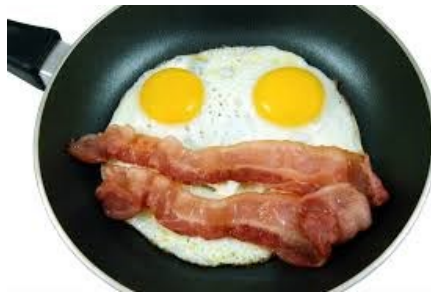


An elderly couple was watching television one evening. The wife said, "I am going to get a dish of ice cream now." Kindly, the husband offered to get the ice cream for his wife. "I'll write it down so you don't forget," she said.

"I won't forget," the old gent said. "But, I want chocolate syrup and nuts on it. So, I'll write it down," she replied.

"I will get you the ice cream. Don't you worry," replied the gentleman.

A few minutes later, the old man returned with bacon and eggs. His wife said, "See, I should have written it down because you forgot the toast."



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



## Upcoming Important Dates:

### Upcoming Birthdays:

**April 25** - Bill Szymanski

### Wedding Anniversaries:

**April 9** - Regina & Bob Sablo

### Membership Anniversaries:

- None -

**March 5th Meeting:** Another GREAT turnout for our "Happy Hour" meeting at Finnegan's. Visiting was our Lt. Governor **Carol Ramiccio** and her husband Tom. **Jay Alperin** was one of many that was happy for the crowd tonight. **Barbara Schooler** and **Mike Salem** was also happy to be here. **Gina Sablo** had a Real Estate deal close last week and **Carlene Laseter** again boasted Kentucky -"30 straight" wins. **Susan Ruby** was happy for "Living in Paradise" (stole Doug Martin's line). Couldn't make out what **Ben Ruby** said, but **Dale Morrison** put a dollar in for him. **Ben Bassford** had a fun story how he got to meet a neighbor with the same address as his except it's SE, not NE. **Doug Martin** is happy Susan volunteered for President next year (Not), and **Scott Dalton** was extremely happy.....he dropped his wife off at the airport, she's gone for 5 days! Be careful Big Guy.....Oh, BTW, **Peggy Kelleher** showed up as everyone was leaving. You get an "Atta-Girl" for making the effort and it will count toward your perfect attendance.

**March 11th Meeting:** The day after elections, **Jay Alperin** was not happy. But he is happy that the next election is now 3 years away which gives him at least a 2 year break from politics. "If Jay isn't happy, I'm not happy" says **Steve Rubin**. **Carlene Laseter** proclaimed "31 straight" for Kentucky's win streak. **Ben Bassford** appreciates the abuse that Jay puts himself through with the elections and **Bob Barcinski** touted Valpariso University who won the Horizon league championship. **Peggy Kelleher's** son is going to Tallahassee to be a messenger for the House of Representatives. (Ed note: Have him apply to FSU while he's there). **Scott Dalton** likes the opportunity to feed 2 1/2 thousand people with only 3 hours of work and **Ezra Krieg** was happy **Scott Youngberg** gave him a dollar to put in the fun jar. Everyone else was "Just Happy".

**March 18th Meeting:** This was "Happy Birthday" day, as **Bob Barcinski** and **Jean Antin** are celebrating their birthday on Saturday. Everybody contributed on their behalf. **Steve Rubin** put in \$1 - 50 cents for Bob & 50 cents for Jean. Jean put \$2 in, one for Bob and "This one's for me!" **Carlene Laseter** added an extra dollar for Kentucky "Staying on their roll". Finally, **Rosalie Rhodes** added for her neighbor's 90th birthday party.

**March 25th Meeting:** This morning we had the pleasure of meeting Eli and Forest, who are **Jay Alperin's** grandson's. Jay put in \$3 for the three of them. **Ernie Galinis** was happy that UM came back from 16 points down to win and advance in the NIT Championship. **Carlene Laseter** had a great visit with the kids and she reminded us that Kentucky is still going strong. **Scott Dalton** is happy he can finally put his snow blower away. (Snow-blower in Florida????) Hahahaha..... Everyone else was "Just Happy".

# I ♥ MY CLUB



## ***PUBLIC SERVICE ANNOUNCEMENT***

### **10 Early Signs and Symptoms of Alzheimer's**

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

**Memory loss that disrupts daily life.** One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

**Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

**Difficulty completing familiar tasks at home, at work or at leisure.** People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

**Confusion with time or place.** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

**Trouble understanding visual images and spatial relationships.** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

**New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

**Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

**Decreased or poor judgment.** People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

**Withdrawal from work or social activities.** A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

**Changes in mood and personality.** The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.



### ***50/50 Winners:***

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



**March 5 - Ben Ruby**

**March 11 - Carlene Laseter**

**March 18 - Ernie Galinis**

**March 25 - Scott Dalton**



### ***Blondes..... Gotta Love'Em***

Q: Why do blondes wear their hair up?

A: To catch everything that goes over their heads.

Q: What does a blonde and a beer bottle have in common?

A: They're both empty from the neck up.

Q: Why was the blonde upset when she got her Driver's License?

A: Because she got an "F" in sex.

***Visit our Website:***

[www.delraybeachkiwanis-sunrise.org](http://www.delraybeachkiwanis-sunrise.org)





## Are Organic Foods Right for You? ( Part 4 )

### Fruits and vegetables where the organic label matters the most

According to the Environmental Working

Group, a nonprofit organization that analyzes the results of government pesticide testing in the U.S., the following 14 fruits and vegetables have the highest pesticide levels on average. Because of their high pesticide levels when conventionally grown, it is best to buy these organic:

Apples, Sweet Bell Peppers, Cucumbers, Celery, Potatoes, Grapes, Cherry Tomatoes, Kale/Collard Greens, Summer Squash, Nectarines (imported), Peaches, Spinach, Strawberries and Hot Peppers.

These conventionally grown fruits and vegetables were found to have the lowest levels of pesticides. Most of these have thicker skin, which naturally protects them better from pests, and which also means their production does not require the use of as many pesticides:

Asparagus, Avocado, Mushrooms, Cabbage, Sweet Corn, Eggplant, Kiwi, Mango, Onion, Papaya, Pineapple, Sweet Peas (frozen), Sweet Potatoes, Grapefruit and Cantaloupe.

### Does washing and peeling get rid of pesticides?

Rinsing reduces but does not eliminate pesticides. Peeling sometimes helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, wash and scrub all produce thoroughly, and buy organic when possible.

### What's in American meat?

It is helpful to understand what the U.S. government allows in feed or to be used in conventional production:

- Dairy cows – antibiotics, pig & chicken byproducts, hormones (for growth), pesticides, sewage sludge.
- Beef cows – antibiotics, pig & chicken byproducts, steroids, hormones, pesticides, sewage sludge.
- Pigs – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs (growth hormones are prohibited).

- Broiler chickens – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs (growth hormones are prohibited).
- Egg laying hens – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs.

When you're shopping for organic foods in the U.S., look for the "USDA Organic" seal. Only foods that are 95 to 100 percent organic (and GMO-free) can use the USDA Organic label.

- 100% Organic – Foods that are completely organic or made with 100% organic ingredients may display the USDA seal.
- Organic – Foods that contain at least 95% organic ingredients may display the USDA seal.
- Made with organic ingredients – Foods that contain at least 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the front of the package.
- Contains organic ingredients – Foods that contain less than 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the information panel of the package.

When shopping for GMO-free food products in the U.S. and Canada, look for the Non-GMO Project Verified seal, which means that no more than 0.9% of the product is genetically engineered. "GMO free" or "Non-GMO" – without the seal, foods labeled with these terms have not necessarily undergone independent verification.

### Organic food buying tips

- Buy in season – Fruits and vegetables are cheapest and freshest when they are in season. You can also find out when produce is delivered to your market. That way you know you're buying the freshest food possible.
- Shop around – Compare the price of organic items at the grocery store, the farmers' market and any other venue (even the freezer aisle).
- Remember that organic doesn't always equal healthy – Junk food can just as easily be made using organic ingredients. Making junk food sound healthy is a common marketing ploy in the food industry but organic baked goods, desserts, and snacks are usually still very high in sugar, salt, fat, or calories. It pays to read food labels carefully.

## Other Doings . . . . .



Our club has donated \$400 to the Delray Beach Children's Garden. Please see the story "Feeding the Mind, Body & Spirit of Children" on the front page of this newsletter.



Our club also donated \$100 to Delray's Easter Egg Hunt on April 4th. This free event brings over 1,000 children, from 1 to 10 years old, to help find over 10,000 eggs within four age divisions.



Our club received a Florida Foundation Mini-Grant of \$500 for the Atlantic High School PTSA fundraiser - "Get Kids To College".

Our Board of Directors voted to match that grant and thereby gave an extra \$500 to help the kids get to college. Thanks to **Peggy Kelleher** for introducing the program to our club.

**Kiwanis**  
Florida Foundation

**HUMAN AND SPIRITUAL VALUES**

(One of the six Objects of Kiwanis)

"The Constitution is not an instrument for the government to restrain the people, it is an instrument for the people to restrain the government - lest it come to dominate our lives and interests"



--- Patrick Henry

**Upcoming Meeting Programs**

- 4/8 Chrysalis Health
- 4/15 Mental Health Association
- 4/22 Center for Truma Counseling
- 4/29 Delray Beach Drug Task Force
- 5/6 No Meeting - See You at the "Happy Hour" meeting, Thursday, May 7th, at 6:00 pm.
- 5/13 Police Appreciation Day
- 5/20 Caridad Center
- 5/27 ACTS
- 6/3 No Meeting - See You at the "Happy Hour" meeting, Thursday, June 4th, at 6:00 pm.
- 6/10 Health Care District
- 6/17 OPEN Need speaker
- 6/23 Florida Women's Business Center
- 7/1 No Meeting - See You at the "Happy Hour" meeting, Thursday, July 2nd, at 6:00 pm.
- 7/8 OPEN Need speaker
- 7/15 OPEN Need speaker
- 7/22 OPEN Need speaker
- 7/29 OPEN Need speaker
- 8/5 No Meeting - See You at the "Happy Hour" meeting, Thursday, August 6th, at 6:00 pm.
- 8/12 OPEN Need speaker
- 8/19 OPEN Need speaker
- 8/26 OPEN Need speaker
- 9/2 No Meeting - See You at the "Happy Hour" meeting, Thursday, Sept. 3rd, at 6:00 pm.
- 9/9 SAFE program

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

**Membership**

Carlene Laseter - Chairperson



**Perfect Attendance!**

**The Results Are In!**

for the Perfect Attendance award for the period of: December 1, 2014 -March 30, 2015. The winners are:

**Peggy Kelleher, Carlene Laseter, Scott Youngberg, Doug Martin, Jean Antin, Scott Dalton, Jay Alperin**

All will receive a \$10 credit on their next dues statement.

**Congratulations! And Thanks.....**

**If you missed out..... Here's another chance. The next award will be for the period of April 1, 2015 - June 30, 2015.**



Anyone attending all the meetings or have an approved make-up, will receive recognition in our newsletter and website, and a \$10 credit on their quarterly billing.

(Makeups include attending any Kiwanis function, other Kiwanis meetings, board meetings and special meetings.)

**Don't Forget:** If you bring in 2 New Members, you'll receive a \$25 gas card. Bring in 2 more, you'll receive a \$35 gas card.



## 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 5:

**1770** The Boston Massacre took place as British soldiers, taunted by a crowd of colonists, opened fire, killing five people.

**1867** An abortive Fenian uprising against English rule took place in Ireland.

**1963** Country music singer Patsy Cline died in a plane crash near Camden, Tenn., at age 30.

**1970** The nuclear non-proliferation treaty went into effect.

**1982** Comedian John Belushi was found dead of a drug overdose at age 33.

**2004** Martha Stewart was convicted of obstructing justice and lying to the government about why she'd unloaded her Imclone Systems Inc. stock just before the price plummeted.

### Birthdays:

Dean Stockwell, Actor, turns 79

Denny Crum, Hall of Fame basketball coach, turns 78

Penn Jillette, Magician, comedian (Penn and Teller), turns 60

Kevin Connolly, Actor ("Entourage"), turns 41

Eva Mendes, Actress, turns 40

### March 11:

**1862** During the Civil War, President Abraham Lincoln removed Gen. George B. McClellan as general-in-chief of the Union armies.

**1941** President Franklin D. Roosevelt signed into law the Lend-Lease Bill, providing war supplies to countries fighting the Axis.

**1990** The Lithuanian parliament voted to break away from the Soviet Union and restore its independence.

**1993** Janet Reno was unanimously confirmed by the Senate to be the nation's first female attorney general.

**2011** Wisconsin Gov. Scott Walker signed a measure to eliminate most union rights for public employees, a proposal which had provoked three weeks of protests.

### Birthdays:

Rupert Murdoch, Media mogul turns 84

Sam Donaldson, Broadcast journalist, turns 81

Jerry Zucker, Director, turns 65

Susan Richardson, Actress ("Eight is Enough"), turns 63

Peter Berg, Actor, director, turns 53

Alex Kingston, Actress ("ER"), turns 52

Wallace Langham, Actor ("CSI"), turns 50

Jesse Jackson Jr., Former U.S. congressman, D-Ill., turns 50

### March 18:

**1766** Britain repealed the Stamp Act.

**1837** Grover Cleveland, the 22nd and 24th president of the United States, was born in Caldwell, N.J.



**1931** Schick Inc. marketed the first electric razor.

**1965** Soviet cosmonaut Aleksei Leonov went on the first spacewalk.

**1974** Most of the Arab oil-producing nations ended their embargo against the United States.

**2000** Taiwan ended more than a half century of Nationalist Party rule by electing opposition leader Chen Shui-bian president.

**2010** President Barack Obama signed into law a \$38 billion jobs bill containing a modest mix of tax breaks and spending designed to encourage the private sector to start hiring again.

**2011** President Barack Obama demanded that Moammar Gadhafi halt all military attacks on civilians and said that if the Libyan leader did not stand down, the United States would join other nations in launching military action against him.

### Birthdays:

Charley Pride, Country singer, turns 81

Kevin Dobson, Actor ("Knot's Landing"), turns 72

James McMurtry, Rock singer, songwriter, turns 53

Vanessa L. Williams, Singer, actress, turns 52

Bonnie Blair, Olympic gold medal speed skater, turns 51

Queen Latifah, Rapper-actress, turns 45

### March 25:

**1634** Maryland was founded by English colonists sent by the second Lord Baltimore.

**1807** Britain abolished its slave trade.

**1913** The home of vaudeville, the Palace Theatre, opened in New York City.

**1965** The Rev. Martin Luther King Jr. led 25,000 marchers to the state capitol in Montgomery, Ala., to protest the denial of voting rights to blacks.

**1992** Cosmonaut Sergei Krikalev returned to Earth from the Mir space station after a 10-month stay, during which his native country, the Soviet Union, ceased to exist.

**1996** The redesigned \$100 bill went into circulation.

### Birthdays:

Jim Lovell, Astronaut, turns 87

Gloria Steinem, Feminist author, turns 81

Anita Bryant, Singer, turns 75

Aretha Franklin, R&B singer, turns 73

Paul Michael Glaser, Actor ("Starsky and Hutch"), turns 72

Elton John, Rock singer-musician, turns 68

James McDaniel, Actor ("NYPD Blue"), turns 57

Sarah Jessica Parker, Actress ("Sex and the City"), turns 50

Tom Glavine, Baseball player, turns 49

turns 33

Katherine McPhee, Actress, singer ("American Idol"), turns 31

Jason Castro, Singer ("American Idol"), turns 28

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Danica Patrick, Auto racer, comes in, we hope that you will buy her a "Big Go-Daddy" drink, as she is 33 years old today.

## Did You Know.....?

### Kiwanis One Day

Kiwanis members serve their communities all year long. But the excitement for service really builds in April each year when Kiwanis members come together for Kiwanis One Day—a day of community service that is felt around the world.

The entire Kiwanis family—Kiwanis Kids, Builders Club, Key Club, CKI, Aktion Club and Kiwanis clubs—joins forces for this large-scale service project. Projects fill a specific need in each community and have included everything from building playgrounds to volunteering at a shelter to stocking shelves at a food pantry.

Want to offer your hands to help make a difference?

**Kiwanis One Day is April 11, 2015.**



## Calendar Of Events

**April 10-12.....** Delray Affair (Fund Raiser)



**April 15.....** Atlantic High School PTSA Fund Raiser

**May 4-8.....** National Teacher Appreciation Week  
(May 5th is Teacher Appreciation Day)

**May 13.....** Police Appreciation Kiwanis Breakfast



### Two Ladies Talking In Heaven

1st woman: Hi! My name is Wanda.

2nd woman: Hi! I'm Sylvia. How'd you die?

1st woman: I froze to death. 2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

1st woman: So, what happened?

2nd woman: I was so sure there was another woman there somewhere, that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds.

I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

1st woman: Too bad you didn't look in the freezer.....  
We'd both still be alive.



## How Are You At Puzzles?

**Try solving this 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.

**Be sure to use a pencil!**

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



Kiwanis and UNICEF join forces

**The ELIMINATE Project**

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

**2014-15 Kiwanis Int'l President:**  
Dr. John Button

**2014-15 Florida Kiwanis Governor:**  
Charles R. Gugliuzza  
Email: [gugliuzzac@gmail.com](mailto:gugliuzzac@gmail.com)

**2014-15 Division 21 Lt. Governor:**  
Carol Ramiccio  
Email: [car5915@aol.com](mailto:car5915@aol.com)

**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

**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.,  
Too-Jays 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:** David Liddell

**Div. 21 Trustee:** James Banaeian  
Email: [james@cometoflorida.com](mailto:james@cometoflorida.com)



## International President's Corner

Dr. John Button, *President of Kiwanis International*

### New Recruits

Let me begin this month's article with the following quote (with a few minor edits): "It is not enough to recruit more men and women. It is not enough to join to them legions of men and women from other communities and countries. All of this achieves a vast and powerful fellowship. It collects a tremendous energy. But that fellowship must look to a great good; that energy must run and hum to great purpose. "And that great purpose I will rediscover for you ... rediscover, because it also comes from our rich past. It also has long since been revealed.

But it has not always been revered. "A rereading of the Objects of Kiwanis, shining ahead of us since 1924, will reveal our great purpose. These Objects compose a charter of citizenship for country and world. How disillusioning that we have so often read them, at best, as a community improvement association advertisement. "Every member can be proud of all that we have done. All that we have done has been good. But we have done so little of what we can do, and now must do." A clarion call to action.

These are my sentiments to be sure, but the call was issued at the 1961 Kiwanis International convention by President Joe Talley as the organization wrestled with a decisive and defining opportunity: whether or not to expand beyond the shores of North America.

In 2015, we also face a decisive and defining opportunity but we have what they didn't have in 1961. We have the tools: The Formula and The Eliminate Project. The Formula is already proving successful. We are opening new clubs at a pace unseen for many years. In 13 of the past 14 months, we have strengthened our membership. The Formula will turn our membership woes around. We just have to work the plan.

And we have a great purpose: The Eliminate Project. The elimination of maternalneonatal tetanus and the long-lasting benefits of the project will be the finest and proudest legacy of our 100 years.

The turtle knows that in order to get ahead he must stick his neck out. The Formula and The Eliminate Project. Let's stick our necks out and get them done.



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





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

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

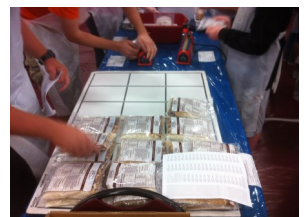


Ben Bassford



## Feed Palm Beach County Day

On March 28th, our club participated in the annual event that prepared over 100,000 meals for the Palm Beach Food Bank for hungry families in Palm Beach County. Thanks to **Doug Martin** for organizing the troops, his wife **Jody Martin** for helping out and to the following members for participating: **Peggy Kelleher, Steve Rubin** and **Scott Youngberg**.



A way to serve.  
A place to connect.





# 10th Annual Delray Kiwanis Night Golf Tournament



We had another successful tournament on Saturday, March 21st, raising \$1,500 for our charities. Below are pictures from the event, before it got dark.

A great big **Thanks** to **Bob Barcinski** for organizing the event, and to **Ben Ruby** and Bob's daughter Erin for helping out, and to all the sponsors for making this possible.

