

The

HAPPY NEW YEAR

Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

"Where Ordinary People Provide Extraordinary Service" - Celebrating 39 Years of Service

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

2012-2013 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:**
Jeff Goldman

2012-2013 Bd. of Directors

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

2012-2013 Committee Chairs

- *Community Service:**
 - AVDA** - Jean Antin
 - Thanksgiving**-Jay Alperin,
Jeff Goldman, Ernie Galinis
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Brian Shutt,
Barbara Schooler, Ernie Galinis
 - 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, Ray Osterlund
- *Social Activities:**
President & President Elect
- *Spiritual Aims:**
Scott Youngberg, Ray Osterlund
- *Youth Services:**
 - BUGS** - Doug Martin, Carlene Laseter,
Ernie Galinis
 - Scholarship** - Doug Martin
 - Key Club/Builders Club** - Steve Rubin

Volume 2013, Issue 1

January, 2013

It's Time for the "Point-in-Time" Count

Our program on December 5th was presented by Keianna Williams, PIT Consultant for Palm Beach County. The Point-In-Time Count seeks to identify the number of homeless individuals and families in Palm Beach County: men, women, children, victims of domestic violence and the elderly. During a 24 hour period, community volunteers and social service agencies go into the community to account for all homeless individuals.

The count not only measures the needs of the homeless, but also provides direction for future development of services. It is an important tool for resource development and planning. Results of the count provide the community with vital information to use in obtaining funding

to support programs for the homeless in the county. Volunteers are needed to help plan for the count, January 23-24,2013).

You can volunteer as an individual, or you can enlist your church, organization, group, or team of individuals to volunteer. Save the date! Register today at: www.pbcgov.com/CSDHOMELESS or you can contact Keianna at Kwillia4@pbcgov.org



Keianna Williams

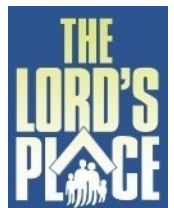
Breaking The Cycle of Homlessness



Javelle Johnson

Javelle Johnson, Job Developer of the Lord's Place, presented the program on December 19th. The Lord's Place is dedicated to breaking the cycle of homelessness by providing innovative, compassionate and effective services to men, women and children in our community. The Lord's Place is a non-profit, non-sectarian, 501(c)3 organization that has been changing the lives of homeless families and individuals in Palm Beach County for over 30-years. They are committed to breaking the cycle of homelessness with programs and services that include COMMUNITY ENGAGEMENT, SUPPORTIVE HOUSING and

JOB TRAINING & EMPLOYMENT. In 2011, They provided supportive housing to 508 men, women and children. By the end of the year, 91% were no longer homeless. This past year, they also helped 133 formerly homeless men and women gain job skills and helped place 88 in jobs with local employers. Their success over the years is due to an unwavering commitment to their clients and an approach that balances compassion and personal responsibility. Be part of the solution. For more information go to www.thelordsplace.org.



Visit our Website:

www.delraybeachkiwanis-sunrise.org



Use the Nutrition Facts Label

You can help your family eat better and balance their energy by learning to choose lower calorie, lower fat alternatives to some of their favorite foods. Use the Nutrition Facts label found on food packages to make smarter food choices.

When using the Nutrition Facts label as a guide, try these tips:

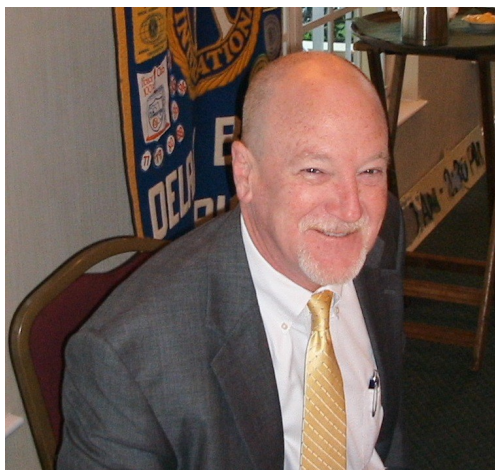
1. Keep these low: saturated fats, trans fats, cholesterol, and sodium
2. Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
3. Use the Percent Daily Value (% DV) column when possible; 5% DV or less is low, 20% DV or more is high.

You can also [visit the U.S. Food and Drug Administration website](#) to see examples of the Nutrition Facts label and what it can tell you.

Why we miss Rodney Dangerfield. Because he said

"My wife only has sex with me for a purpose. Last night she used me to time an egg".

Do You Know Me?



He is a former member of our club. See the answer on page 4.

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



Upcoming Birthdays:

- January 5 - Connie Barcinski
- January 10 - Jay Alperin
- January 17 - Mickey Osterlund
- January 20 - Carlene Laseter
- January 28 - Jody Martin

Wedding Anniversaries:

- January 24 - Ray & Mickey Osterlund

Membership Anniversaries:

- January 1 - Ezra Krieg (31 Years!)
- January 8 - Barbara Schooler, 16 years

December 5th Meeting: Scott Youngberg announced that Ernie Galinis just had open heart surgery and is doing well. Jim Van Patten was happy to be going on a 10 day cruise. Barbara Schooler's son is celebrating his 30th birthday and Jean Antin is happy her kitchen is almost done. Dale Morrison & Doug Martin put in for Ernie. Ben Bassford also put in for Ernie and the successful Thanksgiving deliveries our club made. Ezra Krieg was happy Ben was here. Everyone else was "Just Happy".

December 12th Meeting: Scott Youngberg wished everyone a happy 12-12-12. Jay Alperin was happy to have seen Ray Osterlund recently. Carlene Laseter's youngest just celebrated his 32nd birthday. Steve Rubin announced we had a successful cancellation of this month's Interclub. Terrill Pyburn gave out happy thoughts to Ray Osterlund and his wife Mickey, and also to Ernie Galinis. Jim Van Patten visited the VA doctors who told him he was in pretty good shape for the shape he was in. Ben Bassford put in \$5 for his sister who is back from rehab and also had a great trip to Disney World. Doug Martin was happy to see Ben. Ezra Krieg warned us that his son Zachary was going for his driver's test, so be careful.

December 19th Meeting: Everyone gave a Great Big THANKYOU to Ezra Krieg and his wife Marsha for the wonderful Holiday party they hosted. It was a lot of fun! Carlene Laseter was happy to see her grand babies yesterday. Scott Youngberg announced his son Gregory has been promoted to Major in the Marine Corps. Wes Caldwell was happy to see everyone. Susan Ruby put in \$5 feeling a little guilty for missing a few meetings, and for her grandson who won a Math Award. Ben Ruby also put in a dollar for his birthday. Regina Sablo was happy about the club's donation to buy books and her daughter just got engaged. Ezra Krieg's son got his driver license, so watch out! Everyone else was "Just Happy".

December 26th Meeting: No Meeting Today!



Happy Holidays & Happy New Year!!!

A Congressman was once asked about his attitude toward whiskey... "If you mean the demon drink that poisons the mind, pollutes the body, desecrates family life, and inflames sinners, then I'm against it. But if you mean the elixir of Christmas cheer, the shield against winter chill, the taxable potion that puts needed funds into public coffers to comfort little crippled children, then I'm for it. This is my position, and I will not compromise!"



We are greatly saddened by the news that Alberta Gaum Rickards' son passed away on December 12th.

Please accept our most heartfelt sympathies for your loss...our thoughts are with you and your family during this difficult time.

With Sympathy, Your friends at the Delray Beach-Sunrise Kiwanis Club

Calendar Of Events

February 8-10 Garlic Festival Fund Raiser
Old School Square, Delray Beach



February 9 Glo-Ball Golf Tournament

February 15-16 Kiwanis Mid-Winter Conference

Get Excited!
2013 Mid-Year Conference
February 15-16, 2013
Find out More!

At A Recent Meeting.....

As Ezra Krieg was doing his "This Day in History" thing, he mentioned the town of "**Kinderhook, N.Y.**"

Nobody knew anything about the town, or where it was exactly located. Well, after hours and hours of research, your crack staff at the "*Sunriser*" has the answer:

Kinderhook is a town in the northern part of Columbia County, New York. The population was 8,498 at the 2010 census. The name of the town means "Children's Corner" in the language of the original Dutch settlers (Kinderhoek).

The town of Kinderhook contains two villages, one of which is also named Kinderhook, where Martin Van Buren was born. Lindenwald, Martin Van Buren's retirement home, is in the town of Kinderhook.



Now, aren't you glad you asked?

OTHER DOINGS.....



KC Vienna Europe celebrates its 50th anniversary.

The first Kiwanis club outside of North America was founded in Vienna in 1963 with the KC Cleveland, Ohio as a sponsor.

50 years later, from March 15th to 17th, 2013, the Kiwanis Club of Vienna Europe 1 is not only celebrating its own 50th Anniversary but will also mark 50 years of Kiwanis in Europe. Details can be found on www.vienna2013.org and everyone is invited.

Hey, maybe we should hold a BIG Event like that when we have our 50th Anniversary in 2023....Just Saying.



50/50 Winners:

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



December 5 - Carlene Laseter (Gave to AVDA)

December 12 - Jim Van Patten

December 19 - Wes Caldwell (Gave to AVDA)

December 26 - No Drawing

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:

December 5:

1776 The first scholastic fraternity in America, Phi Beta Kappa, was organized at the College of William and Mary in Williamsburg, Va.

1848 President James K. Polk triggered the Gold Rush of '49 by confirming that gold had been discovered in California.

1933 National Prohibition came to an end as Utah became the 36th state to ratify the 21st Amendment to the Constitution, repealing the 18th Amendment.

1955 The American Federation of Labor and the Congress of Industrial Organizations merged to form the AFL-CIO.

2006 New York became the first city in the nation to ban artery-clogging trans fats at restaurants.

Birthdays:

1932 Little Richard, Rock singer, musician, turns 80

1946 Jose Carreras, Opera singer, turns 66

1951 Morgan Brittany, Actress ("Dallas"), turns 61

1957 Art Monk, Football Hall of Famer, turns 55

December 12:

1787 Pennsylvania became the second state to ratify the U.S. Constitution.

1870 Joseph H. Rainey of South Carolina took his seat in the U.S. House of Representatives, becoming the first black congressman.

1914 The New York Stock Exchange re-opened for the first time since July 30. The market had shut down when World War I broke out.

1917 Father Edward Flanagan founded Boys Town outside Omaha, Neb.

1925 The first motel, the Motel Inn, opened, in San Luis Obispo, Calif.

Birthdays:

1923 Bob Barker, game show host ("The Price is Right"), turns 89

1924 Ed Koch, Former New York City mayor, turns 88

1937 Connie Francis, Singer, actress, turns 75

1940 Dionne Warwick, R&B singer, turns 72

1952 Cathy Rigby, Actress, Olympic gymnast, turns 60

1962 Tracy Austin, Tennis Hall of Famer, turns 50

1970 Jennifer Connelly, Actress, turns 42

December 19:

1732 Benjamin Franklin began publishing "Poor Richard's Almanac."

1776 Thomas Paine published his first "American Crisis" essay, writing: "These are the times that try men's souls."

1777 Gen. George Washington led his army of about 11,000 men to Valley Forge, Pa., to camp for the winter.

1843 Charles Dickens' tale, "A Christmas Carol," was first published in Britain.

1972 Apollo 17 splashed down in the Pacific, ending the Apollo program of manned lunar landings.

1974 Nelson A. Rockefeller was sworn in as vice president, replacing Gerald R. Ford, who became president when Richard M. Nixon resigned.

Birthdays:

1933 Cicely Tyson, Actress, turns 79

1944 Richard E. Leakey, Palaeontologist, turns 68

1963 Jennifer Beals, Actress, turns 49

1967 Criss Angel, Magician, turns 45

1972 Alyssa Milano, Actress ("Charmed"), turns 40

December 26:

1865 James H. Nason of Mass., received a patent for a coffee percolator.

1908 Jack Johnson became the first black heavyweight boxing champion when he knocked out Tommy Burns in Sydney, Australia.

1917 The U.S. government took over operation of the nation's railroads.

1941 Winston Churchill became the first British prime minister to address a joint meeting of the United States Congress.

1947 Heavy snow blanketed the Northeast, burying New York City under 25.8 inches of snow in 16 hours; the severe weather was blamed for some 80 deaths.

1996 Six-year-old beauty queen Jon Benet Ramsey was found beaten and strangled in the basement of her family's home in Boulder, Colo. The slaying remains unsolved.

2004 Peyton Manning of the Indianapolis Colts broke Dan Marino's single-season touchdown pass record when he threw his 48th and 49th of the season in a victory over San Diego.

Birthdays:

1933 Carroll Spinney, Actor (Big Bird "Sesame Street"), turns 79

1945 John Walsh, TV host ("America's Most Wanted"), turns 67

1947 Carlton Fisk, Baseball Hall of Famer, turns 65

1954 Ozzie Smith, Baseball Hall of Famer, turns 58

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Chris Daughtry (Rock singer "American Idol") , comes in, we hope that you will buy him a drink, as he is 33 years old today.



Membership

Terrill Pyburn - Chairperson



What do we expect from you as a member?

We are asked this all the time. While we don't always have a community project going on, at the end of the year, there is a great feeling of accomplishment, belonging to a dedicated group of friends that share the same ideals and goals.

To get the most out of your membership, here are some ideas:

- * Attend club meetings regularly.
- * Participate in club service and fund-raising projects.
- * Share the experience with others.
- * Be proud of your membership.
- * Encourage others to join.

Do You Know Me?



It's the Famous Wes Caldwell....

Who you say? He was our club's President in 1988. He stopped in to say hi. Wes currently lives in Jacksonville and comes this way for business on a regular basis.

Great to see you Wes!

From the File

"Stuff you didn't know you didn't know!"

* Each king in a deck of playing cards represents a great king from history:

- Spades - King David
- Hearts - Charlemagne
- Clubs - Alexander, the Great
- Diamonds - Julius Caesar

* If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.

If the horse has one front leg in the air, the person died because of wounds received in battle.

If the horse has all four legs on the ground, the person died of natural causes.

* Question: If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?

Answer: One thousand

Disorder In The Court

These are actual quotes from Court room trials:



Q: Sir, what is your IQ?

A: Well, I can see pretty well, I think.

Q: Did you blow your horn or any thing?

A: After the accident?

Q: Before the accident.

A: Sure, I played for ten years. I even went to school for it.

Q: Trooper, when you stopped the defendant, were your patrol car's red and blue lights flashing?

A: Yes.

Q: Did the defendant say anything when she got out of her car?

A: Yes, sir.

Q: What did she say?

A: What disco am I at?

The Last Meeting Of The Year -Goodbye 2012, Hello 2013!

What's becoming a tradition, we like to document the last meeting for the year with a group picture. It's a little less than half of our members, but we were glad to see them all.

Let's make 2013 the best yet!



PUBLIC SERVICE ANNOUNCEMENT

Message from Howard Koh

U.S. Assistant Secretary for Health

Tobacco use imposes enormous public health and financial costs on this nation—costs that are completely avoidable. Until we end tobacco use, more young people will become addicted, more people will become sick, and more families will be devastated by the loss of loved ones.

The simple fact is that we cannot end the tobacco epidemic without focusing our efforts on young people. Nearly 100% of adults who smoke every day started smoking when they were 26 or younger, so prevention is the key. The tobacco industry spends almost \$10 billion a year to market its products, half of all movies for children under 13 contain scenes of tobacco use, half of our states continue to allow smoking in public places, and images and messages normalize tobacco use in magazines, on the Internet, and at retail stores frequented by youth. With a quarter of all high school seniors and a third of all young adults smoking, and with progress in reducing prevalence slowing dramatically, the time for action is now.

From 1997 to 2004 youth smoking fell rapidly. Since that time smoking among high school seniors has continued to fall, but slowly from 24.4% in 2003 to 18.7% in 2010 (daily smoking among youth has fallen from 16.8% in 1999 to 7.3% in 2009). Since 2003 prevalence among adults has fallen from 21.6 to 19.3% in 2010. The current problem is not that the evidence-based tools that drove the progress from 1997 to 2004 stopped working; it is that they have not been applied with sufficient effort or nationwide. That these tools still work is reflected in the fact that many states have seen significant reductions since 2005. Between 2005 and 2010 twenty states had declines of 20% or more.

Even with decades of progress and recent tobacco control initiatives, however, we must do more. We have ample evidence that comprehensive, multi-component interventions are effective at reducing tobacco use. But knowledge is not enough. We must also have commitment—the commitment to sustain comprehensive programs, to give our young people another perspective on tobacco, to create an environment that makes it harder for youth to smoke, to make cessation services accessible and affordable. It is within our grasp to make the next generation tobacco-free if we have the will to do so.

Upcoming Meeting Programs

- January 2 Vet's Place
- January 9 Dept of health tuberculosis group
- January 16 Forgotten soldiers
- January 23 Campaign for grade level reading
- January 30. Warriors 4 warriors

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

Did You Know.....?

**Kiwanians around the globe have
one common goal:**

To serve the children of the world.

Kiwanis advocates this vision every day by providing opportunities to serve for every member of a community through Service Leadership Programs. Through these opportunities, youth and young adults around the world become competent, capable, and compassionate leaders.



*Reach for
the Rainbow!
Make Dreams Come True*

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

esysy@comcast.net

Thank you

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

2012-13 Kiwanis International

President:

Thomas DeJulio

2012-13 Florida Kiwanis Governor:

Allen Whetsell

2012-13 Division 21 Lt. Governor:

John Sullivan

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: Don Fineout

Div. 21 Trustee: James Banaeian



Executive Perspective

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

A New Year Begins

Every October, our organization experiences a renewal from within. Our clubs, our divisions, our districts, and Kiwanis International all pass leadership batons from one Kiwanian to another. The successes become foundations upon which to build. The failures (yes, we Kiwanians have failures too) become important lessons for the future. We now have a new leadership team for our international organization. Beginning with President Tom DeJulio, who's had a lifelong Kiwanis-family experience that has prepared him to lead Kiwanis worldwide. And we have a great team of Kiwanis-family leaders all committed and ready to help our clubs be successful. In all, 2012-13 should be an exciting year to be a Kiwanian.

As we begin 2012-13, we have another exciting success to report. Our new corporate partnership strategy has brought several organizations to support our work as sponsors of the Kiwanis family. The U.S. Army has joined us to support our leadership development of Key Club and Key Leader in the United States. Its financial underwriting of our leadership programs are helping us reach and develop more young leaders. Its support will surely help continue the strong growth track for our Service Leadership Programs. The Hershey Company is supporting Key Club to help children be active and develop healthy lifestyles through the Hershey Track and Field Games. This company, known for its great chocolates, is helping children become physically fit. These community games offer great service projects for the Kiwanis family. We are working on other opportunities, but are being very careful to create partnerships only with organizations that align with our Objects and enhance our sterling reputation. In all of these partnerships, other organizations bring financial and other resources to help us grow and achieve our mission.

The start of a new Kiwanis year is a time to celebrate the past and look to the future. As your club inaugurated a new president, please take time to thank his/her predecessor. Think about your personal role in the club's planned activities for 2012-13. Dedicate your time, talents and treasures to make your community better. Make a commitment to invite one new member into your club.

In July, we began year two of The Eliminate Project's US\$110 million campaign to eliminate maternal and neonatal tetanus. I'm pleased to report we're on target for this project and excitedly look forward to accelerating our work in the months ahead.

And, in 2012-13, our organization will celebrate its 98th anniversary. Once again, this is a great time to be Kiwanian.

Stan Soderstrom, Kiwanis Executive Director





From Ben Bassford's Camera.....

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



Ben Bassford



"I can't help it, officer. Someone has hypnotized me to park illegally!"



Our club made a donation to help buy books for Cross-pointe Elementary. President Doug Martin made the presentation to **Regina Sablo**, who accepted the award for the school.



Jeff Goldman completed one of his last Presidential duties of the year by presenting **Scott Youngberg** with the Delray Beach Sunrise Kiwanis "Heart of the Club" Award for his commitment over the past year.

Its Party Time



Thanks to Ezra Krieg & his wife Marsha for hosting this year's Holiday Party. Lot's of FUN!!!

