



The

HAPPY NEW YEAR 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 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 2014, Issue 1

January, 2014

A Very, Very, Merry Christmas

Through the direction of President Doug, our club conducted a very heart warming project --

Adopt-a-Family.

Inspired by the Christmas holiday, our club selected Nahomie, a single mom with two children, Bouchra (8 years old) and Mical (6 years old). Living on almost nothing, there was not going to be a Christmas for this family without our help. Our club provided a tree with ornaments, a fully prepared Turkey dinner with all the trimmings and of course lots and lots of presents. Included were things like a computer



tablet, bicycles, hula hoops, shoes, clothing, school stuff and lots of toys. This is what Kiwanis is all about. More pictures on Page 3

Upper Cervical Care Is Important



Our program on December 4th was presented by Dr. Kevin Davine of Pure Life Chiropractic. He talked about Upper Cervical Care. Your spine protects the most

important and most amazing structure in your body, your Central Nervous System. Due to this, extreme specificity is required when dealing with the spine. The more specific the chiropractor, the less number of adjustments are needed, and healing occurs in a quicker amount of time. Upper Cervical Chiropractors DO NOT twist, crack or pop the neck. Due to their extensive training and high level of skill, their adjustments are gentle and don't require much force. Almost all of the nerves from

our brain must pass through the upper cervical spine, making the Upper Cervical Spine extremely important. When the upper cervical area is properly positioned, energy (including critical impulses and message to and from the brain) flows easily and healing occurs more rapidly. All adjustments are made with the hand.

Upper Cervical Chiropractors are highly trained in measuring the function of your nervous system by using something called "paraspinal thermography." The readings from this instrument guide the chiropractor to know when to adjust and more importantly when NOT to adjust. This is the most important tool a chiropractor can have in his or her office. For more information, go to www.pure-life-chiropractic.com.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Add more vegetables to your day. 10 tips to help you eat more vegetables.

It's easy to eat more vegetables! Eating

vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1. **Discover fast ways to cook.** Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. **Be ahead of the game.** Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. **Choose vegetables rich in color.** Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens.

4. **Check the freezer aisle.** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. **Stock up on veggies.** Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6. **Make your garden salad glow with color.** Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress.

7. **Sip on some vegetable soup.** Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8. **While you're out.** If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. **Savor the flavor of seasonal vegetables.** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.

10. **Try something new.** You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

A mechanic noticed his co-worker drinking brake fluid at lunch.

"What are you doing, man? You can't drink that stuff!"

"Relax," replied his co-worker, "this stuff tastes pretty good, and I don't drink it all the time."

"Seriously," the mechanic exclaimed, "that brake fluid is poison!"

"Hey, man?" yelled the co-worker, "back off! I can stop any time I want."

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



Upcoming Birthdays:

January 5 - Connie Barcinski

January 10 - Jay Alperin

January 20 - Carlene Laseter

January 28 - Jody Martin

Wedding Anniversaries:

- None -

Membership Anniversaries:

January 1 - Ezra Krieg (32 Years!)

January 8 - Barbara Schooler, 17 years

January 30 - Anthony Marazita, 1 year

December 4th Meeting: Jay Alperin started things off with 3 dollars: Thanksgiving turkey deliveries was a lot of fun, FSU and FAU winning their games. Scott Youngberg echoed FSU's greatness. Jim Van Patten is happy to be in Florida. Alberta Rickard was happy the turkey deliveries was a huge success. Everyone including Ezra Krieg, and Doug Martin thanked Alberta for helping in running the project. Regina Sablo visited her daughter in Gainesville. Ezra also put an extra dollar in for his son's soccer team—#1 in the USA. Wow! Carlene Laster and Jean Antin

December 11th Meeting: Jeff Goldman was happy Thanksgiving was a success and looking forward to GarlicFest. Jay Alperin plugged the Old School Square fund raising trip - going to Barcelona! These trips are a lot of fun. Ezra Krieg said "Jay puts the Bar in Barcelona". Barbara Schooler had great trip to New York. She survived the cold! Ernie Galinis was happy his wife got through an operation without any issues. Carlene Laseter wishes everyone "Happy Holidays". She's going north to be with her family. Scott Youngberg announced FSU #1 in the polls and is going to the championship game in Pasadena. Jim Van Patten enjoyed watching the Boat Parade and Doug Martin is going to his first National Cheer Leading competition to watch his grand-daughter. Ya-Hooooo!

December 18th Meeting: This was our last meeting of the year. Everybody wished everyone else a Happy Holiday including Barbara Schooler, Ezra Krieg, Ben Ruby, Steve Rubin and Doug Martin. Jay Alperin put in a buck for leaving early. Gina Sablo was happy her sister was here, and Ernie Galinis hoped every travels safely during the holiday. Finally, Susan Ruby put an extra dollar in for Doug Martin, "The Best President" of our club.

December 25th Meeting: No Meeting Today.

Happy Holidays & Happy New Year!



A Very, Very Merry Christmas....

Continued from Page 1

1st - The Wrapping.....Completed at our December 18th Meeting



More Pictures on Page 4.....

A Very, Very Merry Christmas....

Continued from Page 3

Then the Delivery.....Completed on December 24th :



Finally.....The Smiles :



A Great Big Thanks to Doug Martin for spearheading this project. Also, A Great Big, Big, Big Thanks to all the members who bought presents, who shopped, and who wrapped.
AWESOME JOB!!!

An Irishman drinks at the pub until they close.

He stands up to leave and falls flat on his face. He tries to stand one more time and falls again. He figures he'll crawl outside and get some fresh air and maybe that will sober him up.

Outside, he tries to stand up and falls flat again. He gives up and crawls the four blocks to his house, crawls up the stairs and pulls himself into bed.

The next morning, his wife stands over him shouting, "So, you've been out boozing again!"

"What makes you say that?" he asks, putting on an innocent face.

"The pub called -- you left your wheelchair there again."

**Visit our
Website:**

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



50/50 Winners:

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



December 4 - Doug (Who Me?) Martin

December 11 - Jim Van Patten

December 18 - Susan Ruby

December 25 - No Meeting Today

A lawyer was just waking up from anesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again. His wife had never heard him say that so she stayed by his side.

A couple of minutes later, his eyes fluttered open and he said, "You're cute!" Well, the wife was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'?" His reply was "The drugs are wearing off!"

The Last Meeting Of The Year -Goodbye 2013, Hello 2014!

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 2014 the best yet!



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 4:

1816 James Monroe of Virginia was elected the fifth president of the US.

1942 U.S. bombers struck the Italian mainland for the first time in World War II.

1945 The Senate approved U.S. participation in the United Nations.

1978 Dianne Feinstein became San Francisco's first woman mayor when she was named to replace George Moscone, who had been assassinated.

1991 Associated Press correspondent Terry Anderson, the longest-held Western hostage in Lebanon, was released after nearly seven years in captivity.

Birthdays:

1933 Wink Martindale, Game show host, turns 80

1944 Chris Hillman, Rock singer, musician (The Byrds), turns 69

1949 Jeff Bridges, Actor, turns 64

1964 Marisa Tomei, Actress, turns 49

1973 Tyra Banks, TV host ("America's Next Top Model"), turns 40

December 11:

1816 Indiana became the 19th state.

1936 Britain's King Edward VIII abdicated the throne in order to marry American divorcee Wallis Warfield Simpson.

1941 Germany & Italy declared war on the US, which responded in kind.

1946 UNICEF (the United Nations International Children's Emergency Fund) was established.

1972 Man landed on the moon for the last time during the Apollo 17 mission.

1998 The House Judiciary Committee approved three articles of impeachment against President Bill Clinton.

2008 Bernard Madoff was arrested, accused of running a multibillion-dollar Ponzi scheme. (He later pleaded guilty and is serving 150 years in prison.)

Birthdays:

1931 Rita Moreno, Actress, turns 82

1942 Donna Mills, Actress ("Knots Landing"), turns 71

1943 John Kerry, U.S. senator, D-Mass., turns 70

1944 Brenda Lee, Singer, turns 69

1947 Teri Garr, Actress, turns 66

1954 Jermaine Jackson, Singer (The Jackson 5), turns 59

December 18:

1787 New Jersey became the third state to ratify the U.S. Constitution.

1892 Peter Tchaikovsky's "The Nutcracker Suite" premiered in St. Petersburg, Russia.

1957 The first nuclear facility in the United States to generate electricity, the Shippingport Atomic Power Station in Pennsylvania, went online.

1958 The world's first communications satellite was launched by the United States aboard an Atlas rocket.

1969 Britain's Parliament abolished the death penalty for murder.

Birthdays:

1943 Keith Richards, Rock musician (Rolling Stones), turns 70

1946 Steven Spielberg, Director, producer, turns 67

1950 Leonard Maltin, Movie critic, turns 63

1955 Ray Liotta, Actor, turns 58

1963 Brad Pitt, Actor, turns 50

1968 Rachel Griffiths, Actress, turns 45

1971 Arantxa Sanchez Vicario, Tennis Hall of Famer, turns 42

December 25:

336 The first recorded celebration of Christmas on Dec. 25 took place in Rome.

1776 Gen. George Washington and his troops crossed the Delaware River for a surprise attack against Hessian forces at Trenton, N.J.

1818 "Silent Night" was performed for the first time, at the Church of St. Nikolaus in Oberndorff, Austria.

1991 Soviet President Mikhail S. Gorbachev went on TV to announce his resignation as the eighth and final leader of a Communist superpower that had already gone out of existence.

Birthdays:

1946 Larry Csonka, Football Hall of Famer, turns 67

1948 Barbara Mandrell, Country singer, turns 65

1950 Sissy Spacek, Actress, turns 63

1958 Rickey Henderson, Baseball Hall of Famer, turns 55

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Jimmy Buffet, Rock musician, comes in, we hope that you will buy him a "Margaritaville" drink, as he is 67 years old today.



Did You Know.....?

Help Yourself

WHEN YOU VOLUNTEER, You may think you're serving others, but someone else benefits from all your acts of kindness: **You!**

The typical Kiwanis member expects nothing in return for his or her volunteer service. That's why it's called "volunteering." But a growing body of evidence indicates that those who devote themselves to worthy causes reap huge psychological, emotional and physical dividends. The reasons are pretty simple. People who volunteer are less depressed because they simply don't have as much time to dwell on their troubles; are mentally and physically healthier because their work exercises their bodies and minds; and are less isolated, thanks to the interpersonal connections they develop through their good works.

Those benefits seem to accrue most significantly for older adults and retirees, many of whom can use volunteerism to replace social networks lost through retirement. Interestingly, another study indicates that when it comes to increased life satisfaction and better health, older volunteers actually feel *more* fulfilled than those doing paid work. They also enjoy greater health benefits than younger volunteers. This isn't to say that you should wait a few decades before deciding to help others. "Evidence indicates that those who volunteer at an earlier stage are less likely to suffer from ill health later in life, thereby offering up the possibility that the best way to prevent poor health in the future, which could be a barrier to volunteering, is to volunteer," says the Corporation for National & Community Service.

Those who take time to help others may also achieve the biggest perk of all: a longer life. Research shows that community service improves one's longterm prospects. A Duke University study found that heart attack sufferers who took up volunteer work reported feeling less despair and depression—two emotional conditions strongly linked to mortality in such patients. Data from the U.S. Census Bureau and the Centers for Disease Control also indicates that states with high rates of volunteerism post lower mortality rates and see fewer incidences of heart disease. The states with the highest service rates (and lowest heart disease and mortality figures) are Utah, Nebraska and Minnesota.

So just how much volunteering should one undertake to enjoy this bounty of benefits? Amazingly, science has a pretty clear-cut answer: about 100 hours per year. This magic number, determined by the Assets and Health Dynamics Among the Oldest Old Survey, translates into a paltry two hours a week.

Easy peasy.

PUBLIC SERVICE ANNOUNCEMENT

Pet Adoption is the loving option!

So, you want to adopt a pet, huh? Great idea! Here are a few reasons why pet adoption is the loving option:

Saving Lives. Whether you [adopt a pet](#) from a local animal shelter or a rescue organization, humane society or SPCA, you're saving a life. In fact, if you adopt a cat, or kitten, or adopt a puppy or dog at an animal shelter you're making room for another pet to be rescued by allowing other dogs or cats at the shelter to be kept for a longer period of time, giving them a better shot at being adopted. If you adopt from a humane society, an SPCA or a rescue organization, you're allowing that organization to rescue another dog or cat for adoption at a public shelter, which, of course, saves the life of that little guy/gal plus the lives of others at that shelter by creating space so new pets can be kept longer. As you can see, adoption is truly a continuous cycle of saving lives and it's the right thing to do!



When you adopt a pet from a humane society or rescue group, you know what you're getting (especially if you adopt an adult). There are a lot of things to consider when you're deciding what kind of personality your new family member should have. A mature pet's personality is already developed, and you'll be able to spot the characteristics you're looking for much more easily than with a puppy or kitten. Each pet has his/her own personality and you never really know how they will act with you, with children, and with other pets until they are a bit grown up. If you want a dog or cat who will instantly fit in with your family, then adopt a young adult, adult or even senior dog or cat from a humane society or SPCA, or from a rescue organization or animal shelter!

Pet adoption means an instant friend for life. Ask anybody who has adopted a pet, and they'll swear their bond with their rescued pal is as deep as they come. When you open your heart and your home to a pet who needs help, they really do show their appreciation for the rest of their life! Dogs or cats who have been uprooted from their homes, or have had difficult beginnings are likely to bond completely and deeply with their new human caretakers, whom they regard as heroes. Pups and kitties who find themselves in the shelter or at a rescue because of an owner's death or other tragedy in their former human family usually go through a mourning period. Once they are adopted, however, they want nothing more than to please their new hero--YOU!

If you are about to buy a dog or buy a cat, please consider that adoption is the most humane option! You can start your search to adopt a pet online, find a shelter pet with Adopt-a-Pet.com, and then go and adopt the pet. Thanks for saving a life!

Calendar Of Events

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,

HUMAN AND SPIRITUAL VALUES



All life demands struggle. Those who have everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

Pope Paul VI



Download the update

We've redesigned the Kiwanis app:

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



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



Executive Perspective

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

The V Word

In most parts of the Kiwanis world, we have moved from a season of thanksgiving to a season of celebration. Kiwanians have a long history of giving, especially at this time of year. Volunteering is actually healthy to those who give. What a surprise.

And as I've noted before, our clubs have developed as many ways to give as we have members. Analysis of data from our thousands of Kiwanis clubs reveals the following: • Nearly 50 percent of our clubs sponsor a Service Leadership Program club. • 44 percent of our clubs perform service projects that support the educational development of children such as literacy, tutoring and the delivery of school supplies. • 37 percent of our clubs support recreational programs for children, such as sports teams, playgrounds, parks, camps, swim lessons, runs, walks and bikeathons. Perhaps my biggest (and most pleasant) surprise came from learning that half of our clubs engage in projects around holidays (like Christmas, Hanukkah, Halloween, Easter and Passover). Most of these provide food and clothing for those truly in need.

When we say "Serving the Children of the World," it's obvious we're helping children of all ages. We do most of our work for school-aged children. We're helping them be active, healthy and better students. But our hearts seem to grow all the more during holidays. We enjoy bringing joy. This isn't new. As a matter of fact, the cover of the December 1923 Kiwanis magazine is a beautiful illustration of a Kiwanian making a difference for families and children at Christmas. That year, Kiwanis International President Edmund F. Arras called all members to "begin our worship with the merry day (Christmas) and continue it throughout the year, not giving in material things alone but giving of self and service." Now, 90 years later, those words seem as appropriate as ever as a seasonal call to action for all Kiwanians.

Thank you for serving. May the blessings of the season be upon you.

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!



Ezra is "Posing" for this picture. It's his better side.....