



The Sunriser



The Kiwanis Club of Delray Beach - Sunrise

Where Ordinary People Provide Extraordinary Service" - Celebrating 43 Years of Service

Meets for Breakfast Wednesday's (except the 1st Week), 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL. And the 1st Thursday, 6:00 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, FL.

2016-2017 Officers

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

2015-2016 Bd. of Directors

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

2015-2016 Committee Chairs

- *Community Service:**
AVDA - Dianie Alperin, Ben Ruby
Thanksgiving- Alberta G. Rickard
Jeff Goldman
Police Appreciation - Ezra Krieg,
Peggy Kelleher

***Club Meetings:** Jay Alperin

- *Fund Raising:**
Delray Affair- Carlene Laseter
Golf Tourney- Scott Youngberg
Glo-Ball- Bob Barcinski

***Interclubs:** Steve Rubin

***Membership:** Carlene Laseter

***Newsletter/Website:**
Scott Youngberg

***Programs:** Ezra Krieg

***Social Activities:**
President & President Elect

***Spiritual Aims:** Doug Martin

- *Youth Services:**
Scholarship -Jack Foley,
Dale Morrison
Key Club/Builders Club -
American Heritage - Tony Marazita
Atlantic High School- Erica McFarlane
Unity School - Stacy Brookman
Atlantic PTSA - Peggy Kelleher

Volume 2017, Issue 2

February, 2017

A Trip To the Balkans With Jay

Our program on January 11th was presented by our own esteemed world traveler Jay Alperin. Today we visited the Balkans which includes Bosnia, Croatia, Montenegro and Albania. The Balkan Peninsula, or the Balkans, is a peninsula and a cultural area in

Eastern and Southeastern Europe with various and disputed borders. Great program and interesting insight into those countries. See more pictures on page 4.



ACE Develops Tomorrows Leaders

Our program on January 18th was presented by Krissy Webb, Co-Founder of Student Aces. Student ACES (ACE) is a 501(c)3 organization dedicated to providing leadership programs, mentoring, scholarships, and internship opportunities for high school students. ACE's focus is to inspire, train, and mentor a community of Student ACES who exemplify leadership traits in athletics, community service, and education. ACE is headquartered in Palm Beach Gardens, Florida. Participating in the ACE program are schools from Palm Beach, Broward and Dade County. Their mission is to develop tomorrows

leaders by providing best in class leadership curriculum, mentoring, and projects that make a difference in their community.

To ensure success, they work closely with their partner high schools to identify students with the initiative, determination, and judgment to become tomorrow's leaders. They ensure that their Board of Directors,

Advisory Committee and staff members possess the highest standards of ethics, integrity, and character. Their motto is "It's all about the students." For more information go to www.studentacesforleadership.com



Visit our Website:

www.delraybeachkiwanis-sunrise.org



Providing Free School Supplies



Our program on January 25th was presented by Lloyd Evans, the store manager for Red Apple Supplies. The mission of Red Apple Supplies is to serve the educational and creative needs of children in Palm Beach County public schools by providing a means to transfer donated school

supplies from businesses, organizations and individuals free to teachers of the highest needs Title 1 schools in Palm Beach County for use in classrooms throughout the school year.]

Red Apple Supplies supplements teachers with nearly \$500 additional dollars in school and classroom supplies.

You can help! Volunteerism, donor giving and hosting a supply drive can help Red Apple Supplies give kids the tools they need to succeed. For more information go to www.educationfoundationpbc.org.



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



Upcoming Important Dates:

Upcoming Birthdays:

February 2 - Carole Bassford
February 20 - Lisa Lee
February 28 - Jack Foley

Wedding Anniversaries:

February 27 - Steve Rubin & Patti Bloom
February 28 - Bill & Camilla Szymanski

Membership Anniversaries:

February 5 - Doug Martin, 25 years
February 22 - Ben Bassford, 20 years
 Bill Szymanski, 20 years
February 23 - Laurie Girodano (New Member).
February 25 - Ernie Galinis, 37 years!!
 Dale Morrison, 30 years!!

January 5th Meeting "Finnegan's": Our new friends from up north, **Laurie Giordano** and **Susan Sieg** joined us for their second Finnegan's meeting in a row. Laurie also came with a membership application in hand and is happy to make new friends. **Scott Youngberg** was happy about FSU's big win in the Orange Bowl. **Ernie Galinis** also put in for FSU and Miami. **Dale Morrison** said "Roll Tide!" **Bob Colvin** is happy that this club really does make a difference. **Peggy Kelleher** again thanked Bob for being Santa over the holiday. **Carole & Ben Bassford** happy to be back from Kentucky & Tennessee where it was 11 degrees. Ouch! They visited family and their granddaughter graduated college and got married the next day. **Carlene Laseter** is cheering for Kentucky basketball and had a great visit with the family. **Jay Alperin** is celebrating his birthday. **Larry Kristiansen** wished Jay a H.B. and said "Go Phins!" **Ezra Krieg** was happy, but I don't know why.

January 11th Meeting: **Jay Alperin** was happy to survive a stressful Clemson victory over Alabama in the National Championship game. **Peggy Kelleher** put in for Clemson and **Ezra Krieg** put one in for Clemson and one for the Dolphins. **Ernie Galinis** enjoyed the great college football. **Scott Youngberg** thought the Clemson victory was awesome and FSU beat Duke to go 16-1. **Reeve Bright** reminded all us FSU fans how we wanted to fire FSU coach Leonard Hamilton last year. (Ed. Note: Yes, we are a fickle bunch!). **Carlene Laseter** was happy Kentucky pulled out a close one. **Doug Martin** put in for Peggy's inaccurate birthday info. Everyone else was "Just Happy".

January 18th Meeting: **Jay Alperin** was Thinking back 40 years ago. Snow in the area on Jan. 19th. **Ernie Galinis** and **Peggy Kelleher** are Happy the snow is not here. **Bob Barcinski** is Glad to be in Florida and **Larry Kristiansen** is Glad to be back after five days in very cold Philadelphia. **Carlene Laseter** was happy Kentucky had another win and **Ezra Krieg** had a dollar for the noisy table. Everyone else? JH.

January 25th Meeting: **Carlene Laseter** had fun over the weekend celebrating her birthday with the grandkids. **Doug Martin** was impressed he remembered his wife Jodie's birthday. (BTW- Peggy nailed it this time). **Steve Rubin** put in for Jodie's birthday and **Ernie Galinis**, **Bob Barcinski**, **Larry Kelleher** put in for Carlene. **Peggy Kelleher** said "Happy B-Day Ladies". **Scott Youngberg** put in for Carlene for her "Ace Reporting" while Scott was away and also for FSU being Ranked #6 in the country. **Reeve Bright** again reminded all his FSU friends how they wanted to fire the coach last year. (Yes, I'm now a Believer!) **Ezra Krieg** got 1st in class at the Boca Kiwanis 5K walk-a-thon... the age 60-65 Female class. **Jay Alperin** can't remember why he's happy. **Regina Sablo** had a late dollar.



Upcoming Meeting Programs

- 2/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, February 2nd, at 6:00 pm.
 2/8 Opportunity PBC
 2/15 Tentative: Barky Park
 2/22 Old School Square
- 3/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 2nd, at 6:00 pm.
 3/8 Florence Fuller
 3/15 Spady Museum
 3/22 **Police Appreciation Day**
 3/29 Encore Palm Beach County
- 4/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 6th, at 6:00 pm.
 4/12 Habitat for Humanity
 4/19 Tentative: At Side Project
 4/26 Little Smiles
- 5/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 4th, at 6:00 pm.
 5/10 The Victory Cycle
 5/17 Need Speaker
 5/24 Need Speaker
 5/31 Delray Beach Comprehensive Plan
- 6/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, June 8th, at 6:00 pm.
 6/14 Achieve Palm Beach County

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

Membership

Carlene Laseter - Chairperson

Meet Our Newest Member...



Laurie Giordano



Laurie is a snowbird from Milford, MA. She lives in Delray with her husband Louis from October thru May. Laurie was born in Woonsocket, RI and raised in Blackstone, MA. She has a son, Nick who is 27 and living in MA. She is a retired Correction Officer, having held that position with the MA Dept. of Corrections for 20 years. Prior to that, she spent 10 years driving a school bus the town of Mendon, MA. Laurie's hobbies include Socializing and having fun at the beach, movies and just relaxing.

Laurie has been coming to our Finnegan's Meetings with fellow snow bird Susan Sieg.

Please welcome Laurie to our club and introduce yourself when you see her.

Welcome Laurie!



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

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.....



50/50 Winners:

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



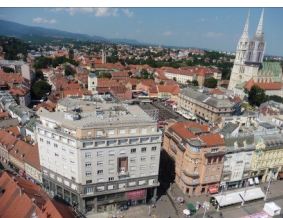
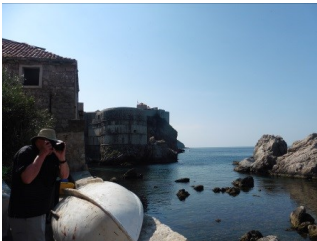
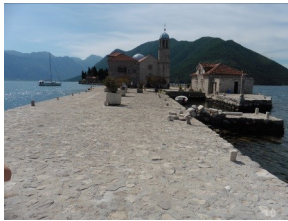
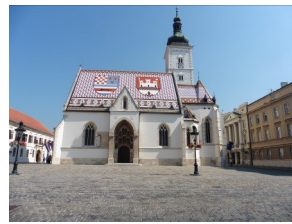
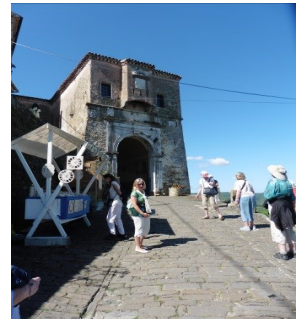
January 5 -Susan Sieg (Our Visitor from up North).

January 11—Scott (The Man) **Youngberg**

January 18 - Steve Rubin (aka Richard Stanton)

January 25 - Reeve (Mr. First Time) **Bright**

Jay Alperin's Trip to the Balkans...



HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Rather than love, than money, than fame, give me truth."

— Henry David Thoreau



Calendar Of Events

February 11, 2017 Kiwanis Glo-Ball Night Golf Tourney

March 26-31Children's Week with Kiwanis Tallahassee, Fl.



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



Blondes..... Gotta Love'Em

A policeman was interrogating 3 blondes who were training to become detectives. To test their skills in recognizing a suspect, he shows the first blonde a picture for 5 seconds and then hides it. "This is your suspect, how would you recognize him?" The

first blonde answers, "That's easy, we'll catch him fast because he only has one eye!"The Policeman says, "Well...uh...that's because the picture shows his profile."

Slightly flustered by this ridiculous response, he flashes the picture for 5 seconds at the second blonde and asks her, "This is your suspect, how would you recognize him?" The second blonde giggles, flips her hair and says, "Ha! He'd be too easy to catch because he only has one ear!" The policeman angrily responds, "What's the matter with you two?!? Of course only one eye and one ear are SHOWING because it's a picture of his profile!! Is that the best answer you can come up with?

Extremely frustrated at this point, he shows the picture to the third blonde and in a very testy voice asks, "This is your suspect, how would you recognize him?" He quickly adds "...think hard before giving me a stupid answer." The blonde looks at the picture intently for a moment and says, "Hmmm...the suspect wears contact lenses." The policeman is surprised and speechless because he really doesn't know himself if the suspect wears contacts or not. "Well, that's an interesting answer...wait here for a few minutes while I check his file and I'll get back to you on that." He leaves the room and goes to his office, checks the suspect's file in his computer, and comes back with a beaming smile on his face. "Wow! I can't believe it...it's TRUE! The suspect does in fact wear contact lenses. Good work!

How were you able to make such an astute observation? "That's easy," the blonde replied. "He can't wear regular glasses because he only has one eye and one ear."

Whenever I fill out an application, in the part that says

"If an emergency, notify:

" I put "DOCTOR". What's my mother going to do?



DID YOU KNOW?

2017 Kiwanis Rose Parade Float



Our float theme was "Children's Dreams-The World's Potential". Kiwanians are justifiably proud of the enhancement of children's lives, which we provide with our altruistic service for the improvement of our communities. Not only are we saving lives as we have done through our Worldwide Service Project, but making lives better each day, one community at a time, one child at a time.

Other Doings.



Our club approved a \$100 donation to the Atlantic High IB program initiative that is raising funds to make improvements at Barwick Park.

CHILDHOOD DOESN'T COME WITH A ROAD MAP.



KIDS NEED KIWANIS

“Old” is When...

.... your dreams are dry and your farts are wet.

.... you want to take back all those times you didn't nap when you were younger.

.... you have a hard time deciphering between boredom and hunger.

.... you no longer see speed limits as challenges.



PUBLIC SERVICE ANNOUNCEMENT

Insomnia (Part 1)

What defines insomnia?

Insomnia is the inability to get the amount of sleep you need to wake up feeling rested and refreshed. Because different people need different amounts of sleep, insomnia is defined by the quality of your sleep and how you feel after sleeping—not the number of hours you sleep or how quickly you doze off. Even if you're spending eight hours a night in bed, if you feel drowsy and fatigued during the day, you may be experiencing insomnia.

Symptoms of insomnia include:

Difficulty falling asleep despite feeling tired; Trouble getting back to sleep when waking up in the night; Waking up too early in the morning; Not feeling refreshed after sleep; Daytime drowsiness, fatigue, or irritability; Difficulty concentrating during the day; Relying on sleeping pills, sleep aids, or alcohol to fall asleep.

What are the common causes of insomnia?

To properly resolve your insomnia, you need to become a “sleep detective” and identify the underlying causes of your sleep problems. For many of us, emotional issues such as stress, anxiety, and depression often cause insomnia, but your daytime habits, bedtime routine, and physical health can also play a major role in how well you sleep at night.

Common causes of insomnia:

Sometimes, insomnia only lasts a few days and goes away on its own, especially when the insomnia is tied to an obvious temporary cause, such as stress over an upcoming presentation or a painful breakup. Chronic



insomnia, however, is usually tied to an underlying psychological or medical issue.

Anxiety and depression are two of the most common causes of chronic insomnia. Other common emotional and psychological causes include chronic or significant life stress, anger, worry, grief, bipolar disorder, and trauma.

Medical problems or illness. Many medical conditions and diseases can contribute to insomnia, including asthma, allergies, Parkinson's disease, hyperthyroidism, acid reflux, kidney disease, and cancer. Chronic pain is also a very common cause of insomnia.

There May Be a Medical Cause:

Medications. Many prescription drugs can interfere with sleep, including antidepressants, stimulants for ADHD, corticosteroids, thyroid hormone, high blood pressure medications, and some contraceptives. Common over-the-counter culprits include cold and flu medications that contain alcohol, pain relievers that contain caffeine (Midol, Excedrin), diuretics, and slimming pills.

Sleep disorders. Insomnia is itself a sleep disorder, but it can also be a symptom of other sleep disorders, including sleep apnea, restless legs syndrome, and circadian rhythm

disturbances tied to jet lag or late-night shift work.

Causes of insomnia you may overlook

What you do during the day or leading up to bedtime can interfere with quality sleep. Is your sleep environment noisy, too bright, or not very comfortable? Do you watch TV, play video games, or use a computer, tablet, or smartphone in bed? Do you drink caffeinated beverages (coffee, tea, soda) within eight hours of bed? Do you keep an irregular sleep schedule? Do you exercise or eat late in the evening? Do you use alcohol to fall asleep?

(See Next Month for Part 2– What to do)



12th Annual Delray Kiwanis Night Golf Tournament Registration Form

Benefitting Kiwanis Children's Charities

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 11, 6:00 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. \$20.00 per business.

Contact: Bob Barcinski, (561) 704-2780

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!



Registration Form

Registration for the foursomes are due by February 9th.

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!

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 5:

- 1781 A British naval expedition led by Benedict Arnold burned Richmond, Va.
- 1896 The Austrian newspaper Wiener Presse reported the discovery by German physicist Wilhelm Roentgen of a type of radiation that came to be known as an X-ray.
- 1914 Henry Ford, head of the Ford Motor Company, introduced a minimum wage scale of \$5 per day.
- 1949 In his State of the Union address, President Harry S. Truman labeled his domestic program the "Fair Deal."
- 1970 The soap opera "All My Children" premiered on ABC-TV.
- 1972 President Richard Nixon ordered development of the space shuttle.
- 1973 Bruce Springsteen's debut album, "Greetings From Asbury Park, N.J.," was released.
- 2004 After 14 years of denials, Pete Rose publicly admitted that he'd bet on baseball while manager of the Cincinnati Reds.

Birthdays:

- Lou Carnesecca, Hall of Fame basketball coach, 92
- Walter F. Mondale, Former vice president, 89
- Robert Duvall, Actor, 86
- Diane Keaton, Actress, 71
- Ted Lange, Actor ("The Love Boat"), 69
- Pamela Sue Martin, Actress ("Dynasty"), 64
- George Tenet, Former CIA director, 64
- Marilyn Manson, Rock singer, 48
- Bradley Cooper, Actor, 42
- January Jones, Actress ("Mad Men"), 39

January 11:

- 1805 The Michigan Territory was created.
- 1861 Alabama seceded from the Union.
- 1964 the United States surgeon general reported that cigarettes cause lung cancer.
- 1973 Owners of American League baseball teams voted to adopt the designated-hitter rule.
- 2003 Calling the death penalty process "arbitrary and capricious, and therefore immoral," Illinois Gov. George Ryan commuted the sentences of 167 condemned inmates, clearing his state's death row two days before leaving office.
- 2010 Mark McGwire admitted to The Associated Press that he'd used steroids and human growth hormone when he broke baseball's home run record in 1998.

Birthdays:

- Naomi Judd, Country singer, 71
- Ben Crenshaw, Golfer, 65
- Phyllis Logan, Actress ("Downton Abbey"), 61
- Vicki Peterson, Rock musician (The Bangles), 59
- Kim Coles, Actress, 55
- Tom Dumont, Rock musician (No Doubt), 49
- Tom Rowlands, Rock musician (The Chemical Brothers), 46
- Amanda Peet, Actress, 45



January 18:

- 1778 English navigator Captain James Cook became the first European to reach the Hawaiian Islands.
- 1788 The first English settlers arrived in Australia's Botany Bay to establish a penal colony.
- 1911 The first landing of an aircraft on a ship took place as pilot Eugene B. Ely flew onto the deck of the USS Pennsylvania in San Francisco harbor.
- 1912 English explorer Robert F. Scott and his expedition reached the South Pole, only to discover that Roald Amundsen had gotten there first.
- 1991 Financially strapped Eastern Airlines shut down after more than six decades in business.
- 1993 The Martin Luther King Jr. holiday was observed in all 50 states for the first time.
- 2005 The world's largest commercial jet, an Airbus A380 that can carry 800 passengers, was unveiled in Toulouse, France.

Birthdays:

- Kevin Costner, Movie Actor, 62
- Dave Bautista, Wrestler/Actor, 48
- Jesse L. Martin, TV Actor, 48
- Jason Gray, Rock Singer, 45
- Julius Peppers, Football Player, 37
- Jason Segel, TV Actor, 37

January 25:

- 1533 England's King Henry VIII secretly married Anne Boleyn, his second wife.
- 1787 Shays' Rebellion suffered a setback when debt-ridden farmers led by Capt. Daniel Shays failed to capture an arsenal at Springfield, Mass.
- 1890 The United Mine Workers of America was founded in Columbus, Ohio.
- 1915 The inventor of the telephone, Alexander Graham Bell, inaugurated transcontinental telephone service in the United States.
- 1959 American Airlines opened the jet age in the United States with the first scheduled transcontinental flight of a Boeing 707.
- 1971 Charles Manson and three female followers were convicted in Los Angeles of murder and conspiracy in the 1969 slayings of seven people, including actress Sharon Tate.
- 1988 Vice President George Bush and Dan Rather clashed on "The CBS Evening News" as the anchorman attempted to question the Republican presidential candidate about his role in the Iran-Contra affair.

Birthdays:

- Dean Jones, Actor, 86
- Dinah Manoff, Actress ("Empty Nest," "Soap"), 59
- Mia Kirshner, Actress, 42
- Christine Lakin, Actress, 38



AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Alicia Keys, R&B singer comes in, we hope that you will buy her a "Fireball" drink, as she is 36 years old today and is a "Girl on Fire"..

Ezra's "Hubba-Hubba" Award for the week!



A Closer Look at Antioxidants

Antioxidant is a catchall term for any compound that can counteract unstable molecules such as free radicals that damage DNA, cell membranes, and other parts of cells. Your body cells naturally

produce plenty of antioxidants to put on patrol. The foods you eat—and, perhaps, some of the supplements you take—are another source of antioxidant compounds.

Antioxidants are able to neutralize marauders such as free radicals by giving up some of their own electrons. When a vitamin C or E molecule makes this sacrifice, it may allow a crucial protein, gene, or cell membrane to escape damage. This helps break a chain reaction that can affect many other cells.

It is important to recognize that the term "antioxidant" reflects a chemical property rather than a specific nutritional property. Each of the nutrients that has antioxidant properties also has numerous other aspects and should be considered individually. The context is also important—in some settings, for example, vitamin C is an antioxidant, and in others it can be a pro-oxidant.

Articles and advertisements have touted antioxidants as a way to help slow aging, fend off heart disease, improve flagging vision, and curb cancer. Research findings suggest little overall benefit of the antioxidants in pill form. On the other hand, many studies show that people who consume higher levels of these antioxidants in food have a lower risk of many diseases. The bottom line? Eating a healthy diet is the best way to get your antioxidants.



Here Comes "Little Johnny"

Little Johnny was sitting in class doing math problems when his teacher picked him to answer a question, "Johnny, if there were five birds sitting on a fence and you shot one with your gun, how many would be left?"

"None," replied Johnny, "cause the rest would fly away."

"Well, the answer is four," said the teacher, "but I like the way you're thinking."

Little Johnny says, "I have a question for you. If there were three women eating ice cream cones in a shop, one was licking her cone, the second was biting her cone and the third was sucking her cone, which one is married?"

"Well," said the teacher nervously, "I guess the one sucking the cone."

"No," said Little Johnny, "the one with the wedding ring on her finger, but I like the way you're thinking."



This Month's Sudoku Puzzle....

A sudoku puzzle is a grid of 9 by 9 squares that has been divided into 9 smaller regions of 3 by 3 squares. The goal is to write the numbers 1 through 9 in the squares so:

- Each horizontal row has every number only once.
- Each vertical column has every number only once.
- Each 3 by 3 region has every number only once.

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

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

Last Month's Answers:

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

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



Kiwanis
Florida District

A way to serve.
A place to connect.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



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

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

2016-17 Kiwanis Int'l President:
Jane Erickson

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

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

Other Division 21 Clubs:

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

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

Gold Coast Knights-1st & 3rd Thurs., 7 p.m.,
Hooters Restaurant
2240 NW 19th St, #1101A
Boca Raton

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

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

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

Florida Kiwanis Foundation:

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



Executive Perspective

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

WHAT'S IN A REBRAND?

As we completed the active fundraising campaign of The Eliminate Project in early 2016, we commissioned an external assessment of our Kiwanis International Foundation. In effect, we pushed "pause" so we could gather feedback on where we should be headed as the charitable arm of Kiwanis International. What we learned was very worthwhile.

We heard that our donors want our foundation to align with club programs supporting Healthy children, Educating children, Leadership programs for youth and Priority needs for children. These are the things our members, donors and clubs care about, so they should be what the foundation supports.

Our donors also want to see their donations put to work, combined with other donations to make a difference for children in communities worldwide. This is why our Kiwanis International Foundation has been rebranded— or renamed—the Kiwanis Children's Fund. This moniker more accurately says what we want from our Kiwanis charity.



Kiwanis[®]

CHILDREN'S FUND

As we utilize our Kiwanis Children's Fund in support of Kiwanis globally, I ask all Kiwanians, everywhere, for your participation in two ways. First, whether you can make a gift of US\$10 or \$10,000, be an annual donor (kiwanis.org/childrensfund/give). Second, keep us in mind as a potential funding partner for unique, impactful, important Kiwanis service to children.

Funding worthwhile projects will encourage more donations, and more donations will encourage new funding opportunities. This is an exciting time for Kiwanis, and I hope every Kiwanian will be an active supporter and donor. We can't do Kiwanis without you.

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

Thank you





From Our Photographer's Camera.....

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

