



The Sunriser



The Kiwanis Club of Delray Beach - Sunrise

Where Ordinary People Provide Extraordinary Service" - Celebrating 40 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**- Terrill Pyburn
 - 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,
Alberta Gaum-Rickard
- *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 2013, Issue 12

December, 2013

Are You "Really" Protected Against Identity Theft?

Our program on November 27th was presented by Chrissy Smith, Identity Theft Risk Management Specialist with Legal Shield.

South Florida is one of the highest identity theft areas in the country. The FTC says that only 16% of Identity Theft shows up on credit reports. There are 5 main areas of Identity Theft: Social Security Number Theft, Medical Identity Theft, Criminal Identity Theft, Financial Identity Theft and Driver's License Theft.

The use of a victim's SSN is found in many types of theft including employment and tax fraud. Unemployment and disability benefits can be compromised as well as the income reported to the IRS. Medical Identity theft is one of the biggest. They have all your information and use that to obtain medical goods and services and money through insurance fraud. Someone stealing your identity could be arrested creating a criminal record associated directly with you. Financial Theft comes in the form of new credit cards, loans and bank accounts in your

name. Driver's license theft could be used when someone is stopped for a traffic violation giving the officer your name and number. Tips to minimize identity theft include

making sure you are on a secure website - i.e. https vs http; stop giving your SSN to everyone who asks for it; always remove prescription bottle labels when throwing away; use a cross shredder; get your credit report every 6 months; be wary when using wi-fi spots and if you have credit cards with a zero balance and are not planning on using them in the near future, close them.

For more information on other ways to protect yourself, go to www.floridalegalplans.com.



Chrissy Smith

What's the "Buzz" all about?

Our program on November 20th, presented by Scott Youngberg, brought us up to date on "Portalbuzz", the new provider for all Kiwanis websites. An extensive member profile section is now in the system which will allow each member to update their profile with the information they want for public use. All users will need to re-set their password.

There is also a message hub - a way to receive and post messages within

the club, division, district, or all of Kiwanis International. There is now a more robust email function, calendar and committee information. Coming soon is a member billing function and donor management function.

To see and update your profile, go to <https://members.portalbuzz.com/> member or you can go to our own website and click on member log-in. Contact Scott if you have any questions or need help.

Visit our Website:

www.delraybeachkiwanis-sunrise.org

Welcome Back Jim!!!



Jim Van Patten

For those that don't know him, Jim is a "snowbird" member of the Delray Beach Noon-Time club and is a regular visitor of our club during the winter months. He hails from Arkansas and is an all around great guy.

Great to see you Jim!

Other Doings.....



Our club has decided to Adopt-A-Family for the Christmas Holidays. The family is a single mother and two kids. The plan is to provide a Christmas tree, decorations, a complete dinner and of course, presents. If you have ideas and to help, please contact Alberta Rickard or Doug Martin for more information.



Our Club is also sponsoring a garden in the Delray Beach Community Garden. (See story in November's newsletter).



For another project, Our club is supporting a reading program for Mom's. This is through the Healthy Mothers & Healthy Babies organization.



**Remember ...
"I" before "E,"
except in
Budweiser.
--Professor Irwin Corey**

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



Upcoming Birthdays:

- December 10** - Geraldine Marazita
- December 16** - Ben Ruby
- December 26** - Bob Sablo
- December 30** - Kim Hale

Wedding Anniversaries:

--- None ---

Membership Anniversaries:

December 5 - Bob Barcinski. **29 Years!**

November 6th Meeting: Seems like this was \$2 day as several members put in extra dough. **Ezra Krieg** is going to Connecticut this weekend as his son Max has a tryout with Yale & Princeton's soccer teams. Do you hear scholarship??? **Steve Rubin** wished Max good luck. **Carlene Laseter** used her \$2 to display her excitement that the Univ. of Kentucky won a ballgame. Our guest **Steve Carcine** was happy he doesn't have to put his dog down. **Jeff Goldman** put his \$2 in for feeling guilty. **Ernie Galinis** was happy that his granddaughter's volleyball team beat Dwyer and is advancing in the regionals. **Scott Youngberg** was happy that FSU brought the "Pain to the Canes" for beating them this past weekend. **Jean Antin** remembered she got engaged at a football game. Everyone else was "Just Happy".

November 13th Meeting: **Jay Alperin** survived his two grandsons during his visit to Pennsylvania. **Jean Antin** was the winner of two paid trips on JetBlue in a WLRN contest. **Ernie Galinis's** granddaughter's volleyball team fell short in the regional finals. **Regina Sablo** said she was supposed to be retired, but her replacement quit so she is busy training a new person. **Scott Youngberg** cheered on FSU and **Jim Van Patten** is happy he's able to take care of his 94 year old wife. Everyone else was "Just Happy".

November 20th Meeting: **Jay Alperin** celebrated his 40th anniversary as a member and put in dollars for each decade. **Jeff Goldman** likes Thanksgiving and **Jean Antin** is going to New York to visit family for the holiday. **Ezra Krieg** put in for the UCF and Dolphin victories. **Ernie Galinis** spent a lot of time this past weekend at Miller Park supporting the Little League there. **Doug Martin** put a dollar in matching his winnings from poker. **Jim Van Patten** feels the Noon-time club is going to make it and **Carlene Laseter** celebrated a baby shower for her youngest son's wife. Everyone else was JH.

November 27th Meeting: **Bob Barcinski** wished everyone a happy Thanksgiving. **Jay Alperin** is looking forward to seeing his 3 grandsons this holiday. **Ezra Krieg** had a questionable dollar-His son is coming back from UCF for the holiday and he needs to have a discussion about his schoolwork. **Ernie Galinis** has to talk to his son about his grand-son who is also having trouble in school. **Doug Martin** is going to see his grand-kids and **Scott Youngberg** is looking forward to the big rivalry game between FSU and Florida. It might get ugly!!! **Steve Rubin** also wished everyone Happy



Old is when



'Getting lucky' means you find your car in the parking lot.

An 'all nighter' means not getting up to use the bathroom.

AND

You are not sure these are jokes?

Calendar Of Events

December 25 - No Meeting Today

January 1 - No Meeting Today



February 7-9..... Garlic Fest (Fund Raiser)



February 21 Glo-Ball Golf Tourney Delray Beach Golf Club, 6:00 PM

TBA.....Interclubs,

Happy Thanksgiving.....

Our club along with the AHS Key club, delivered 25 turkey dinners to needy families on Thanksgiving morning, making it a memorable day for all involved.



Thanks to those who participated including Ezra Krieg and his family, Jay Alperin with his daughter and grandson, Steve Rubin, Tony Marazita and the American Heritage Key Club.



A Special Thanks to "Alberta Rickard and Jeff Goldman" for organizing and participating in the event.





With Protein Foods, Variety is Key

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and

seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Just For Laughs....

A drunk walks into a bar with jumper cables around his neck. The bartender says, "You can stay but don't try to start anything."



Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

A blind man walks into a store with his seeing eye dog. All of a sudden, he picks up the leash and begins swinging the dog over his head. The manager runs up to the man and asks, "What are you doing?!!" The blind man replies, "Just looking around."

HUMAN AND SPIRITUAL VALUES

"What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as freedom should not be highly rated."

— Thomas Paine



Membership

Terrill Pyburn - Chairperson



Are You Buzzing?



As described on page 1, Visit <https://members.portalbuzz.com/member> To update your member profile.

While you're at it, why don't you visit our website? Lots of interesting stuff there. Great place to have a prospective member visit for a complete description of our club and what we do. Under the "Becoming a Member" tab, there's a presentation about joining our club and a flyer on why someone should join our club.

Check it out TODAY! Just click on the link below or scan the code. It's easy-peasy.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



50/50 Winners:

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



November 6 - Jay Alperin (Gave to Avda)

November 13 - Ernie Galinis

November 20 - Scott Youngberg

November 27 - Jay Alperin (Gave to Avda)

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:

November 6:

- 1854** John Philip Sousa, the king of American march music, was born in Washington, D.C.
- 1861** Jeff Davis was elected president of the Confederacy.
- 1928** Rep. Herbert Hoover was elected president over Democrat Alfred E. Smith.
- 1956** President Dwight D. Eisenhower won a second term by besting Democrat Adlai E. Stevenson at the polls.
- 1995** Cleveland Browns owner Art Modell announced plans to move the team to Baltimore.

Birthdays:

- 1946** Sally Field, Actress, turns 67
- 1948** Glenn Frey, Rock musician (The Eagles), turns 65
- 1955** Maria Shriver, Broadcast journalist, turns 58
- 1957** Lori Singer, Actress ("Footloose"), turns 56

November 13:

- 1927** The Holland Tunnel linking New York City and New Jersey beneath the Hudson River opened to the public.
- 1956** The Supreme Court struck down laws calling for racial segregation on public buses.
- 1982** The Vietnam Veterans Memorial was dedicated in Washington, D.C.
- 1997** The Disney musical "The Lion King" opened on Broadway.
- 1998** President Bill Clinton agreed to pay Paula Jones \$850,000 to settle a sexual harassment lawsuit.
- 2003** Alabama Chief Justice Roy Moore was thrown off the bench by a judicial ethics panel after refusing to remove a granite Ten Commandments monument from the state courthouse.

Birthdays:

- 1934** Peter Arnett, Journalist, turns 79
- 1934** Garry Marshall, Producer, director, turns 79
- 1947** Joe Mantegna, Actor, turns 66
- 1953** Frances Conroy, Actress ("Six Feet Under"), turns 60
- 1954** Chris Noth, Actor ("Law & Order, Sex & the City"), turns 59
- 1955** Whoopi Goldberg, Actress-talk show host, turns 58
- 1963** Vinny Testaverde, Football player, turns 50
- 1967** Jimmy Kimmel, Comedian, talk show host, turns 46

November 20:

- 1789** New Jersey became the first state to ratify the Bill of Rights.
- 1945** Twenty-four Nazi leaders went on trial before an international war crimes tribunal in Nuremberg, Germany.
- 1947** Britain's future queen, Princess Elizabeth, married Philip Mountbatten, Duke of Edinburgh, in Westminster Abbey in London.
- 1966** The musical "Cabaret," with music by John Kander and lyrics by Fred Ebb, opened on Broadway.
- 1977** Egyptian President Anwar Sadat became the first Arab leader to address Israel's parliament.
- 1985** The first version of Microsoft's Windows operating system, Windows 1.0, was released.

Birthdays:

- 1925** Kaye Ballard, Actress, turns 88
- 1927** Estelle Parsons, Actress, turns 86
- 1938** Dick Smothers, Comedian (The Smothers Brothers), turns 75
- 1942** Joe Biden, Vice President turns 71
- 1943** Veronica Hamel, Actress ("Hill Street Blues"), turns 70
- 1947** Joe Walsh, Rock singer (The Eagles), turns 66
- 1956** Bo Derek, Actress ("10"), turns 57
- 1959** Sean Young, Actress, turns 54

November 27:

- 1901** The Army War College was established in Washington, D.C.
- 1910** New York's Pennsylvania Station opened.
- 1942** The French navy at Toulon scuttled its ships and submarines to keep them out of the hands of the Nazis.
- 1973** The Senate voted 92-3 to confirm Gerald R. Ford as vice president, succeeding Spiro T. Agnew, who had resigned.
- 2009** Golfer Tiger Woods crashed his SUV outside his Florida mansion, sparking widespread attention to reports of marital infidelity.

Birthdays:

- 1955** Bill Nye, TV personality, turns 57
- 1957** Caroline Kennedy, Daughter of Pres. John F. Kennedy, turns 55
- 1964** Robin Givens, Actress, turns 48

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Mike Scioscia, Baseball manager comes in, we hope that you will buy him a "Bases-Loaded" drink, as he is 54 years old today.



Did You Know.....?

#GIVINGTUESDAY

A season of kindness.

A day to give.

December 3, 2013

The spirit that truly defines the season

On December 3, people are coming together for Giving Tuesday. In the midst of all the shopping and buying, it's an exciting new movement to create a day of giving at the start of the holiday season. Begun just last year, Giving Tuesday already includes nearly 6,000 partners—from charities and nonprofit organizations to businesses and individuals. The Kiwanis International Foundation is proud to be a part of it.

We hope you'll take part too. In fact, we're offering two options for extending your impact to children near and far:

The Kiwanis Children's Fund. Support the traditional aspects of our foundation's mission—and make an impact today. Your gift helps provide grants that help Kiwanians reach children, whether in their own hometowns or a world away. And you help fund Kiwanis Service Leadership Programs, which develop service and leadership skills in young Kiwanis-family members (as well as adults with disabilities) who will carry our mission forward.

The Eliminate Project. A gift helps the Kiwanis family raise US\$110 million by 2015 to help save or protect more than 61 million lives. And it helps us change the world tomorrow—by eliminating maternal and neonatal tetanus from the face of the Earth.

Regardless of the option you choose, the most important thing is to give. Because each gift extends your Kiwanis impact to children near and far.

An Irishman goes into the confessional box after many years of being away from the Church.

There's a fully equipped bar with Guinness on tap. On the other wall is a dazzling array of the finest cigars and chocolates. Then the priest comes in. "Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be."

The priest replies: "Get out. You're on my side."

PUBLIC SERVICE ANNOUNCEMENT

Why is there this obsession with being thin?

Its all down to the media. Whatever the media puts in magazines, commercials, etc., society will follow. Decades ago, it was fashionable for women to be curvy, and everyone aspired to be like Marilyn Monroe (size 14 by the way). It showed you were healthy and had a few assets. But now, all of the female models are bone thin, without a single bit of fat anywhere except for their butt and boobs. It's just a trend that the media has brought in, and now a lot of younger people want to follow this example and get thin as well. They are prepared to get so thin that it is unhealthy because everyone has seen these models and accepted that this is how you're supposed to look. Because of this image, people feel pressured to be extremely thin, to the point where perfectly healthy people believe that they are fat. Check with your doctor. In short, it's just a phase, and in a few decades a new body image will probably pop up.



We need to shift our cultural obsession away from "thin" and instead towards "healthy", "strong" and "fit"; away from crash diets and cleanses and instead focus on foods that offer high nutritious and health-promoting value as well as realistic exercise regimens. It is about maintaining a healthy weight with balanced, nutritious dietary choices and exercise in order to feel better and stay well. We are not going to achieve healthy lifestyle, fighting off preventable diseases, by focusing on "thin." As we know, depriving our bodies of essential nutrients and vitamins will do just the opposite. I am sure you know plenty of thin people who are not healthy.

"Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza."

-- Dave Barry

Our family; our life



We often use the term family to describe the Kiwanis family, but it goes beyond this; it's truly a way of life. As I write this, I am at the Capital District Kiwanis Family Weekend, which brings together the district leadership of Kiwanis, CKI and Key Club. Laughter and conversation echo through the building, igniting the spirit of service in us all. We come together with a common cause, to serve the children of the world. We are the torch of servant-leadership, all of us in this extended family, and we will together ignite the spirit of service for generations to come.

As we embark on this journey and a new Kiwanis year, I'm glad to share this experience with Kiwanis International President Gunter Gasser and CKI President Daniel Tsang, as well as each and every member of our family. ~Raeford Penny, 2013-14 Key Club International President.

Young Children
Priority One

**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: kristinar@pbsfa.org

Other Division 21 Clubs:

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

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

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

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

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

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

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

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

Florida Kiwanis Foundation:

President: Matt Sheehan

Div. 21 Trustee: James Banaeian

Email: james@cometoflorida.com



Governor's Message

by Matthew Cantrall, Florida Kiwanis Governor

I can't think of a month that would say thank you more than the month of November. As many of us look to the holidays later this month and into December, now is a time to reflect on all the things we are thankful for.

All too often we get wrapped up in our own lives, worrying about the materialistic things that bring us only short term happiness. As members of the premier service organization we must not be slow to heed the call for help. At times we spend too much time worrying about the child who hit the home run instead of the child who ran away from home.

At a time when we are reflecting on the many things we are thankful for this month let us never forget the homeless, hungry or handicapped. Let us eliminate those things that prevent us from being the difference maker in our communities, never worrying about who gets the credit but who will benefit from your generosity.

Let us make the most of every opportunity to become better servant leaders this year by releasing the chains that prevent us from doing just a little more to help more, taking the time to learn something new and to share a little more of our resources with those who have so little.

As we prepare for this calendar year to come to a close it is never too early to make that new years resolution to become a better you and you can do that by attending the 2014 Leadership Forum in Lakeland, FL. This Leadership Forum will replace our normal Mid Winter Conference but let me assure you there will be nothing normal about this forum.

I hope to see you at a Kiwanis event in the near future, until then continue to set a standard of excellence by which others will follow.

In your service, Matthew Cantrall
2013-14 Governor

Kiwanis

ELIMINATE

2013-14

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

Thank you



From Scott's Camera.....

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



The day before Thanksgiving. Light turnout, but "hearty" none the less.

