



The Sunriseser



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 Rubin
- *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 2014, Issue 2

February, 2014

Alkaline Restricts Cancer

We had a guest from the Boynton Noon-Time Kiwanis Club visiting on February 22nd, and guess what? He became our program.

George McDermott, Phd, President of Acadmy4Health started telling us about his cancer studies and applications he is using.

The principles of pH therapy are very simple. The metabolism of cancer cells has a very narrow pH tolerance for cellular proliferation which is between 6.5 and 7.5. As such, if you can interfere with cancer cell metabolism by either lowering or raising the internal cancer cell pH, you can theoretically stop cancer progression. Ideally, this approach begins with an alkaline diet, which is primarily plant-based and avoids sugar, dairy, wheat and other high-gluten grains. An alkaline diet based on vegetables and fruits creates a less-than-optimal environment for cancer proliferation, while at the same time strengthens the im-

mune function and supports healthy cells in the body through improved nutrition.

Dr. George promotes Cesium & Potassium Chloride – liquid. Cesium has been proven to get into cancer cells, when other nutrients cannot. The cesium: 1) Makes the cancer cells alkaline (Note: the BLOOD is NOT made alkaline, only the inside of the cancer cells), 2) Limits the intake of glucose into the cell (thus starving the cell and making the cell "sick" from lack of food), 3) Neutralizes the lactic acid (which is actually what causes the cell to multiply uncontrollably), and 4) Stops the fermentation process, which is a second affect of limiting the glucose. For more information, go to www.academy4health.com.



Farewell to a True Friend.....

Long time Kiwanian and great friend to all, **Ray Osterlund** passed away January 17, 2014. As a member of our club for the last 36 years, he was a regular attendee at all our meetings and projects. He will surely be missed.



"Feel no guilt in laughter, he knows how much we care. Feel no sorrow in a smile that he's not here to share. We cannot grieve forever, he would not want us to. He'd hope that we can carry on, the way we always do. So talk about the good times and the ways we showed we cared. The days we spent together, all the happiness we shared. Let the memories surround you."

"Say not in grief 'he is no more' but live in thankfulness that he was"

- Hebrew Proverb

Visit our Website:

www.delraybeachkiwanis-sunrise.org

Lifespace In Delray Beach

Our program on January 15th was presented by Louise Petraitis, the Director of Business Development for Lifespace Communities.



Louise Petraitis

Three unique Lifespace senior living communities can be found in Delray Beach, Florida: Abbey Delray, Abbey Delray South and Harbour's Edge. Each has a distinct style and personality. Each offers the security of Life Care. And each creates a space where fascinating people can keep up the pace of their fascinating lives.

These are continuing care retirement communities that provide Life Care, senior rental homes, 55+ or active living. Life Care is an upfront plan that handles the what-ifs. So, if something happens, if you ever need long term care, it's all right here. And the cost is about the same as the independent living monthly service fee you were already paying. The communities offer complete convenience, with a wide array of services and amenities. Wellness, is also available through FitSixSM, woven into the fabric of your daily life. For more information, go to www.delrayseniorliving.com.

The Library is More Than Books

Our program on January 29th was presented by Mary Burns, the head of Youth Services for the PBC Library on Hagen Ranch Road. The Palm Beach County Library System is your place to Dream, Discover, Do. Visit one of their 17 locations located throughout the County for entertainment, education, and exploration. They offer materials in many formats to suit your needs.



Mary Burns

They have books in hard copy, paper-back, large print, downloadable, and audio formats. You can check out DVDs and music CDs. Attend one of their cultural programs, computer classes, musical performances, or meetings. Their specialists can help you find the information you need for your research paper, business venture, family history, and medical condition. If you can't make it to one of their locations – then check out their online resource and outreach services. They have eBooks, magazines, newspapers, and research sources on their website. The Book-mobile travels to more than 40 stops a month and they offer outreach services to those who are visually or physically unable to visit the library. Meet your friends at the Library to learn new skills or just for fun! Find out what's going on at your Library. For more information, go to www.pbclibrary.org

There was a little girl who had a little curl
Right in the middle of her forehead.
When she was good, she was very, very good.
But when she was bad.....
She got a fur coat, jewels, a waterfront condo,
and a sports car.

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



Upcoming Birthdays:

February 1 - Carole Bassford

Wedding Anniversaries:

February 27 - Steve Rubin & Patti Bloom

February 28 - Bill & Camilla Szymanski

Membership Anniversaries:

February 5 - Doug Martin, 22 years

February 22 - Ben Bassford, 17 years

Bill Szymanski, 17 years

February 25 - Ernie Galinis, 15 years

Dale Morrison, 27 years

January 1st Meeting: No Meeting Today. Happy New Year!

January 8th Meeting: Jay Alperin started things off with Happy dollars for FSU winning the Championship game and for surviving a recent trip to Cuba. Jay said he would later do a program on his trip. Ezra Krieg was happy to hear that. Scott Youngberg was extremely happy that FSU is now National Champion, the BEST team in football. Jeff Goldman is not an FSU fan, but he likes Scott so he put a dollar in. Jean Antin's grand-daughter finally gave in and is getting married. Carlene Laseter thanked Scott and Doug Martin for delivering the Adopt-a-Family goodies. Susan Ruby said "Go FSU" and announced her 6th grade grandson won a Geography contest over 7th & 8th graders. Ernie Galinis, a Hurricanes fan became a Seminole for the big game. Jim Van Patten is happy to attend the Toastmasters meeting on Wednesday. Everyone else was just Happy.

January 15th Meeting: Mostly everyone was "Just Happy". Our guest James Banaeian wished everyone a Happy New Year. Carlene Laseter was happy we didn't all get drowned out last weekend. Ernie Galinis is still a fan of the Seminoles. Scott says Thank you. Scott Youngberg is happy about the cool weather we are getting after the front passes and Ezra Krieg is happy he's NOT the President.

January 22nd Meeting: This was a sad day as everyone contributed in memory of Ray Osterlund who passed away on January 17th. Dale Morrison added that it brought back a lot of memories and all the good times we had. As Ray would have said...Yaaaaa-Mon!

January 29th Meeting: Dr. George was back for another visit and told a funny joke during Happy Dollars. Happy to see you again George! Carlene Laseter has a new grandson who was born on "her" birthday. What a present! Ezra Krieg attended an exciting varsity girls soccer match at American Heritage that was decided by a shootout. Jim VanPatten was happy to hear that FAU hired a new coach from his alma mater Arkansas. Tony Marazita was happy the school approved a sub for him so he could attend today's meeting. Bob Barcinsky won \$56 in the Mega Money Lottery drawing. Jay Alperin thinks he's happy...He's going to North Carolina tomorrow morning— weather forecast 30 degrees. Burrrrrrr! Gina Sablo and everyone else was "Just Happy".



Did You Know.....?

5 ways to make a huge impact in 2014 without being a millionaire

When you think of people who outshine others at giving, chances are well-known philanthropists like Bill and Melinda Gates or Warren Buffet immediately come to mind. With their net worth well into the billions, it's easy to consider them among the people who are making the greatest impact.

Sure, the Gates and Buffet did top Forbes magazine's 2013 list of The 50 Biggest Givers. However, charities couldn't survive if they only relied on donations from the super-rich. For example, much smaller donations by ordinary Americans totaled \$229 billion in 2008—82 times the amount given by the Bill Gates Foundation that same year. Wendy Smith points out that statistic in her book "Give a Little: How Your Small Donations Can Transform Our World", stressing that donations as small as US\$5 can change and save lives.

As 2014 gets underway, commit to making a huge impact in the lives of people around the world ... by starting off small. Here are 5 ideas to get you started.

1. Make it automatic. As we all know, good intentions can fade within a few weeks of us singing "Auld Lang Syne" after our New Year celebrations and resolutions. Many organizations, including Kiwanis, offer the option of donations in credit card installments.

2. Employer matching donations. Most of us are familiar with the concept of matching donations—when an employer makes a charitable gift equal to the amount donated by an employee. If your company does not have this option, ask your supervisor or human resources department to consider it as a benefit. It effectively doubles your charitable giving.

3. Friend matching donations. Why not implement the same concept with your friends and relatives? For example, if you donate US\$10, US\$25 or US\$50 monthly to The Eliminate Project, imagine the additional impact you can have by asking 10 of your friends to match that amount. Your US\$10 monthly donation amounts to US\$1,200, while a US\$50 monthly donation can generate US\$6,000—enough to save or protect the lives of nearly 3,500 women and children susceptible to tetanus.

4. Pair charitable giving with another New Year's goal. If you're planning to shed a few pounds or give up in smoking in 2014, devote the funds you normally would spend on sweets, fast food or cigarettes to your favorite charity.

5. Make a plan. Just like anything else, you may not accomplish your charitable giving goals without a strategy. At the beginning of the year, commit an hour to studying the causes you are committed to supporting. Once you understand the "why" behind your donation, you'll likely be more committed to making a difference—and encouraging others to do the same.



50/50 Winners:

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



January 8 - Jim Van Patten

January 15 - Ezra (Pick my Number) Krieg

January 22- Ernie (Mr. 50/50) Galinis

January 29 - "Dr. George" McDermott

Hypnotist at the Senior Center

It was entertainment night at the Senior Center.

Claude the hypnotist exclaimed, "I'm here to put you into a trance. I intend to hypnotize each and every member of the audience."

The excitement was almost electric as Claude withdrew a beautiful, antique pocket watch from his coat.

"I want you each to keep your eye on this antique watch. It's a very special watch.

It's been in my family for six generations." He began to swing the watch gently back and forth while quietly chanting, "Watch the watch, watch the watch, watch the watch..."

The crowd became mesmerized as the watch swayed back and forth, light gleaming off its polished surface.

Hundreds of pairs eyes followed the swaying watch until, suddenly, it slipped from the hypnotist's fingers and fell to the floor, breaking into a hundred pieces.

"SHIT!" said the Hypnotist.

It took three days to clean up the Senior Center . Claude was never invited back to entertain.



Visit our Website:

www.delraybeachkiwanis-sunrise.org





Healthy Eating: Set yourself up for success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big

drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

Simplify. Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety, and freshness. This way it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious.

Start slow and make changes to your eating habits over time. Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Every change you make to improve your diet matters. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy, and reduce the risk of cancer and disease. Don't let your missteps derail you—every healthy food choice you make counts.



A BLOND'S YEAR IN REVIEW

January

Took new scarf back to store because it was too tight.

February

Fired from pharmacy job for failing to print labels..... Hellllloooo!!!.....bottles won't fit in printer!!!

March

Got really excited.....finished jigsaw puzzle in 6 months..... Box said ' 2-4 years!'

April

Trapped on escalator for hours ... Power went out!!!

..... To Be Continued

Membership

Terrill Pyburn - Chairperson



Welcome to 2014... Let's Make A Difference

The challenge is to not let this be just another great year for the needs of our community.

A great New Year resolution would be a commitment to invite someone to join Kiwanis. Invite someone to be part of this organization that we hold close to our own hearts.

Kiwanis has so much to offer our members and our communities, so make sure you are working to eliminate declining membership, engage yourselves with our Kiwanis family; feed the belly and mind as we provide the nutritional and mental support for those in need, find new ways to leave a lasting legacy and help to eliminate MNT.

Once you have committed yourself to being the difference maker you will reap the rewards of knowing you were significant in the lives of those less fortunate.



Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.

All the king's horses
And all the king's men.
Had scrambled eggs,
For breakfast again.

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:

January 1:

- 1808** A law prohibiting the importation of slaves into the United States went into effect.
- 1892** The Ellis Island Immigrant Station in N.Y. opened.
- 1898** New York City was consolidated into five buroughs.
- 1901** The Commonwealth of Australia was proclaimed.
- 1959** Fidel Castro led Cuban revolutionaries to victory over Fulgencio Batista.
- 1979** The United States and China established diplomatic relations.
- 1984** AT&T was divested of its 22 Bell System companies under terms of an antitrust agreement.
- 1990** David Dinkins became New York City's first African-American mayor.
- 1993** Czechoslovakia peacefully split into two new countries, the Czech Republic and Slovakia.
- 1999** The euro became the official currency of 11 European countries.
- 2011** Oprah Winfrey launched the OWN cable TV network.

Birthdays:

- 1922** Ernest Hollings, Former U.S. senator, D-S.C., turns 92
- 1938** Frank Langella, Actor ("Frost/Nixon") turns 76
- 1942** Country Joe McDonald, Rock singer, musician (Country Joe and the Fish), turns 72
- 1958** Grandmaster Flash, Rapper, turns 56
- 1964** Dedee Pfeiffer, Actress, turns 50
- 1969** Verne Troyer, Actor ("Austin Powers" movies), turns 45

January 8:

- 1815** U.S. forces led by Gen. Andrew Jackson defeated the British in the Battle of New Orleans during the War of 1812.
- 1918** President Woodrow Wilson outlined his Fourteen Points for peace after World War I.
- 1964** President Lyndon B. Johnson declared a war on poverty.
- 1987** The Dow Jones industrial average closed above 2,000 for the first time, ending the day at 2,002.25.
- 1998** Ramzi Yousef, the mastermind of the 1993 World Trade Center bombing, was sentenced in New York to life in prison.
- 2007** A Moroccan man convicted of aiding three of the four pilots who committed the 9/11 attacks was sentenced by a German court to the maximum 15 years in prison.
- 2013** Rep. Gabrielle Giffords, D-Ariz., was shot and critically wounded when a gunman opened fire as the congresswoman met with constituents in Tucson; six people were killed and 12 others were injured. (Jared Lee Loughner has pleaded not guilty to 49 charges in connection with the shooting.)

Birthdays:

- 1923** Larry Storch, Actor ("F Troop"), turns 91
- 1933** Charles Osgood, Broadcast journalist, turns 81
- 1937** Shirley Bassey, Singer, turns 77
- 1938** Bob Eubanks, Game show host, turns 76
- 1946** Robby Krieger, Rock musician (The Doors), turns 68
- 1947** David Bowie, Rock singer, turns 67
- 1953** Bruce Sutter, Baseball Hall of Famer, turns 61
- 1971** Jason Giambi, Baseball player, turns 43

January 15:

- 1559** England's Queen Elizabeth I was crowned in Westminster Abbey.
- 1967** The Green Bay Packers of the National Football League defeated the Kansas City Chiefs of the American Football League 35-10 in the first Super Bowl.
- 1973** President Richard Nixon announced the suspension of all U.S. offensive action in North Vietnam, citing progress in peace negotiations.
- 1978** Serial killer Ted Bundy murdered two students in a sorority house at Florida State University in Tallahassee.
- 1992** The Yugoslav federation effectively collapsed as the European Community recognized the republics of Croatia and Slovenia.
- 2001** Wikipedia, a web-based encyclopedia, made its debut.



2004 The NASA Spirit rover rolled onto the surface of Mars.

2009 US Airways Capt Chelsey Sullenberger guided a jetliner disabled by a bird strike just after takeoff from New York's LaGuardia Airport to a safe landing in the Hudson River. All 155 people aboard survived.

Birthdays:

- 1957** Mario Van Peebles, Actor, director, turns 57
- 1958** Julian Sands, Actor, turns 56
- 1967** Lisa Lisa, Singer (Lisa Lisa and Cult Jam), turns 47
- 1968** Chad Lowe, Actor, turns 46
- 1975** Mary Pierce, Tennis player, turns 39

January 22:

- 1901** Queen Victoria died at age 81 after 63 years on the British throne.
- 1905** Russian troops opened fired on marching workers in St. Petersburg, killing more than 100 in what became known as "Bloody Sunday."
- 1938** Thornton Wilder's play "Our Town" premiered in Princeton, N.J.
- 1944** Allied forces began landing at Anzio, Italy, during World War II.
- 1968** "Rowan & Martin's Laugh-In" premiered on NBC.
- 1970** The Boeing 747 went on its first regularly scheduled commercial flight, from New York to London.
- 1973** The Supreme Court handed down its Roe vs. Wade decision, which legalized abortion.
- 1973** Lyndon Baines Johnson, the 36th president of the United States, died at his ranch in Johnson City, Texas, at age 64.
- 1995** Rose Fitzgerald Kennedy, the mother of President John F. Kennedy, died in Hyannis Port, Mass., at age 104.
- 1997** The Senate confirmed Madeleine Albright as the nation's first female secretary of state.
- 1998** Theodore Kaczynski pleaded guilty in Sacramento, Calif., to being the Unabomber in return for a sentence of life in prison without parole.
- 2010** Conan O'Brien ended his brief tenure as host of "The Tonight Show" after accepting a \$45 million buyout from NBC to leave the show after only seven months.

Birthdays:

- 1932** Piper Laurie, Actress, turns 82
- 1940** John Hurt, Actor, turns 74
- 1949** Steve Perry, Rock singer (Journey), turns 65
- 1957** Mike Bossy, Hockey Hall of Famer, turns 57
- 1959** Linda Blair, Actress ("The Exorcist"), turns 55
- 1965** Diane Lane, Actress turns 49
- 1981** Beverley Mitchell, Actress ("7th Heaven"), turns 33

January 29:

- 1845** Edgar Allan Poe's poem "The Raven" was first published, in the New York Evening Mirror.
- 1850** Henry Clay introduced in the Senate a compromise bill on slavery that included the admission of California into the Union as a free state.
- 1861** Kansas became the 34th state of the Union.
- 1900** The American League, consisting of eight baseball teams, was organized in Philadelphia.
- 1936** The first five members of baseball's Hall of Fame, including Ty Cobb and Babe Ruth, were named in Cooperstown, N.Y.
- 1995** The San Francisco 49ers became the first team to win five Super Bowl titles when they beat the San Diego Chargers 49-26 in Super Bowl XXIX.
- 2009** The Illinois Senate voted to remove Gov. Rod Blagojevich from office.

Birthdays:

- 1940** Katharine Ross, Actress, turns 74
- 1945** Tom Selleck, Actor ("Magnum P.I."), turns 69
- 1950** Ann Jillian, Actress, turns 64
- 1954** Oprah Winfrey, Talk show host, turns 60
- 1956** Irlene Mandrell, Country singer, turns 58
- 1958** Judy Norton Taylor, Actress ("The Waltons"), turns 56
- 1962** Nicholas Turturro, Actor ("NYPD Blue"), turns 52
- 1965** Dominik Hasek, Hockey player, turns 49
- 1968** Edward Burns, Actor, director, turns 46

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Greg Louganis, Olympic gold-medal diver, comes in, we hope that you will buy him a "Forward 2 1/2 Somersaults with a full Twist" drink, as he is 54 years old today.



PUBLIC SERVICE ANNOUNCEMENT

Signs of Diabetes

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

People with type 2 diabetes often do not have any symptoms. When symptoms do occur, they are often ignored because they may not seem serious. Symptoms in type 1 diabetes usually come on much more suddenly and are often severe.

Call Your Doctor About Diabetes If: You feel nauseated, weak, and excessively thirsty; are urinating very frequently; have abdominal pain. You are breathing more deeply and rapidly than normal -- perhaps with sweet breath that smells like nail polish remover -- you need immediate medical attention for ketoacidosis -- a potentially deadly complication of type 1 diabetes.

If you are having weakness or fainting spells; are experiencing a rapid heartbeat, trembling, and excessive sweating; and feel irritable, hungry, or suddenly drowsy. You could be developing hypoglycemia -- low blood sugar that can occur with diabetes treatment. Follow your treatment plan for what to do if you develop hypoglycemia.

Calendar Of Events

February 8..... Garlic Fest (Fund Raiser)
Help us raise funds for the club!



February 14.....Wings of Freedom.
WWII Bomber display at Boca Airport



February 15 Glo-Ball Golf Tourney
Delray Beach Golf Club, 6:00 PM

April 5.....Kiwanis One Day (Global Service Day)

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

TBA.....Interclubs

HUMAN AND SPIRITUAL VALUES



"The first principle of value that we need to rediscover is this: that all reality hinges on moral foundations. In other words, that this is a moral universe, and that there are moral laws of the universe just as abiding as the physical laws. (from "Rediscovering Lost Values")"
— Martin Luther King Jr.

Other Doings.....



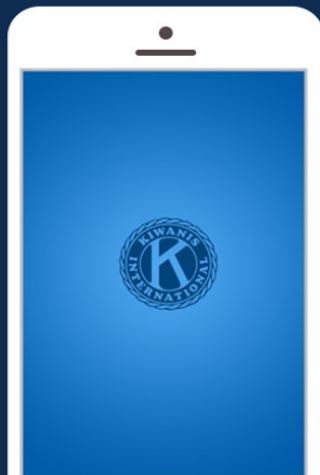
We were pleased to see Kristina Cabral, our Kiwanis Lt. Governor and James Banaeian, our Division Foundation Trustee as they visited our club on January 15th.



President Doug is still working on our Community Garden Project. We plan to sponsor a plot that will be available for elementary school kids. Stay Tuned!



Wings of Freedom is again coming to Boca Raton Airport on February 14th. Our Club will be providing \$100 for transportation costs for any school in the area to attend.



Download the update

We've redesigned the Kiwanis app:

- Find a club
- Invite friends
- Read Kiwanis news
- Take our survey





9th Annual Sunrise Kiwanis Night Golf Tournament Registration Form

*Registration for the foursomes are due by
February 11th.*

What: 9-hole golf tournament
using illuminated golf balls.
4-man team scramble.
Shot-gun start.

Where: Delray Beach Golf Club
2200 Highland Ave.
Delray Beach, FL 33444
(561) 243-7380

When: February 15, 2014, 6:30 pm

Cost: \$60.00 per person
(\$240 per team)
Includes golf balls, glow
sticks, food and one
mulligan per person.

Sponsor Board: Instead of being a hole
sponsor, you can
advertise your business
on our sponsor board.
ONLY \$20.00 per business.

Contact: Bob Barcinski,
(561) 243-7011

Misc. Info: Bring a small flashlight.
Limited to 18 four person
teams. If you sign up and
don't show, you still owe!
No Refunds!

Name

Phone #

Player 1

Player 2

Player 3

Player 4

*All Players Must Sign Waiver on Back of
Registration Form!*

Sponsor Board cost \$20.00. Please attach your
business card with payment.

Sponsor's Name:

Phone: _____

*Please make checks payable to:
"Delray Beach Kiwanis Sunrise"
and mail to
PO Box 7083
Delray Beach, FL 33482-7083*

*All proceeds go to support
Sunrise Kiwanis Children's Programs.*

Thank you for your support!

**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



Executive Perspective

by Stan D. Soderstrom, *Executive Director of
Kiwanis and the Kiwanis International Foundation*

HISTORY WORTH REPEATING

Twenty years ago, Kiwanians began a decade-long effort to change the world and make Kiwanis history. We accepted the challenge to address what was labeled as the largest preventable cause of mental disabilities, iodine deficiency disorders (or IDD). The solution was very simple: adding the micronutrient iodine to household table salt.

The entire Kiwanis family went to work in partnership with UNICEF. We raised and leveraged over US\$100 million to fund salt iodization programs in some of the most remote parts of the world. We educated our members, as well as government officials everywhere. We influenced legislation requiring salt iodization. We supported testing, monitoring and reporting. We rallied governments and other organizations to the cause. All together, we were instrumental in increasing the worldwide percentage of household iodized salt from 20 percent in 1990 to 76 per-cent today. The World Health Organization reported that in some parts of the world, the average IQ of selected demographic groups raised by an average of 13 points.

UNICEF has championed our world-wide service project as the most significant global health achievement of our time. Why do I share this? Because history is repeating itself today. Because once again, the Kiwanis family is mobilizing clubs, members, donors, governments and corporations to finish the job of eliminating another devastating global health issue, maternal and neonatal tetanus. The Eliminate Project is making Kiwanis history—and global health history—again. Between 1995 and 2005, approximately half of all Kiwanis clubs supported the fight against IDD. Since 2011, 70 percent of our clubs already have stepped forward to battle MNT. This is not just a fund-raiser. We're saving and protecting lives. For some communities in the most remote parts of the world, this is an opportunity to guarantee future generations. As we begin 2014, I hope your resolution list contains a commitment to support The Eliminate Project. Saving children. Saving mothers. Building communities. Kiwanis doesn't get any better than that.

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!

