



The Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

"Where Ordinary People Provide Extraordinary Service" - Celebrating 43 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.

2016-2017 Officers

- President:** Peggy Kelleher
561-243-2226
- Vice-President:** Larry Kristiansen
- Secretary:** Barbara Schooler
561-271-6649
- Treasurer:** Dale Morrison
561-278-1002
- Immediate Past President:**
Scott Youngberg

2015-2016 Bd. of Directors

- Carlene Laseter, Susan Ruby,
Ben Ruby, Doug Martin,
Alberta G. Rickard, Larry Kristiansen

2015-2016 Committee Chairs

- *Community Service:**
 - AVDA** - Dianie Alperin, Ben Ruby
 - Thanksgiving**- Alberta G. Rickard
Jeff Goldman
 - Police Appreciation** - Ezra Krieg,
Peggy Kelleher
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Carlene Laseter
 - Golf Tourney**- Scott Youngberg
 - Glo-Ball**- Bob Barcinski
- *Interclubs:** Steve Rubin
- *Membership:** Carlene Laseter
- *Newsletter/Website:**
Scott Youngberg
- *Programs:** Ezra Krieg
- *Social Activities:**
President & President Elect
- *Spiritual Aims:** Doug Martin
- *Youth Services:**
 - Scholarship** -Jack Foley,
Dale Morrison
 - Key Club/Builders Club** -
American Heritage - Tony Marazita
Atlantic High School- Erica McFarlane
Unity School - Stacy Brookman
 - Atlantic PTSA** - Peggy Kelleher

Volume 2017, Issue 4

April, 2017

Helping Children to Learn & Grow



Ellyn Okrent

Our program on March 8th was presented by Ellyn Okrent, the CEO of Florence Fuller Child Development Centers (FFCDC). For more than 45 years, FFCDC has provided children a pathway out of poverty, inspiring them to make local and global differences through the use of their education.

From their beginnings in 1971, they have grown from 22 children to serving more than 700 children a year across two campuses in east Boca Raton and the more rural west Boca Raton. Their purpose is to make a positive difference in the lives of children from economically challenged families with the goal of preparing children for a lifetime commitment to learning while empowering their

families to build a brighter future. Their objective is to improve a student's academic performance to increase the rate of school promotions to the next grade level. They believe every child should have the chance to learn, grow, and experience success in school and life, regardless of their ability to pay.

FFCDC recently acquired The Boca Raton Children's Museum and it is a place unlike ANY other! ... A timeless cultural and educational organization dedicated to children and our community. Throughout the year, FFCDC hosts several signature events and numerous community events. Your support through these events supports the many programs and services provided to the children and families at their campuses. For more information go to www.ffcdc.org.



Fall 2016 Police Appreciation Awards

Twice a year, our club recognizes the outstanding performance of the Officers and Civilian Employees of the Delray Beach Police Department. On March 22nd, we presented the Fall 2016 awards to Detective Nicole Lucas, Communications Supervisor Amanda Skeberis, Communications Specialists Matilde Brito, David Goldstein, Allison Maybee and Melissa Tobey.



Back in June, 206, Detective Lucas began an investigation into the Whole Life Recovery center located in Boynton Beach. The investigation

arose through her assignment as a member of the Palm Beach County Sober Homes Task Force.

Continues—See **Awards**, Page 6 ►

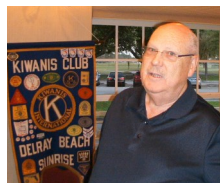
Visit our Website:

www.delraybeachkiwanis-sunrise.org



Connecting Boomers to Encore Careers

Our program on March 29th was presented by Bill Morse, CPA. He represents Encore Palm Beach County.



Across this country 10,000 people turn 65 every day and many of them are moving to Palm Beach County. Many want meaning and purpose in their lives, not to

fully retire from engagement in life.

They have been inspired by the Encore Movement and other Encore programs

around the country. Encore PBC offers mid-life adults the opportunity to use their life and work experience in new careers, paid and unpaid, to improve their communities. They have many opportunities available. For more information go to www.encorepbc.org.



History Comes Alive

Our program on March 15th was presented by Charlene Jones, the Museum Director of the Spady Cultural Heritage Museum. Charlene gave an enlightening talk on the de-segregation of the Beaches in Delray, from a Black History perspective.



The Spady Museum has become a destination for people of all cultures seeking information about Florida's early black communities and culture. The museum has exhibited a series of shows, highlighting the talents and influences of African-Americans, Caribbean-Americans and Haitian-Americans. Shows ranging from photographic galleries of founding families to contemporary shows on minorities in medicine and the arts have adorned its walls. They are dedicated to discovering, collecting and sharing the African-American history and heritage of Palm Beach County, and is the only Black History Museum & Cultural Center of its kind in the county.

In addition, through its Youth Cultural Empowerment Program, Ride & Remember Trolley Tours, special events, Spady Living Heritage Festival and community forums, the museum has become a community hub for the exchange of ideas, art and culture. For more information, go to www.spadymuseum.com.



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



Upcoming Important Dates:

Upcoming Birthdays:

April 12 - Larry Kristiansen
April 15 - Bob Colvin
April 25 - Bill Szymanski

Wedding Anniversaries:

April 9 - Regina & Bob Sablo
April 17 - Jack & Pam Foley

Membership Anniversaries:

- None -

March 2nd Meeting "Finnegan's": Tonight we had two guests, Anneze Barthelemy who is running for City Commission and **Laurie Giordano's** father, Charlie. Laurie and **Susan Sieg** put in for Charlie and for Anneze. **Jack Foley** had \$3 wishing Anneze well. **Dale Morrison** announced that he is officially engaged to his long-time girl friend Beverly. **Peggy Kelleher** congratulated him and wished good luck to Anneze. **Carlene Laseter** touted Kentucky "rolling along" and **Scott Youngberg** matched that with an FSU entering the ACC Tournament and playing Miami on Saturday. **Ben Ruby** also congratulated Dale, and had another dollar for Susan not killing him because he's been a horse's-ass all day (His words, not mine). Finally, **Jay Alperin** put in for Scott's early work on the fall golf tournament.

March 8th Meeting: We saw two "missing-in-action" members today: **Lance Pess** and **Mike Salem**. Great to see you guys! **Scott Youngberg** and **Ezra Krieg** put in for that. Lance also mentioned his wife was promoted to Administrator at the hospital where she works. We also had a guest-**Gary Mulligan**, visiting from New York. **Gina Sablo's** daughter got married and **Reeve Bright** was happy for **Peggy Kelleher's** induction at the Elks. **Steve Rubin** finally made a meeting (He got his days mixed up and came to the club instead of Finnegan's). **Bob Barcinski** was happy Purdue won the Big 10 in basketball. **Doug Martin** "Another Day in Paradise". Everyone else was "Just Happy".

March 15th Meeting: **Jay Alperin** started us off with being happy about the elections last night. **Scott Youngberg** put in for Sophia's birthday and "Good Luck" to all the Florida teams in the NCAA Tournament...EXCEPT Fla. Gulf Coast who's playing FSU! **Reeve Bright** put in for FGCU. **Carlene Laseter** is looking for Kentucky to do well in the tournament and she also had a great time with the kids in Long Boat Key. **Bob Barcinski** is still cheering on Purdue (Good luck!). **Larry Kristiansen** put in for our visitor Bonnie, who was a guest of **Peggy Kelleher's**. Peggy also put in for the Florida teams and March Madness. **Doug Martin**...ADIP. Everyone else was JH.

March 22nd Meeting: This was "Police Appreciation" day. Everyone was happy for our guests today including **Scott Youngberg**, **Ezra Krieg**, **Larry Kelleher**, and **Regina Sablo**. **Jay Alperin** is still happy about the elections (since we had some dignitaries here from the City Council). **Carlene Laseter** is still cheering on Kentucky and **Ernie Galinis** was happy for US baseball. **Reeve Bright** said "Go Gators" and **Bob Barcinski** said "don't forget about Purdue". **Gene Sapino** was happy for the "Winning Ticket" Jay gave him and **Jeff Goldman** put in for the whole table representing Delray's finest. **Doug Martin** added his "ADIP" and everyone else was Just Happy.

March 29th Meeting: **Jay Alperin** was happy to have a dollar to put in. **Scott Youngberg** announced that Basketball was over for us (Our teams all lost), but guess what? Baseball is here! **Carlene Laseter** enjoyed attending the Beach Boys concert and said "You don't have to hear about Kentucky anymore". **Ezra Krieg** put in for that and also an extra buck for the game winning shot for the Miami Heat. **Bob Barcinski** took his grandson to a baseball game and **Peggy Kelleher** had a great visit with her mom in Buffalo. **Steve Rubin** paid a fee for leaving early. Everyone else was JH.



Upcoming Meeting Programs

- 4/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 6th, at 6:00 pm.
 4/12 Habitat for Humanity
 4/19 Tentative: At Side Project
 4/26 Little Smiles
- 5/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 4th, at 6:00 pm.
 5/10 The Victory Cycle
 5/17 Our Rock
 5/24 Dress for Success
 5/31 Delray Beach Comprehensive Plan
- 6/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, June 8th, at 6:00 pm.
 6/14 Achieve Palm Beach County
 6/21 Need Speaker
 6/28 Carver Middle School
- 7/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, July 6th, at 6:00 pm.
 7/12 Junior Achievement
 7/19 Human Trafficking
 7/26 Jewish Family Services
- 8/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, August 3rd, at 6:00 pm.
 8/9 Art's garage
 8/16 Delray Beach Children's Center
 8/23 Mack Bernard
 8/30 **Police Appreciation**
- 9/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, September 7th, at 6:00 pm.
 9/13 Tentative: Jim Chard
 9/20 Need Speaker
 9/27 Past Presidents
- 10/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, October 5th, at 6:00 pm.
 10/11 Shirley Johnson
 10/17 Need Speaker
 10/25 Spirit of Giving

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

Other Doings.....



Peggy Kelleher applied for and put in all the reporting requirements to obtain a \$1,500 grant for our club from Morgan Stanley. Second year in a row!

Way to go Peggy!!! And THANK YOU.

Membership

Carlene Laseter - Chairperson



What do we expect from you as a member?

We are asked this all the time. While we don't always have a community project going on, at the end of the year, there is a great feeling of accomplishment, belonging to a dedicated group of friends that share the same ideals and goals.

To get the most out of your membership, here are some ideas:

- * Attend club meetings regularly.
- * Participate in club service and fund-raising projects.
- * Share the experience with others.
- * Be proud of your membership.
- * Encourage others to join.

Doing Good....Feeling Good!

THE 
FORMULA
 LOVE IT. SHARE IT. LIVE IT.

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

50/50 Winners:

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



- March 2 - Dale Morrison**
March 8 - Steve (Last man in) Rubin
March 15 - Carlene Laseter
March 22 - Peggy Kelleher
March 29 - Ezra Krieg

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Possessions, outward success, publicity, luxury - to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best for both the body and the mind."

--- Albert Einstein



Calendar Of Events



April 7-9, 2017..... Delray Affair

May 18 Atlantic High School Senior Award Night 6 pm



August 24-27, 2017.....

100th Annual Kiwanis District Convention
JW Marriott Marco Island Resort

WE VOLUNTEER
more than **18.5 million hours**
of service every year.



Blondes.... Gotta Love 'Em

One day a big group of blondes met in New York to show the world that blondes aren't dumb.

They begged: "Ask any of us any question, and we will show you that we're not dumb."

The group caught the attention of a passer by, who volunteered to ask them some questions. He climbed up on a car and randomly picked a blonde out of the crowd.

She got up on the car too and the man asked: "What is the first month of the year?" The blonde responded: "November?"

"Nope," said the man. At this point the crowd began to chant, "Give her another chance, give her another chance."

So the man asked: "What is the capital of the U.S.A.?" The blonde responded: "Paris?"

So the crowd began chanting again: "Give her another chance, give her another chance."

The man said: "Okay, but this is the last one. What is one plus one?" The blonde replied: "Two?"

"Give her another chance, Give her another chance." screamed the crowd.



DID YOU KNOW?

Our Club Can Now Accept Credit Cards!

Yep, that's right. Go to our website at www.delraybeachkiwanis-sunrise.org.

On the left side menu, you will see the link.

Now you can pay your dues or any other special payment (i.e. golf tournament, parties, donations) quickly and easily.



The "Golden" Years ...

Some "Senior" personal ads seen in Florida and Arizona newspapers:

FOXY LADY: Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'-4" (used to be 5-6), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

MINT CONDITION: Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

LONG-TERM COMMITMENT: Recent widow who has just buried fourth husband looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW: I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.



PUBLIC SERVICE ANNOUNCEMENT

Insomnia (Part 3)- What To Do

Neutralize your sleep anxieties

The more trouble you have with sleep, the more it starts to invade your thoughts. You may dread going to sleep because you're going to toss and turn for hours or be up at 2 a.m. again. Or maybe you're worried because you have a big day tomorrow, and if you don't get a solid eight hours, you're sure to blow it. But agonizing about sleep only makes insomnia worse. Worrying floods your body with adrenaline, and before you know it, you're wide-awake.

Learn to associate your bed with sleeping, not sleeplessness

Use the bedroom only for sleeping and sex. Don't work, watch TV, or use your computer in bed or the bedroom. The goal is to associate the bedroom with sleep alone, so that your brain and body get a strong signal that it's time to nod off when you get in bed.

Get out of bed when you can't sleep. Don't try to force yourself to sleep. Tossing and turning only amps up the anxiety. Get up, leave the bedroom, and do something relaxing, such as reading, drinking a cup of herbal tea, taking a bath, or listening to soothing music. When you're sleepy, go back to bed.

Move bedroom clocks out of view. Anxiously watching the minutes tick by when you can't sleep—knowing that you're going to be exhausted when the alarm goes off—is a surefire recipe for insomnia. You can use an alarm, but make sure you can't see the time when you're in bed.

It's also helpful to challenge the negative attitudes about sleep and your insomnia problem that you've developed over time.

Challenging self-defeating thoughts that fuel insomnia Unrealistic expectations

Self-defeating thought: I should be able to sleep well every



night like a normal person;

Sleep-promoting comeback: Lots of people struggle with sleep from time to time. I will be able to sleep with practice;

Exaggeration

Self-defeating thought: It's the same every single night, another night of sleepless misery.

Sleep-promoting comeback: Not every night is the same. Some nights I do sleep better than others.

Catastrophizing

Self-defeating thought: If I don't get some sleep, I'll tank at work and jeopardize my job.

Sleep-promoting comeback: I can get through work even if I'm tired. I can still rest and relax tonight, even if I can't sleep.

Hopelessness

Self-defeating thought: I'm never going to be able to sleep well. It's out of my control.

Sleep-promoting comeback: Insomnia can be cured. If I stop worrying so much and focus on positive solutions, I can beat it.

Fortune telling

Self-defeating thought: It's going to take me at least an hour to get to sleep tonight. I just know it.

Sleep-promoting comeback: I don't know what will happen tonight. Maybe I'll get to sleep quickly if I use the new strategies I've learned.

Continued Next Month with Part 4

Visit our Website:

www.delraybeachkiwanis-sunrise.org



While golfing, I accidentally overturned my golf cart.
 A very attractive golfer, who lived in a villa on the golf course, heard the noise and called out, "Are you okay?"
 "I'm okay thanks," I replied as I pulled myself out of the twisted cart.
 She said, "Come up to my villa, rest a while, and I'll help you get the cart up later." I noticed her silky bathrobe was partially open, revealing what appeared to be a very nice figure.
 "That's mighty nice of you," I answered, "but I don't think my wife would like it."
 "Oh, come on now" she insisted.
 She was so pretty, and very, very persuasive.
 I was weak.. "Well okay," I finally agreed.
 After a couple of Scotch and waters, I thanked her and said, "I feel a lot better now. But I know my wife is going to be really upset. So I'd better go now."
 "Don't be silly!" she said with a smile, letting her robe fall slightly more open. "Stay for a while. She won't know anything. By the way, where is she?"
 I replied, "As far as I know, she's still under the cart." ----- Submitted by Jay Alperin (Personal experience?)



► Awards, from Page 1

Detective Lucas employed innovative strategies in order to solicit victims of patient brokering to come forward. The investigation culminated with a search warrant and the arrest of the two principals of Whole Life Recovery. The two were each charged with, 5 counts of Aiding, Abetting, Advising, or Participating in Patient Brokering. These were the first two arrests of this kind in Palm Beach County. Detective Lucas was the lead investigator in this investigation and showed her ability to "Lead the Way" as a member of a multi-jurisdictional Law Enforcement Investigative Team.



Last November, the Communications Specialists were all involved with finding a missing juvenile. Throughout a lengthy process, the Communications employees worked as a team alongside officers to meet the demands being made in addition to their carrying out their own helpful initiatives. This incident exemplified the importance of having a Communications section capable of working efficiently, cohesively and most importantly, in a manner that "L.E.A.D. (s) the Way!"

CONGRATULATIONS to our winners, and THANKS! Each received a certificate, a \$50 gift card and their names added to the Kiwanis commemorative plaque hanging in the Police station.



Kiwanis
Florida District

A way to serve.
A place to connect.

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 2:

- 1807 Congress outlawed the importation of slaves to the United States, effective the following year.
- 1836 Texas declared its independence from Mexico.
- 1877 Republican Rutherford B. Hayes was declared the winner of the 1876 presidential election over Democrat Samuel J. Tilden, even though Tilden had won the popular vote.
- 1917 Puerto Ricans were granted U.S. citizenship.
- 1962 Wilt Chamberlain of the Philadelphia Warriors scored 100 points in a game against the New York Knicks, an NBA record that still stands.
- 1965 The movie version of the Rodgers and Hammerstein musical "The Sound of Music" had its world premiere in New York.
- 1985 The federal government approved a screening test for AIDS that detected antibodies to the virus, allowing possibly contaminated blood to be excluded from the blood supply.

Birthdays:

- John Cullum, Actor ("Northern Exposure"), 87
- Mikhail Gorbachev, Former Soviet president, 86
- John Irving, Author, 75
- Laraine Newman, Actress, comedian ("Saturday Night Live"), 65
- Jay Osmond, Singer, 62
- John Cowsill, Pop musician (The Cowsills), 61
- Jon Bon Jovi, Rock musician, 55
- Daniel Craig, Actor, 49
- Chris Martin, Rock singer (Coldplay), 40
- Heather McComb, Actress ("Party of Five"), 40
- Ben Roethlisberger, Football player, 35
- Reggie Bush, Football player, 32
- Robert Iler, Actor ("The Sopranos"), 32

March 8:

- 1917 Russia's February Revolution (so called because of the Old Style calendar used by Russians at the time) began with rioting and strikes in St. Petersburg.
- 1917 The U.S. Senate voted to limit filibusters by adopting the cloture rule.
- 1965 The United States landed about 3,500 Marines in South Vietnam.
- 1971 Joe Frazier defeated Muhammad Ali by decision at Madison Square Garden in New York in the first of three bouts between the heavyweights.
- 1983 President Ronald Reagan referred to the Soviet Union as an "evil empire" during a speech to the National Association of Evangelicals convention in Orlando, Fla.
- 2008 President George W. Bush vetoed a bill that would have banned the CIA from using simulated drowning and other coercive interrogation methods on suspected terrorists.

Birthdays:

- Micky Dolenz, Rock musician-actor (The Monkees), 72
- Jim Bouton, Baseball player, author, 78
- Jim Rice, Baseball Hall of Famer, 64
- Lester Holt, News anchor ("Today"), 58
- Camryn Manheim, Actress ("Ghost Whisperer," "The Practice"), 56
- Freddie Prinze Jr., Actor, 41
- Hines Ward, Pittsburgh Steelers wide receiver, 41

March 15:

- 44 B.C. Roman dictator Julius Caesar was assassinated by a group of nobles that included Brutus and Cassius.
- 1820 Maine became the 23rd state.
- 1913 President Woodrow Wilson met with about 100 reporters for the first formal presidential press conference.
- 1919 The American Legion was founded in Paris.
- 1956 The Lerner and Loewe musical "My Fair Lady" opened on Broadway.
- 1964 Actress Elizabeth Taylor and actor Richard Burton were married; it was her fifth marriage, his second.
- 1965 Addressing a joint session of Congress, President Lyndon B. Johnson called for new legislation to guarantee every American's right to vote.
- 1972 "The Godfather," Francis Ford Coppola's epic gangster movie based on the Mario Puzo novel and starring Marlon Brando and Al Pacino, premiered in New York.
- 1985 The first Internet domain name, symbolics.com, was registered by the Symbolics Computer Corp. of Massachusetts.
- 2003 The World Health Organization issued a worldwide health alert for the respiratory illness SARS (severe acute respiratory syndrome).



Birthdays:

- Alan L. Bean, Astronaut, 85
- Ruth Bader Ginsburg, Supreme Court Justice, 84
- Judd Hirsch, Actor ("Taxi"), 82
- Phil Lesh, Rock musician (Grateful Dead), 77
- Mike Love, Rock singer (The Beach Boys), 76
- Sly Stone, Rock singer, musician, 74
- Mike Tomlin, Football coach, 45
- Eva Longoria, Actress ("Desperate Housewives"), 42
- will.i.am, Rapper, musician (Black Eyed Peas), 42

March 22:

- 1765 Britain enacted the Stamp Act to raise money from the American colonies.
- 1882 Congress outlawed polygamy.
- 1894 Hockey's first Stanley Cup championship game was played in Montreal. That city's Amateur Athletic Association beat the Ottawa Capitals 3-1.
- 1895 In what is generally regarded as the first public display of a movie projected onto a screen, Auguste and Louis Lumiere showed their first movie - the one-minute "Employees Leaving the Lumiere Factory" - to an invited audience in Paris.
- 1941 The Grand Coulee Dam in Washington state went into operation.
- 1962 Barbra Streisand made her Broadway debut at age 19 in the musical "I Can Get It For You Wholesale" at the Shubert Theater.
- 1965 Bob Dylan's album "Bringing It All Back Home," his first featuring electric guitar, was released.
- 1972 Congress sent the proposed Equal Rights Amendment to the Constitution to the states for ratification.
- 1990 A jury in Anchorage, Alaska, found former tanker captain Joseph Hazelwood innocent of three major charges in connection with the Exxon Valdez oil spill, but convicted him of a minor charge of negligent discharge of oil.
- 1993 Intel Corp. unveiled the original Pentium computer chip.
- 1997 Tara Lipinski of the United States became the youngest women's world figure skating champion at age 14 years, 10 months.

Birthdays:

- William Shatner, Actor, 86
- Jeremy Clyde, Singer (Chad and Jeremy), 76
- George Benson, Jazz guitarist, singer, 74
- James Patterson, Author, 70
- Wolf Blitzer, Broadcast journalist, 69
- Andrew Lloyd Webber, Composer, 69
- Bob Costas, Sports caster, 65
- Matthew Modine, Actor, 58
- Cole Hauser, Actor, 42
- Reese Witherspoon, Actress, 41

March 29:

- 1882 The Knights of Columbus was chartered in Connecticut.
- 1962 Jack Paar hosted NBC's "Tonight Show" for the final time.
- 1971 Army Lt. William L. Calley Jr. was convicted of murdering at least 22 Vietnamese civilians in the My Lai massacre. (He spent three years under house arrest.)
- 1971 A jury in Los Angeles recommended the death penalty for Charles Manson and three female followers for the 1969 Tate-La Bianca murders. (The sentences were later commuted.)
- 1973 the last United States troops left South Vietnam, ending America's direct military involvement in the Vietnam War.
- 1992 Democratic presidential front-runner Bill Clinton acknowledged experimenting with marijuana "a time or two" while attending Oxford University, adding, "I didn't inhale and I didn't try it again."
- 1999 Wayne Gretzky of the New York Rangers scored the last of his National Hockey League record 894 goals in a home game against the New York Islanders.
- 1999 The Dow Jones industrial average closed above 10,000 for the first time.
- 2006 Hamas formally took over the Palestinian government.

Birthdays:

- John McLaughlin, TV host ("The McLaughlin Group"), 90
- Eric Idle, Comedian ("Monty Python"), 74
- Vangelis, Composer ("Chariots of Fire"), 74
- Walt Frazier, Basketball Hall of Famer, 72
- Earl Campbell, Football Hall of Famer, 62
- Elle Macpherson, Model, 54
- John Popper, Rock musician (Blues Traveler), 50
- Jennifer Capriati, Tennis Hall of Famer, 41

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Lucy Lawless, Actress ("Xena: Warrior Princess") comes in, we hope that you will buy her a "Kick-Ass" drink, as she is 49 years old today.



Here Comes "Little Johnny"

Little Johnny is always being teased by the other neighborhood boys for being stupid.

Their favorite joke is to offer Johnny his choice between a nickel and a dime. Little Johnny always takes the nickel.

One day, after Johnny takes the nickel, a neighbor takes him aside and says, "Johnny, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel's bigger?"

Johnny grins and says, "Well, if I took the dime, they'd stop doing it, and so far I've made \$20!"



Bulk up on fiber

Eating foods high in dietary fiber can help you stay regular, lower your risk for heart disease, stroke, and diabetes, and help you lose weight. Depending on your

age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fiber per day for optimal health. Many of us aren't eating half that amount.

■ In general, the more natural and unprocessed the food, the higher it is in fiber.

■ Good sources of fiber include whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables such as carrots, celery, and tomatoes, and fruits such as apples, berries, citrus fruits, and pears—more good reasons to add more fruit and vegetables to your diet.

■ There is no fiber in meat, dairy, or sugar. Refined or "white" foods, such as white bread, white rice, and pastries, have had all or most of their fiber removed.

■ An easy way to add more fiber to your diet is to start your day with a whole grain cereal, such as Fiber-One or All-Bran, or by adding unprocessed wheat bran to your favorite cereal.

How fiber can help you lose weight

Since fiber stays in the stomach longer than other foods, the feeling of fullness will stay with you much longer, helping you eat less. Eating plenty of fiber can also move fat through your digestive system at a faster rate so that less of it can be absorbed. And when you fill up on high-fiber foods, you'll also have more energy for exercising.



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- Hard. Be sure to use a pencil! See next Month's Newsletter for the answers to this puzzle.

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

Last Month's Answers:

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

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

Club Mailing Address: PO Box 7083, Delray Beach, Fl.33482

2016-17 Kiwanis Int'l President:
Jane Erickson

2016-17 Florida Kiwanis Governor:
Gary Frechette
E-mail: gfrechette@thegardensmall.com

2016-17 Division 21 Lt. Governor:
Tom Thayer
Email: tomthayer@earthlink.net

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.,
Hooters Restaurant
2240 NW 19th St, #1101A
Boca Raton

Green Acres - Wednesdays, 12 Noon,
Tom Sawyers Restaurant
3208 Forest Hill Blvd.
West Palm Beach

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

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

Florida Kiwanis Foundation:

2016-17 President: James Meyer
Div. 21 Trustee: Tom Ramiccio
E-mail: Tramiccio@aol.com

Governor's Message

by Gary Frechette, Florida Kiwanis Governor



From the Bridge of the LOVE BOAT with Captain Gary and First Lady Maria.

Sometimes in the hustle of our daily lives, it's easy to become overwhelmed with yet one more thing to do, one more event to attend, one more meeting to schedule. That's why it's important to "press pause" and remember why we do what we do as Kiwanians.

We do what we do, because kids need us. They need us to help them reach their full potential and to thrive, knowing they are safe, happy, healthy and loved.

So when life gets hectic, take a moment and think about a child you've helped, or a child who benefited from a club event or fundraiser. Without your handprint in that child's life, where would that child be? You have much to be grateful for--family, friends, and Kiwanis club members--but does that child have everything he or she needs to live a healthy, prosperous life? Most important what would your community look like if your club did not exist.

I asked all of you to just bring one new member into Kiwanis. How are you doing. Its not hard, you can remember the person who asked you to join. Another question is why did you stay. If you stayed because of the children then why are you waiting to ask someone to join our Kiwanis family. We have an opportunity to change course of the LOVE BOAT and be positive in membership at the end of the year. That growth will benefit Governor Elect Todd's team.

We are fortunate to belong to Kiwanis, the most wonderful service organization on the planet, to be able to leave our positive handprints on a daily basis, to work closely with so many like-minded people, to meet amazing folks and children, and to know that at the end of the day, we mattered.

Thank you for being such a constant bright spot in the Florida District. You have all left so many incredible handprints on so many children with your loving and caring spirits. Your dedication to our kids and communities truly makes a difference.

Maria wants to thank all of you with the Hats a Yard project. So far you have donated over 789 yards this year. A lot of smiles to some very special angels. Also a big OH YA!!!

Love Gary and Maria



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



From Our Photographer's Camera.....

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



Feed Palm Beach County Day

On March 25th, our club participated in the annual event that prepared over 150,000 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**, **Jay & Diane Alperin**, **Ezra Krieg** and **Scott Youngberg** for helping out.

