



The Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

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

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

2013-2014 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:**
Doug Martin

2013-2014 Bd. of Directors

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

2013-2014 Committee Chairs

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

Volume 2014, Issue 8

August, 2014

Find Answers, Get Help....Dial "2-1-1" 24/7



Our program on July 9th was presented by Patrice Schroeder, the Community Relations Officer for 211. More than just a Crisis Line, 211 is a Help Line.

Basically, when you don't know where to turn, where to find answers or get support, just dial 2-1-1.

211 Palm Beach/Treasure Coast's mission is to connect people to services 24 hours a day by understanding their individual emotional, financial and community needs and to support the health & human service system as a whole.

2-1-1 is a helpline and crisisline and is a service of 211 Palm Beach/Treasure Coast, providing suicide

prevention, crisis intervention, information, assessment, and referral to community services for people of all ages. Calls to 211 HelpLine are Free, Confidential, and 24/7! Individuals and families living in Indian River County, Martin County, Okeechobee County, Palm Beach County, and St. Lucie County can simply dial 2-1-1 or 1(866) 882-2991 to speak with a highly trained resource specialist. "They're here to listen, they're here to help!" For a wealth of information go to www.211palmbeach.org



Build A Home With Habitat For Humanity

Our speaker on July 16th was Michael Campbell, the Executive Director for Habitat for Humanity of South Palm Beach County. Their Mission: Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities and



hope. Their Vision: A World Where Everyone Has A Decent

Place To Live. Habitat for Humanity SPBC is a nonprofit organization that works to provide affordable home-ownership opportunities for hardworking and deserving families in the cities of Boynton Beach, Delray Beach, and Boca Raton, Florida. They build homes in partnership with families who demonstrate a need for housing and a

willingness to work with them to purchase a home of their own. With the help of their generous supporters and volunteers they have empowered over 113 families in our community just in the last 8 years to achieve their dream of owning a safe, decent and affordable home.



Also to that effort, they run a 2nd hand merchandise store called "Restore". Your tax deductible donation helps fund the construction of affordable homes for deserving, low-income families.

For more information go to www.habitatsouthpalmbeach.org.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Judge For Yourself



Our program on July 30th was presented by Jaime Goodman, candidate for Circuit Court Judge, Group 30. He explained how the elections for judges is very different from the general elections for other political positions. Most people don't know about these:

1. Elections are Non-Partison—the candidate is not allowed to disclose

party affiliation by law. Everyone gets to vote.

2. The elections are held in August. The winner has to win by more than 50%. If there is a run-off, it takes place during the regular elections in November.

3. Group # - this refers to the seat that is up for election. There are 35 Circuit Court Judges in Palm Beach County. Jaime Goodman is one of 3 candidates for Group 30.

4. Elections are for a 6 year term.

Jaimie Goodman is a veteran employment discrimination lawyer with over 30 years of litigation and courtroom experience: 10 years handling complex employment litigation for a Fortune 500 company and the past 21 years in private practice handling complex civil litigation and employment cases.

Jaimie also has a long history of community service. His passion for service is why Jaimie filed to become our next elected Circuit Court Judge. As Judge, Jaimie promises to treat all who come before the court with dignity and respect and to administer justice fairly and impartially. For more information go to

www.goodmanforjudge2014.com

VOTE TUESDAY, AUGUST 26, 2014 – COUNTYWIDE ELECTION

Two blondes were in a parking lot trying to unlock the door of their Mercedes with a coat hanger. They tried and tried to get the door open, but they just couldn't! The blonde with the coat hanger stopped for a moment to catch her breath. The other blonde said anxiously, "Hurry up! It's starting to rain and the top is down."

Visit our
Website:

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



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



Upcoming Important Dates:

Birthdays:

August 6 - Kevin Rickard

August 16 - Doug Martin & Cindy Goldman

August 20 - Betty Hagel

August 21 - Diane Alperin

August 22 - Ezra Krieg

August 31 - Patti Bloom

Wedding Anniversaries:

August 7 - Tony & Geraldine Marazita

August 9 - Jay & Diane Alperin

August 12 - Ben & Carole Bassford

Membership Anniversaries:

August 15 - Bob Hagel (22 years)

August 28 - Susan Ruby (20 years)

July 2nd Meeting: **Scott Youngberg** returned from San Diego saying it was "Great!" **Jay Alperin** told us it's almost a year since his retirement (My, how time flies!) **Jeff Goldman** was happy he made the meeting and **Carlene Laseter** recently attended a fun retirement party. **Ezra Krieg** returned from a trip to New York where he was visiting schools with his son Max, and they were able to attend a recording of the John Stewart show. **Bob Barcinski**, now retired, put in for his wedding anniversary and very glad he recovered from "Hell Month" citing his last days on the job. Finally, **Doug Martin** had a terrific vacation last week.

July 9th Meeting: Your editor needs to get his hearing checked! Couldn't hear half of the Happy Dollar announcements today, so we apologize to anyone left out in today's report. **Scott Youngberg** was extremely happy, excited and thrilled with the GREAT turnout today. Perhaps it was because of all the excitement that it was hard to hear what was going on. Anyway, **Carlene Laseter** was happy for finally being able to get some work done around the house. **Ben Bassford** said it was good to be back. **Jean Antin** had a wonderful weekend in Massachusetts and **Doug Martin** exclaimed "Another day in paradise". Everyone else was "Just Happy".

July 16th Meeting: **Jay Alperin** is supposed to be playing golf today, iffy on the weather. **Jean Antin's** 1st grandchild got married on the cape. **Carlene Laseter** is going to Ohio and Kentucky. Won't be back until early September. **Ernie Galinis** offered congratulations to Jean. **Ben Bassford's** youngest son celebrated his 42nd birthday. My, how time flies! **Doug Martin's** wife had a great physical, which means she'll be around for awhile longer. Finally, **Ezra Krieg** put in \$3—Late; not here next week, going to Germantown Maryland; and taking his car in to the shop, thinking he may have to put her down. Hey, it's an 18 year old car folks!

July 23rd Meeting: This was a meeting where the guests almost outnumbered the members. **Jay Alperin** was happy that we indeed had more members. **Gina Sablo** was happy to have a guest/prospective member with her. **Scott Youngberg** was happy that the Dolphins start practices on Friday...Football! Football! Football! **Kim Hale** was happy to be off the computer—She spent 12 hours on it yesterday..Yuck! **Jean Antin** was there when her grandson officially joined the Coast Guard. Everyone else was "Just Happy".

July 30th Meeting: **Jay Alperin** is celebrating his 1st year in retirement. Seems like yesterday, doesn't it? Our newest member-to-be **Rosalie Rhodes** put in \$2 saying she was happy to have found our club. **Scott Youngberg** and **Ernie Galinis** welcomed Rosalie to our club. **Ben Bassford** had a nice visit with his son Tom and the grandkids. **Carole Bassford** added another dollar for their upcoming anniversary. **Doug Martin** "Another day in paradise". **Steve Rubin** put in for his birthday, anniversary and being late. **Ezra Krieg** put in \$2 to welcome Rosalie into our club and to add to her Presidential fund. Everyone else was "Just Happy".





Mentoring Helps Our Youth Succeed

Our program on July 23rd was presented by Gary Graham, the Mentoring Initiative Director for the United Way, PBC. It is documented that students who participate in mentor relationships miss fewer school days, are less likely to participate in negative behaviors and more likely to graduate on time. Just one hour a week can help a child become: 52% less likely to skip a day of school; 37% less likely to skip a class; 46% less likely to start using drugs; 27% less likely to start drinking and 33% less likely to hit someone.

Under the Mentor Center, United Way now funds and has oversight of eight mentor programs. The Mentor Center also serves as the anchor of the Palm Beach County Mentor Network, a professional affiliation of 22 formal mentor programs working together to elevate mentoring in the community. These local mentor programs oversee more than 10,000 mentor matches.

For more information and to volunteer to make a difference, go to www.unitedwaypbc.org/mentor-center.

The Forest Service has issued a BEAR WARNING in the national forests for this summer. They're urging everyone to protect themselves by wearing bells and carrying pepper spray.

Campers should be alert for signs of fresh bear activity, and they should be able to tell the difference between Black Bear dung and Grizzly Bear dung.

Black Bear dung is rather small and round. Sometimes you can see fruit seeds and/or squirrel fur in it.

Grizzly Bear dung has bells in it, and smells like pepper spray!

Membership

Terrill Pyburn - Chairperson

Frank discussions



Ohio resident Mike Nichols had no intention of joining Kiwanis when he attended the Berea Arts Fest in the fall of 2010. But when hunger pangs struck, he stopped by the concession stand run by the Kiwanis Club of Beria, Ohio, for a hotdog and a bit of information about the organization selling them. He got both, courtesy of former Berea Kiwanis Club President Jodee Ward, who happened to be handling customers that day. "She's got an outstanding personality," Nichols says of his Kiwanis sponsor. "I said to her, 'This looks like fun...what does Kiwanis do?' She described to me some of the club's activities, and I asked what it took to join."

The deal was sealed before Nichols got his hotdog (with extra mustard and onions). Ward invited him to a meeting, and shortly thereafter he joined. Now that he's been in Kiwanis for a few years (and is his club's president-elect), he's got some advice for other Kiwanians seeking to bolster membership: always keep an eye peeled for folks who might be interested, and never miss an opportunity to approach them in a friendly, low-pressure way. "I like to say that all of our members are on the membership committee," Nichols says. "I think it's a lot more effective to draw people in rather than try to push them."

Ward—herself a former club president and current member of the Ohio District membership committee—couldn't agree more. The trick, she says, is simple for some but difficult for others. "You have to learn to talk to people," Ward advises. "You have to open your mouth and ask. And to me, 'ask' stands for 'Always Say Kiwanis.' One way or another, always mention Kiwanis. Plus, in my sales career I've learned that you can say almost anything if you do it with a big smile on your face.

Ward certainly isn't timid about singing Kiwanis' praises, having chatted up candidates everyplace from her grocery store meat counter to, of course, the group's charity concession stand. Nichols credits her sunny personality and gift for gab with turning him into a Kiwanian. "I was interested in doing something," he recalls. "I was ready. The ground in the garden was prepped for planting, and Jodee just poured the seeds right in." Ward is the sort of gardener who never misses a chance to plant those seeds. Sometimes they prosper, sometimes not. She never knows until she tries. And tries again.

"A hundred percent of the people you never ask are never going to join," she says. — Sam Stall

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

THE   
FORMULA
LOVE IT. SHARE IT. LIVE IT.

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:

July 2:

- 1776** The Continental Congress passed a resolution that "these United Colonies are, and of right, ought to be, Free and Independent States."
- 1881** President James A. Garfield was fatally shot by Charles J. Guiteau at the Washington railroad station. (Garfield died on Sept. 19.)
- 1890** Congress passed the Sherman Antitrust Act.
- 1908** Thurgood Marshall, the first African-American Supreme Court justice, was born in Baltimore.
- 1932** Democrats nominated New York Gov. Franklin D. Roosevelt for president at their convention in Chicago.
- 1937** Aviator Amelia Earhart and navigator Fred Noonan disappeared over the Pacific Ocean while attempting to make the first round-the-world flight at the equator.
- 1947** An object that the Army Air Force later said was a weather balloon crashed near Roswell, N.M. Eyewitness accounts gave rise to speculation it might have been an alien spacecraft.
- 1961** Author Ernest Hemingway, 61, shot himself to death at his home in Ketchum, Idaho.
- 1962** The first Walmart store (called Wal-Mart Discount City) was opened in Rogers, Ark., by Sam Walton and his brother, James.
- 1964** President Lyndon B. Johnson signed into law a sweeping civil rights bill.
- 1976** The Supreme Court ruled the death penalty was not inherently cruel or unusual.
- 2003** President George W. Bush promised to deal harshly with those who attack American troops in Iraq, saying "bring them on."
- 2007** President George W. Bush commuted the sentence of former aide I. Lewis "Scooter" Libby, sparing him from a two-and-half-year prison term in the CIA leak case.

Birthdays:

- 1937** Richard Petty, Auto racer, turns 77
- 1949** Roy Bittan, Rock musician (The E Street Band), turns 65
- 1961** Jimmy McNichol, Actor, singer, turns 53
- 1984** Johnny Weir, Figure skater, turns 30
- 1986** Lindsay Lohan, Actress, turns 28

July 9:

- 1776** The Declaration of Independence was read aloud to Gen. George Washington's troops in New York.
- 1816** Argentina declared independence from Spain.
- 1850** Zachary Taylor, the 12th president of the United States, died in Washington, D.C., after serving only 16 months in office.
- 1896** William Jennings Bryan denounced supporters of the gold standard with his "cross of gold" speech at the Democratic National Convention in Chicago.
- 1995** The rock band the Grateful Dead played their last concert, at Soldier Field in Chicago, after a 30-year run, much of it spent on the road. (Lead guitarist Jerry Garcia died the following month.)
- 1997** Boxer Mike Tyson was banned from the ring and fined \$3 million for biting opponent Evander Holyfield's ear.
- 2002** The baseball All-Star game in Milwaukee finished in a 7-7 tie after 11 innings when both teams ran out of pitchers.
- 2004** A Senate Intelligence Committee report concluded the CIA had provided unfounded assessments of the threat posed by Iraq that the Bush administration relied on to justify going to war.

Birthdays:

- 1927** Ed Ames, Actor, singer, turns 87
- 1932** Donald Rumsfeld, Former defense secretary, turns 82
- 1938** Brian Dennehy, Actor, turns 76
- 1942** Richard Roundtree, Actor, turns 72
- 1945** Dean Koontz, Author, turns 69
- 1947** O.J. Simpson, Football Hall of Famer, turns 67
- 1952** John Tesh, Musician, TV personality, turns 62
- 1955** Jimmy Smits, Actor, turns 59
- 1956** Tom Hanks, Actor, turns 58
- 1957** Kelly McGillis, Actress, turns 57
- 1976** Fred Savage, Actor ("The Wonder Years"), turns 38

July 16:

- 1790** The District of Columbia was established as the seat of the U.S. government.
- 1951** J.D. Salinger's novel "The Catcher in the Rye" was published.
- 1957** Marine Maj. John Glenn set a transcontinental speed record when he flew a jet from California to New York in 3 hours, 23 minutes and 8 seconds.
- 1969** Apollo 11 blasted off from Cape Kennedy on the first manned mission to the moon.



- 1973** Former White House aide Alexander P. Butterfield publicly revealed the existence of President Richard Nixon's secret taping system during the Senate Watergate hearings.
- 1999** John F. Kennedy Jr., his wife, Carolyn, and her sister died when the single-engine plane Kennedy was piloting plunged into the Atlantic Ocean near Martha's Vineyard, Mass.
- 2004** Martha Stewart was sentenced to five months in prison and five months of home confinement by a federal judge for lying about a stock sale.

Birthdays:

- 1942** Margaret Smith Court, Tennis Hall of Famer, turns 72
- 1948** Ruben Blades, Singer, actor, turns 66
- 1952** Stewart Copeland, Rock musician (The Police), turns 62
- 1963** Phoebe Cates, Actress, turns 51
- 1967** Will Ferrell, Actor-comedian, turns 47
- 1968** Barry Sanders, Football Hall of Famer, turns 46

July 23:

- 1829** William Austin Burt of Mount Vernon, Mich., received a patent for his typographer, a forerunner of the typewriter.
- 1914** Austria-Hungary issued an ultimatum to Serbia following the killing of Archduke Francis Ferdinand by a Serb assassin; the dispute led to World War I.
- 1952** Egyptian military officers led by Gamal Abdel Nasser overthrew King Farouk I.
- 1984** Vanessa Williams became the first Miss America to resign her title, because of nude photographs published in Penthouse magazine.
- 1986** Britain's Prince Andrew married Sarah Ferguson at Westminster Abbey in London. (The couple divorced in 1996.)
- 2000** Tiger Woods became the youngest golfer to complete a career Grand Slam when he won the British Open at age 24.
- 2003** Massachusetts' attorney general issued a report saying clergy members and others in the Boston Archdiocese probably sexually abused more than 1,000 people over six decades.
- 2009** Mark Buehrle of the Chicago White Sox pitched the 18th perfect game in major league history, a 5-0 win over Tampa Bay.

Birthdays:

- 1925** Gloria DeHaven, Actress, turns 89
- 1940** Don Imus, Radio personality, turns 74
- 1961** Woody Harrelson, Actor, turns 53
- 1962** Eriq La Salle, Actor ("ER"), turns 52
- 1965** Slash, Rock musician (Guns 'n' Roses), turns 49
- 1971** Alison Krauss, Country singer-musician turns 43
- 1972** Marlon Wayans, Actor, comedian, turns 42
- 1973** Nomar Garciaparra, Baseball player, turns 41
- 1980** Michelle Williams, R&B singer (Destiny's Child), turns 34
- 1989** Daniel Radcliffe, Actor ("Harry Potter" movies), turns 25

July 30:

- 1619** The first representative assembly in America convened in Jamestown, Va.
- 1729** The city of Baltimore was founded.
- 1942** President Franklin D. Roosevelt signed a bill creating a women's auxiliary agency in the Navy known as Women Accepted for Volunteer Emergency Service, or WAVES.
- 1945** The USS Indianapolis, which had just delivered key components of the Hiroshima atomic bomb to the Pacific island of Tinian, was torpedoed by a Japanese submarine; 880 men lost their lives.
- 1971** Apollo 15 astronauts David R. Scott and James B. Irwin landed on the moon.
- 1975** Former Teamsters union president Jimmy Hoffa disappeared in suburban Detroit. (His remains have never been found.)
- 2002** Expelled from Congress a week earlier, James A. Traficant Jr. was sentenced to eight years behind bars for corruption.

Birthdays:

- 1934** Bud Selig, Baseball commissioner, turns 80
- 1939** Peter Bogdanovich, Director, turns 75
- 1941** Paul Anka, Singer, turns 73
- 1947** Arnold Schwarzenegger, Governor of California, actor, turns 67
- 1956** Delta Burke, Actress ("Designing Women"), turns 58
- 1958** Kate Bush, Rock singer, turns 56
- 1961** Laurence Fishburne, Actor, turns 53
- 1964** Vivica A. Fox, Actress, turns 50
- 1969** Simon Baker, Actor, turns 45
- 1971** Tom Green, Actor, comedian, turns 43
- 1971** Christine Taylor, Actress, turns 43
- 1973** Dean Edwards, Actor, comedian, turns 41
- 1977** Jaime Pressley, Actress, turns 37

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Hilary Swank, Oscar winning Actress, comes in, we hope that you will buy her a "Million Dollar Baby" drink, as she is 40 years old today.

Upcoming Meeting Programs

August 6 Milagro Center
 August 13 Hearts Gallery
 August 20 OPEN
 August 27 Family Promise
 September 3 Girls on the Run
 September 10 Spady Museum
 September 17 Gilda's Club
 September 24 Boca Helping Hands

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

Bob was in trouble. He forgot his wedding anniversary. His wife was really pissed. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE !!!" The next morning he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand new bathroom scale. Bob has been missing since Friday.

Calendar Of Events

August 20.....Children's Garden planning
 St. Pauls Episcopal Church, 6-9pm

August 21-24.....Florida District Convention
 Boca Raton Resort & Club
TBA.....Interclubs ????



50/50 Winners:

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



July 2 - Doug (Dos in a row!) **Martin**
July 9 - Barbara Schooler (Gave to AVDA)
July 16 - Ben Bassford (Gave to AVDA)
July 23 - Jean (Guess where it goes) **Antin**
July 30 - Steve (Where are my glasses?) **Rubin**
 (Gave to AVDA)



Put protein in Perspective

Protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues, and organs. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more high-quality protein than the current dietary recommendations. It also suggests that we need more protein as we age to maintain physical function.

How much protein do you need?

Protein needs are based on weight rather than calorie intake. Adults should eat at least 0.8g of protein per kilogram (2.2lb) of body weight per day. A higher intake may help to lower your risk for obesity, osteoporosis, type 2 diabetes, and stroke.

- Older adults should aim for 1 to 1.5 grams of protein for each kilogram of weight. This translates to 68 to 102g of protein per day for a person weighing 150 lbs.
- Divide your protein intake among meals but aim for 25 to 40g of high-quality protein per meal; less than 15g won't benefit bone or muscle.
- Get plenty of calcium (1,000 to 1,200 mg per day).
 Source: Environmental Nutrition

The key to ensuring you eat high-quality protein is to try different types, rather than relying on red meat and whole milk dairy products which are high in saturated fat. Trying different healthy protein sources such as fish, beans, nuts, seeds, peas, tofu, chicken, and soy products will open up new options for healthy mealtimes.

Alcohol should be served in Capri Sun pouches.

When you can no longer get the straw in the hole, you've had enough.

Other Doings.....



On July 23rd, we welcomed two guests and prospective members Rosalie Rhodes and Anne Marie Dilbert. We also had the pleasure of seeing Tom Thayer from the Boca/Delray Noontime clubs.



Our Club is considering taking over the Atlantic High Key Club. The Delray Noontime club is disbanding and needs us to take it over.

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"If you're honest, you sooner or later have to confront your values. Then you're forced to separate what is right from what is merely legal. This puts you metaphysically on the run. America is full of metaphysical outlaws."

— Tom Robbins, Still Life with Woodpecker



Fast Food Land.....

Q: Why is it called "Fast Food"?

A: It's called "fast" food because you're supposed to eat it really fast. Otherwise, you might actually taste it.

Q: Why is Fast Food increasing illegal immigration?

A: "Fast" food slows you down when it hits your stomach, parks there, and lets the fat have time to get off and apply for citizenship.



Did You Know.....?

Top ten tips for reading aloud

Kiwanis International urges the entire Kiwanis family to implement Read Around the World projects throughout the entire year. The tips listed below are a great resource for reading aloud, provided by author [Mem Fox](#).

1. Spend at least ten wildly happy minutes every single day reading aloud.
2. Read at least three stories a day; it may be the same story three times. Children need to hear a thousand stories before they begin to learn to read.
3. Read aloud with animation. Listen to your own voice and don't be dull, or flat, or boring. Hang loose and be loud, have fun and laugh a lot.
4. Read with joy and enjoyment. Real enjoyment for yourself and great joy for the listeners.
5. Read the stories that kids love, over and over and over again, and always read in the same "tune" for each book: i.e. with the same intonations on each page, each time.
6. Let children hear lots of language by talking to them constantly about the pictures, or anything else connected to the book; or sing any old song that you can remember; or say nursery rhymes in a bouncy way; or be noisy together doing clapping games.
7. Look for rhyme, rhythm or repetition in books for young children, and make sure the books are really short.
8. Play games with the things that you and the child can see on the page, such as letting kids finish rhymes, and finding the letters that start the child's name and yours, remembering that it's never work, it's always a fabulous game.
9. Never ever teach reading, or get tense around books.
10. Please read aloud every day, moms and dads, because you just love being with your child, not because it's the right thing to do.

PUBLIC SERVICE ANNOUNCEMENT

Religious Tolerance

Religion. Did the hairs on your neck stand up a little? Because it's been a sensitive issue since the beginning of time. But lately it seems that religious intolerance has been growing. And while we can disagree about the past and we can argue about the future, we are all here now. Together. And together we all have the same basic right to hold and practice our own beliefs. I don't see anything hair-raising about that.

The meaning of the term "religious tolerance" involves:

Accepting that followers of various religions consider their own beliefs to be true. Most people believe that their religious beliefs are true, perhaps even true on an absolute basis.

Allowing others to hold religious beliefs that are different from yours. No society is truly free unless there is freedom of religious association, speech and belief for everyone.

Allowing others to freely change their religion, or denomination or beliefs. Freedom of religion includes the right to change one's faith.

Allowing others to practice their religious faith, within reasonable limits. Religion is more than belief; it involves practices as well.

Refusing to discriminate in employment, accommodation etc. on religious grounds. People who follow minority religions have the right to be treated fairly in the workplace and society generally.

Making a reasonable effort to accommodate other people's religious needs. For example: Allowing an employee to work overtime in order to take off a religious festival or holy day that is significant to them. Scheduling meetings so that they do not conflict with common holy days.

You, of course, may wish to define religious tolerance differently. In the field of religion, there is often no consensus on the definitions of terms.

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

2013-14 Kiwanis Int'l President:
Gunter Gasser

2013-14 Florida Kiwanis Governor:
Matthew Cantrall

2013-14 Division 21 Lt. Governor:
Kristina Cabral
Email: kcabral2013@outlook.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

Delray Beach- 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: Matt Sheehan

Div. 21 Trustee: James Banaeian

Email: james@cometoflorida.com



Governor's Message

by Matthew Cantrall, Florida Kiwanis Governor

As I spent time with my family this 4th of July weekend, I took some time to reflect on how blessed we are and how so often many take for granted the blessings bestowed upon us as we live here in the greatest country on the face of the earth.

As we sometimes struggle with things like the A/C breaking, the car not starting or the long wait we had sitting in the doctor's office we must remind ourselves that there are many in the world who don't have A/C or running water, don't own a car or can't afford to go to the doctor.

As members of Kiwanis, we need to recognize the many blessings in our lives and be quick to answer the call for help whether in our own back yard or halfway around the world.

Our time together is growing short but our ability to provide meaningful service has no timeframe. Every member of the Kiwanis family needs to embrace the possibilities of becoming the difference maker they were intended to be. Being the difference maker begins with placing service above self. At times it means risking a little bit more than some may think possible as we make servicing the needs of those less fortunate a priority in our life.

With the remaining time we have left in this Kiwanis calendar year, let us renew our commitment to Kiwanis and its mission. There is no better way to do that than inviting someone to be a part of this organization we all hold close to our heart.

With one extra pair of hands we can better our outreach to the hungry, increase our advocacy for those who have no one to speak for them and provide comfort for those in need.

Will you join me in these last 90 days and make that commitment to grow Kiwanis here in the Florida District and by doing so leave a legacy through the hearts and hands of a new member?

Matthew Cantrall

2013-14 Governor



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



From Scott's Camera.....

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

