

Save the
DATE!

"Swing for Kids"
Charity Golf Classic
September 22nd

The Sunriser



The Kiwanis Club of Delray Beach

Where Ordinary People Provide Extraordinary Service" - Celebrating 44 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.

2017-2018 Officers

President: Peggy Kelleher
561-243-2226
Vice-President: (Please Volunteer)

Secretary: Barbara Schooler
561-271-6649

Treasurer: Dale Morrison
561-278-1002

Immediate Past President:
Scott Youngberg

2017-2018 Bd. of Directors

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

2017-2018 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

Volume 2018, Issue 8

August, 2018

Because Waves Change Lives



Our program on July 18th was presented by Maui Goodbeer, the Founder & Executive Director of Streetwaves.

The mission of Streetwaves is dedicated to

empowering and mentoring under-resourced youth through surfing. Their goal is to inspire and expand the opportunities of inner city children by providing access to get off of the streets and into the ocean. They believe that the majesty of the sea and the mastery of the ocean cultivate

courage, confidence, commitment, and character. Their team is dedicated to helping transform the lives of America's youth by mentoring students through water sports as they develop their personal foundation through a bonded relationship with the sea.

Programs include Afterschool Aquatics enrichment and their Summer Swim & Surf Camp. For more information go to www.streetwaves.org.



STREETWAVES

Human Trafficking is a Horrific Enterprise



Our Program on July 25th was presented by Becky Dymond, the Founder & Executive Director for Hepzibah House. Hepzibah House

is a nonprofit organization that helps survivors of sex trafficking and commercial sexual exploitation in Palm Beach County. Hepzibah House has a two-fold objective:

To provide a safe house and multi-faceted residential treatment facility for women who have been freed from human trafficking. And, to raise awareness of modern day slavery in order to prevent our youth and other vulnerable populations from being tricked, trapped and exploited.

In Palm Beach County alone, there

are more than 2,500 women being exploited. If you live in Palm Beach County, you live within 10 miles of a modern-day slave" says Dymond. According to her figures, the average age of entry into sex trafficking in the United States is 13, and less than 1 percent are rescued. Dymond said 90 percent of the women are controlled by a pimp, gang or mafia. Most

Hepzibah **HOUSE**

victims are between 18 to 24

and are 18 times more likely to be murdered. "Women are forced into sexual exploitation, prostitution, pornography, strip clubs, labor trafficking and debt bondage", Dymond continued.

For more information and how you can help, go to www.hepzibahhouse.org.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Other Doings.....



Hail! President of the Month!

Since no-one stood up to take over the Presidency, Our Club has voted to have a President of the month. The POTM will have the responsibility of running our weekly meetings, that's it. Easy-Peesy..... **Jay Alperin** will be our first POTM in October when the new Kiwanis Year starts. All other club business will be handled by the Board of Directors.

Want to help? Join the list of members who will be POTM this coming year. So far, this is who we have helping out:

- October - **Jay Alperin**
- November - **Dave Freeburn**
- December - **Ernie Galinis**
- January - **Bob Barcinski**
- February - **Carlene Laseter**
- March - **Ben & Carol Bassford**
- April - **Reeve Bright**
- May - **Doug Martin**
- June - open
- July - open
- August - open
- September - **Ezra Krieg**

Thank You!

Everyone else....PLEASE help support the club and Sign Up!



Know what happens from time to time at our club meetings? At our Finnegan's meeting on July 12th, we were all treated to drinks by **Jay Alperin**. See what you missed?

Thanks Jay, that was very generous of you.

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



Upcoming Important Dates:

Birthdays:

- August 6** - Kevin Rickard
- August 8** - Lance Pess
- August 16** - Doug Martin, Cindy Goldman and David Lee
- August 21** - Diane Alperin
- August 22** - Ezra Krieg
- August 31** - Patti Bloom

Wedding Anniversaries:

- August 7** - Tony & Geraldine Marazita
- August 9** - Jay & Diane Alperin (49 years!)
- August 12** - Ben & Carole Bassford
- August 23** - Reeve & Anne Bright (43 years!)

Membership Anniversaries:

- August 28** - Susan Ruby (25 years!)

July 12th Meeting "Finnegan's": Thin Meeting tonight! We were all treated to a visit from **Tom Thayer**, our Foundation Trustee for the division. Great to see you Tom! **Jay Alperin** was glad he made the meeting. We were glad too! (See "Other Doings" for details). **Peggy Kelleher** had a good week at work. **Carlene Laseter** got her yard work done before leaving on vacation. **Scott Youngberg** had three letters to describe his happiness -TDF (Tour de France). Everyone else was "Just Happy".

July 18th Meeting: **Jay Alperin** enjoyed having a quiet week. BTW, Jay has started growing a beard. **Doug Martin** is starting a donation drive to buy Jay a razor. **Ezra Krieg** went to a place called "Man Cave" and had a wonderful shave.....(hint, hint). **Scott Youngberg** was happy to see his 28 week old grandson via 3-D Ultra Sound. Awesome Stuff! **Ernie Galinis** is back from hip surgery and is very thankful to be back in action. Everyone else was "JH".

July 25th Meeting: **Jay Alperin** brought his grandson Forest to the meeting today and immediately put him to work selling the winning ticket. Jay was happy Forest was with him the whole week. **Scott Youngberg** did his TDF thing again and **Carlene Laseter** is "Running Away" for the month of August (Going on vacation). **Ernie Galinis's** 10 year old grandson has become a "Certified Diver". **Reeve Bright** had to stand up to tell the story of his hand-made Miami Hurricane belt. He was in the airport in Philadelphia and a lady behind him said "Do I have to stand behind you and look at that!" Of course she was a Seminole fan. **Ezra Krieg** is going to Tallahassee on Silver Airways.....Uh, OK. **Steve Rubin** said "Good Luck". **Gina Sablo** had several dollars for 2 new grand babies and she gets to go to California to babysit. **Peggy Kelleher's** son got a REAL job. He's now a salesman at Delray Mazda. Everyone else was "Just Happy".

I ♥ MY CLUB



CHILDHOOD DOESN'T COME WITH A ROAD MAP.



KIDS NEED KIWANIS

Calendar Of Events

- September 22**36th Annual
Kiwanis "Swing For Kids"
Charity Golf Classic
 8 am, Delray Beach Golf Club
- September 29**..... Charter Night (Irish Theme)
 Installation of Officers
 Finnegan's 6 pm.
- October 27**..... Kiwanis One Day
 Family Activities
 "We need full club participation"

Upcoming Meeting Programs

- 8/2 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, August 2nd, at 6:00 pm.
 8/8 Tech Garage
 8/15 Jim Bonfiglio, candidate for Florida House
 8/22 Tentative: Stand Up for Kids
 8/29 Tentative: South Tech
- 9/6 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, September 6th, at 6:00 pm.
 9/12 Tentative: Philanthropy Tank
 9/19 Tentative: InSpirit
 9/26 Genesis Community Health
- 10/4 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, October 4th, at 6:00 pm.
 10/10 Tentative: Bike Florida
 10/17 Wild Dolphin Project
 10/24 **POLICE APPRECIATION**
 10/31 *Need Speaker*
- 11/8 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, November 8th, at 6:00 pm.
 11/14 Mark Lauzier, City Manager
 11/21 47Reasons
 11/28 *Need Speaker*
- 12/6 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, December 6th, at 6:00 pm.
 12/12 Comedy for Unity
 12/19 *Need Speaker*
 12/26 *Need Speaker*
- 1/3 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, January 3rd, at 6:00 pm.
 1/9 Fishing for Families in Need

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

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

*"It is wise to remember that
 you are one of those who can
 be fooled some of the time."*

- LAURENCE J. PETER



Membership

Carlene Laseter - Chairperson



WHAT'S IN IT FOR ME?

Much has been written and spoken in recent years about the value proposition of selling anything to anyone. And many a marketing strategist has suggested that any salesperson who desires to make a sale should be able to first answer the question, "What's in it for me?"

Of course, we all want new members, so logic follows that we must understand how someone joining a service club will personally benefit from being a member. Some even go so far to suggest it must include intrinsic value, and the ability to receive benefits that have a price tag.

It has been pointed out that in any organization dedicated to helping others and making a difference, this question should be reversed. What you are going to get out of Kiwanis really is not the point. What is important is what you will do as a member of Kiwanis that will make an impact in your community— especially for its youth and children.

Here's a quote attributed to Winston Churchill: *"We make a living by what we get, but we make a life by what we give."* Today, we spend much of our time thinking about ourselves. Going forward, let's make sure our focus is helping others. Next time someone asks you what he or she gets from Kiwanis membership, I urge you to redirect the question to, "What can I give as a part of Kiwanis?"

Thank you for giving.

Remember, This is The Formula:

**Love being a Kiwanian.
 Love your club.
 Share it with others.
 Live it.
 Doing Good....
 Feeling Good!**





50/50 Winners:

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

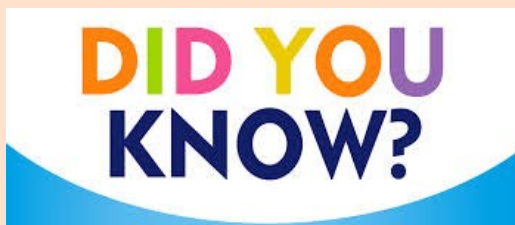


July 12 - Scott (The Man) Youngberg

July 18 - Scott (Mr. Two Time) Youngberg

July 25 - Bob Barcinski

My mother never saw the irony in calling me a son-of-a-bitch.



This is your Florida Kiwanis Foundation

On July 12th, we were happy to see Tom Thayer, the Division 21 Trustee for the Florida Kiwanis Foundation.



Established on June 30, 1971, the Florida Kiwanis Foundation is dedicated to supporting the Youth of Florida. One of the primary functions of the Foundation is to provide an Endowment toward which Kiwanis Clubs and individuals can contribute so together we can Leave a Legacy for the Children of Florida. The Foundation provides funding to support the Florida District Service Leadership programs. Approximately \$45,500 each year is distributed to Key Club, CKI, Aktion, K-Kids, and Builders to support vital leadership training opportunities.

Recognizing the extraordinary service Kiwanis Clubs perform, the Foundation provides funding for Matching Grants and Mini Grants so Kiwanis Clubs can make a Kiwanis Difference in their communities. Combining the resources of the Florida Kiwanis Family, the Foundation enables all Kiwanians in Florida the opportunity to open their hearts in the spirit of giving to make a greater impact on the needs of children and families.

Tom says they are currently accepting applications for the Mini-grant and Matching Grants.

You lovers of the English language might enjoy this...

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends. And we use it to brighten UP a room, polish UP the silver; we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning.

People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.. To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP. To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP.. When the sun comes out we say it is clearing UP...

When it rains, it wets the earth and often messes things UP.

When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now my time is UP, so... it is time to shut UP!



Kiwanis

Delray Beach

36th Annual

"Swing for Kids" Charity Golf Classic

Benefiting



ACHIEVEMENT
CENTERS FOR
CHILDREN
& FAMILIES
FOUNDATION

Play in the Most Exciting Event in 2018!

\$50,000 SHOOTOUT

4 Players will get a shot at \$50,000

* *18 Hole Scramble with
9 Par 3 Holes*

* *Two \$10,000 Hole In One
Prizes + 7 Additional
Hole in One Prizes*

* *"Sports Event VIP Ticket"*

Guaranteed Winner Putting Contest

* *Guaranteed Winner "Adventure Cruise" for two - Closest to pin*

* *Other Fun On-Course Contests*

* *Awesome Raffle Prizes*

* *Hot Buffet
Lunch*

September 22, 2018

Delray Beach Golf Club, 2200 Highland Avenue, Delray Beach, FL 33445

Please Note:

"ONLY 7 WEEKS TO GO!"

We need your help to secure sponsorships and Raffle Prizes.

The sooner someone signs up as a sponsor, the more publicity they will get as we grow closer to the event. Platinum, Gold and Silver sponsors will receive the biggest splashes, but everyone will get mentioned in all our advertising.

For more information and If you are playing, sponsoring or both, You can register now on-line by going to:

<http://www.kiwanis-swingforkids.com/>

We can accept credit cards on our website, so please keep that in mind.

It will be a FUN event and will ultimately benefit the children and other projects in our area.



The "Golden" Years ...

Signs You Have Grown Up

1. Your houseplants are alive, and you can't smoke any of them.
2. Having sex in a twin bed is out of the question.
3. You keep more food than beer in the fridge.
4. 6:00 AM is when you get up, not when you go to bed.
5. You hear your favorite song in an elevator.
6. You watch the Weather Channel.
7. Your friends marry and divorce instead of "hook up" and "break up."
8. You go from 130 days of vacation time to 14.
9. Jeans and a sweater no longer qualify as "dressed up."



Choosing Healthy Protein

Protein provides energy and supports your mood and cognitive function. While it's in many of the foods that we eat every day, for something so common it's often a

misunderstood part of our diets. Think of protein and you might think of steak sizzling on a grill, an energy bar touting to banish fatigue, or a protein shake promising amazing muscle growth. Yes, these foods are all packed with protein, but when it comes to making the best protein choices to keep your body and mind healthy, quality is just as important as quantity.

High-quality vs. low-quality protein

Distinguishing between industrially raised meat and organic, grass-fed meat is only part of separating low- and high-quality sources of protein.

While some processed or lunch meats, for example, can be a good source of protein, many are loaded with salt, which can cause high blood pressure and lead to other health problems.

Processed meats have also been linked with an increased risk of cancer, likely due to the substances used in the processing of the meat.

The key to ensuring you eat sufficient high-quality protein is to include different types in your diet, rather than relying on just red or processed meat.

Good sources of high-quality protein

Fish. Most seafood is high in protein and low in saturated fat. Fish such as salmon, trout, sardines, anchovies, sablefish (black cod), and herring are also high in omega-3 fatty acids. Experts recommend eating seafood at least twice a week.

Poultry. Removing the skin from chicken and turkey can substantially reduce the saturated fat. In the U.S., non-organic poultry may also contain antibiotics and been raised on GMO feed grown with pesticides, so opt for organic and free-range if possible.

Dairy products. Products such as skim milk, cheese, and yogurt offer lots of healthy protein. Beware of added sugar in low-fat yoghurts and flavored milk, though, and skip processed cheese that often contains non-dairy ingredients.

Beans. Beans and peas are packed full of both protein and fiber. Add them to salads, soups and stews to boost your protein intake.

Nuts and seeds. As well as being rich sources of protein, nuts and seeds are also high in fiber and "good" fats. Add to salads or keep handy for snacks.

Tofu and soy products. Non-GMO tofu and soy are excellent red meat alternatives, high in protein and low in fat. Try a "meatless Monday," plant-based protein sources are often less expensive than meat so it can be as good for your wallet as it is for your health.

How much high-quality protein do you need?

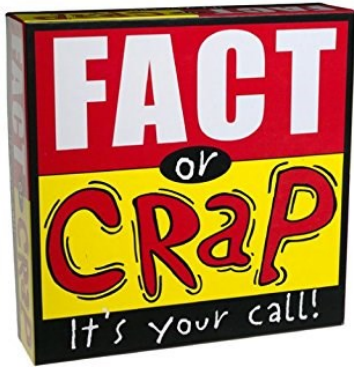
Adults should eat at least 0.8g of protein per kilogram (2.2lb) of body weight per day. That means a 180lb man should eat at least 65 grams of high-quality protein per day. A higher intake may help to lower your risk for obesity, osteoporosis, type 2 diabetes, and stroke.

Nursing women need about 20 grams more of high-quality protein a day than they did before pregnancy to support milk production.

Older adults should aim for 1 to 1.5 grams of protein for each kilogram of weight (think 0.5g of protein per lb. of body weight if that's easier).

Try to divide your protein intake equally among meals.

Source: Environmental Nutrition



- 1) Fact or Crap - The walls of microwave ovens help heat food.
- 2) Fact or Crap - Twins can have different fathers.
- 3) Fact of Crap - Polar bears actually have light yellow, not white, fur.
- 4) Fact or Crap - The original price tag on an Apple I computer was \$666.66.
- 5) Fact or Crap - The largest living tree is 42 feet in circumference.
- 6) Fact or Crap - Bingo was invented by church elders as a way to raise money.

(Answers on Page 7)

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 5: No Meeting Today.

Actually, that IS history!

July 12:

- 1543 England's King Henry VIII married his sixth and last wife, Catherine Parr.
- 1862 Congress authorized the Medal of Honor.
- 1908 Comedian Milton Berle was born Mendel Berlinger in New York City.
- 1972 George McGovern won the Democratic presidential nomination at the party's convention in Miami Beach.
- 1984 Democratic presidential candidate Walter F. Mondale named New York Congresswoman Geraldine A. Ferraro his running mate, making her the first woman to run on a major party ticket.
- 2001 Abner Louima, a Haitian immigrant tortured in a New York City police station, agreed to an \$8.7 million settlement.
- 2010 Roman Polanski was declared a free man, no longer confined to house arrest in his Alpine villa, after Swiss authorities rejected a U.S. request for the Oscar-winning director's extradition because of a 32-year-old sex conviction.

Birthdays:

- Musician Christine McVie turns 75
- Fitness instructor Richard Simmons turns 70
- Actress Cheryl Ladd turns 67
- Olympic skater Kristi Yamaguchi turns 47
- Actress Anna Friel turns 42
- Pro wrestler and MMA fighter Brock Lesnar turns 41
- Actress Michelle Rodriguez turns 39
- Actress Kristen Connolly turns 38
- Olympic gymnast Jordyn Wieber turns 23
- Country singer-musician Kimberly Perry (The Band Perry) is 35.

July 18:

- 1872 Britain enacted voting by secret ballot.
- 1927 Baseball Hall of Famer Ty Cobb got his 4,000th career hit.
- 1936 The Spanish Civil War began as Gen. Francisco Franco led an uprising of army troops based in North Africa.
- 1969 A car driven by Sen. Ted Kennedy, D-Mass., plunged off a bridge on Chappaquiddick Island near Martha's Vineyard. His passenger, 28-year-old Mary Jo Kopechne, died.
- 1998 A 23-foot tsunami along the coast of Papua New Guinea killed nearly 3,000 people.
- 1999 David Cone of the New York Yankees pitched the 14th perfect game in modern major league baseball history in a game against the Montreal Expos.
- 2005 An unrepentant Eric Rudolph was sentenced in Birmingham, Ala., to life in prison for an abortion clinic bombing that killed an off-duty police officer and maimed a nurse.

Birthdays:

- Actor James Brolin turns 78
- Businessman Richard Branson turns 68
- Actress Margo Martindale turns 67
- Actress Elizabeth McGovern turns 57
- Actor Vin Diesel turns 51
- Actress Kristen Bell turns 38
- Skating champion and commentator Dick Button is 89
- Singer Martha Reeves is 77
- Singer Ricky Skaggs is 64
- Talk show host-actress Wendy Williams is 54

July 25:

- 1868 Congress passed an act creating the Wyoming Territory.
- 1952 Puerto Rico became a self-governing commonwealth of the United States.
- 1956 The Italian liner Andrea Doria collided with the Swedish ship Stockholm off the New England coast, claiming the lives of 51 people.
- 1965 Bob Dylan shocked his fans at the Newport Folk Festival by playing electric guitar.
- 1975 The musical "A Chorus Line" opened on Broadway.
- 1978 The first baby conceived by in-vitro fertilization was born in Oldham, England.
- 1984 Soviet cosmonaut Svetlana Savitskaya became the first woman to walk in space.
- 1994 Israeli Prime Minister Yitzhak Rabin and Jordan's King Hussein signed a declaration at the White House ending their countries' 46-year state of war.
- 2008 California became the first state to ban trans fats from restaurant food.

Birthdays:

- Actor Matt LeBlanc turns 51
- Actress Wendy Robinson turns 51
- Actress Linsey Godfrey turns 30
- Actress Meg Donnelly turns 17
- Actress Barbara Harris is 83
- Folk-pop singer-musician Bruce Woodley (The Seekers) is 76
- Rock musician Jim McCarty (The Yardbirds) is 75
- Rock musician Verdine White (Earth, Wind & Fire) is 67

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Cartoonist Ray Billingsley ("Curtis") comes in, we hope that you will buy him a drink, as he is 61 years old today.



I ♥ MY CLUB

HAVE YOU SEEN THE INTERNET LATELY?



KIDS NEED KIWANIS



Answers.....

1) Fact - Microwave ovens heat food by sending out small radio waves (microwaves). These waves are reflected off the oven walls and onto the food. As the waves penetrate the food, the water molecules in the food begin to move. It is the molecules' vibration that heats the food.

2) Fact - It is very very rare, but it can happen. In China a man took a blood test to prove he was not the father of twin children. Evidence proved that he was the father of one, but not the other. The woman then admitted she did have sex with a second man within a 3 day period at the time of conception.

- 3) Crap - Their fur is made up of CLEAR hollow hairs.
- 4) Fact - Introduced in 1976 the Apple 1 was like a circuit board - it came without a keyboard, power supply or monitor. At auction, the Apple 1 has been sold for \$12,500.
- 5) Crap - it is 102.6 feet. Named "General Sherman" its stands 275 feet tall and it is the largest (in volume) tree in the world. Its mass is 10 times greater than that of a blue whale.
- 6) Crap - The game can be traced to 16th century Italy. A new York toy salesman named Edwin S. Lowe renamed it bingo after its arrival to the USA in 1929 when he overheard someone accidentally yell "bingo" instead of "beano" (beans were used as card markers)



Here Comes "Little Johnny"

Little Johnny was doing his math homework.

He said to himself, "Two plus five, that son of a bitch is seven. Three plus six, that son of a bitch is nine."

His mother heard what he was saying and gasped, "What are you doing?"

The little boy answered, "I'm doing my math homework."

"And this is how your teacher taught you to do it?" the mother asked.

"Yes," he answered.

Infuriated, she called Little Johnny's teacher the next day, "What are you teaching my son in class?"

The teacher replied, "Right now, we are learning addition."

The mother asked, "And are you teaching them to say two plus two, that son of a bitch is four?"

After the teacher stopped laughing, she answered, "What I taught them was, two plus two, the sum of which is four."



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!

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

(Answers on Page 9)

Kids' safety is
in your hands.

YOUTH
PROTECTION
GUIDELINES

Visit our Website:

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



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

— Thank you

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

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

2017-18 Kiwanis Int'l President:

Jim Rochford

2017-18 Florida Kiwanis Governor:

Todd Smith

E-mail: todd@ctoddlaw.com

2017-18 Division 21 Lt. Governor:

John Sullivan

Email: dnite10@bellsouth.net

Other Division 21 Clubs:

Boca Raton-Thursdays, 7:30 a.m.

Boca Raton Community Center
250 Crawford Boulevard
Boca Raton

Boynton Beach-Tuesdays, 12 Noon

Bru's Room
1333 N. Congress Ave
Boynton Beach

Gold Coast Knights-1st & 3rd Wed., 7 p.m.

Duffy's Sports Grill
Linton Boulevard and Federal Highway
Delray Beach

Green Acres - Wednesdays, 12 Noon

New China Buffet
5841 Lake Worth Road
Greenacres

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:

2017-18 President: Bill Ricigliano

Div. 21 Trustee: Tom Thayer

E-mail: TomThayer@Earthlink.net



PORTRAIT OF OUR WORK:

KIWANIS AROUND THE WORLD

What would happen to these life-changing projects if Kiwanis

didn't exist? Who would help these children and families?

- Kiwanis Kids' Day Football has been a signature project and fundraiser for the Kiwanis Club of Springdale, Arkansas, for almost 65 years, allowing hundreds of young players and cheerleaders to learn about sportsmanship, teamwork and character development.
- Kiwanis Sail 4 Children brings Kiwanis clubs together from Belgium and France to offer more than 100 children the chance to get on a boat and sail on the North Sea.
- In Malaysia, the Going to School with Kiwanis project has been helping children succeed in school since 2009, complete with backpack distribution, gifts and dictionaries.
- Three times a month, members of the Kiwanis Club of Dawn Busters, Metairie in New Orleans, Louisiana, provide and serve hot meals for the homeless.
- Orphans in Uganda have books, a new kitchen, beds, desks, chickens, cows, a medical clinic, some land and even a bus thanks to support from the Kiwanis Club of Missoula-Sentinel in Montana.
- Cammy Babiarz has Rett syndrome, which has put her in a wheelchair. When Evanston, Illinois, Kiwanians saw her mother, Jackie, lifting a 50-pound wheelchair in and out of her car, they vowed to raise US\$50,000 to buy a handicap accessible vehicle. They did just that. "That was the best Christmas we'd had in a while," Jackie says.
- From Vancouver to Newfoundland, Kiwanis festivals have celebrated Canada's best musicians for more than 70 years.
- The children of the Honduran cloud forest are starving. What little food they eat is consumed by the parasites in their bellies. With support from the Kiwanis Children's Fund and the Kiwanis Club of Federal Way, Washington, Projecto Honduras International delivers worm medicine to the families up in the hills.
- The Kiwanis Club of New Delhi, India, provides prosthetics for those in need through the Kiwanis Prosthetic Limb Clinic.
- New Zealand Kiwanians work hard behind the scenes to organize science fairs for hundreds of students throughout the country—from the north to the south island.

Sudoku Puzzle...Answers

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





From Our Photographer's Camera.....

Our Trusty photographer giving us some great memories from the Police Appreciation Spring Awards breakfast. ENJOY!

