



The Sunriser



The Kiwanis Club of Delray Beach - Sunrise

Where Ordinary People Provide Extraordinary Service" - Celebrating 40 Years of Service

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

2013-2014 Officers

- President:** Doug Martin
561-900-9390
- Pres. Elect:** Position Open
(Please Volunteer)
- Vice-President:** Susan Ruby
- Secretary:** Barbara Schooler
561-271-6649
- Treasurer:** Dale Morrison
561-278-1002
- Immediate Past President:**
Doug Martin

2013-2014 Bd. of Directors

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

2013-2014 Committee Chairs

- *Community Service:**
 - AVDA** - Jean Antin
 - Thanksgiving**- Alberta Guam Rickard
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Carlene Laseter
 - 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

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July, 2014

Support Mothers Against Drunk Driving

Our program on June 4th was presented by Jennifer Massadeghi, Program Specialist for Mothers Against Drunk Driving (MADD).

The mission of Mothers Against Drunk Driving is to stop drunk driving, support the victims of this violent crime and prevent underage drinking. Founded by a mother whose daughter was killed by a drunk driver MADD is the nation's largest nonprofit working to protect families from drunk driving and underage drinking. MADD also supports drunk and drugged driving victims and survivors at no charge, serving one person every 8.6 minutes through local MADD victim advocates and at 1-877-MADD-HELP.

Parents often worry about their kids' safety, and they have good reason to be concerned when their teen gets behind the wheel. Young, inexperienced drivers are the most crash-prone drivers on the road. In fact, traffic crashes are the number one cause of death for American



teenagers, and summer is an especially dangerous season for teens behind the wheel.

They are looking for support through participation or sponsorship in their "Walk Like Madd" event April 26, 2015 in Ft. Lauderdale. You can also help by volunteering on their helpline, court monitoring or prevention education. See more at: <http://www.madd.org>



FAU Has Something For Everyone



Our program on June 11th was presented by Laurie Carney, the Senior Director of Development and Outreach for the College of Arts & Letters at FAU. Some universities measure greatness in decades and centuries. Florida Atlantic University measures it with every student who earns a degree, every researcher who makes a discovery and every community that is trans-

formed. At FAU's dedication ceremony in 1964, President Lyndon B. Johnson challenged the University's pioneers: "It is time now...for a new, adventurous, imaginative, courageous breakthrough for a new revolution in education in America."

With those words, FAU opened its doors as the first public university in southeast Florida and the first in America designed for upper division students only. Since day one, FAU has pushed the bounds of higher

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education. Now, 50 years later, the University serves more than 30,000 freshmen, transfers and graduate students at sites throughout its six-county service region in southeast Florida.

People from every walk of life find a place at FAU. Students choose from more than 170 degree programs, faculty researchers utilize more than 40 research centers and the community engages hundreds of cultural and educational events every year. FAU also participates in 18 NCAA sports, provide \$154 million per year in financial aid and have over 4,000 students living on campus.



The Dorothy F. Schmidt College of Arts and Letters includes many public performance and exhibition spaces. Performance spaces include the 500-seat University Theatre and two black box theaters. Annually, these venues present more than 30 concerts, six to eight different theater performances, three dance performances and numerous lectures. There's a lot going on. For more information go to www.fau.edu.

There's Hope At The Haven

Our program on June 18th was presented by Lisa McDulin, the Special Projects Manger at Place of Hope. Effective on February 4, 2013, The Haven and The Place of Hope commenced their operations announcing the new program as "The Place of Hope at The Haven Campus." Place of Hope has been a long standing faith-based, state-licensed child welfare organization of Palm Beach County for over 12 years. Today they are known as one of the largest child welfare providers in our area.

The Place of Hope at the Haven Campus provides family style foster care (emergency and long term), family outreach and intervention, safety for domestic minor sexually trafficked victims, transitional housing and support; hope and healing opportunities for children and families who have been traumatized by abuse or neglect throughout our region. Children and families can find dignity, guidance, and hope through various programs and efforts at Place of Hope at The Haven Campus- Placing hope in a child's future.

Impact a Child's Life today. Donate time, resources or host a "Party with a Purpose". There are many events planned for the next year. Go to www.hopeatthehaven.org for more information.



Lisa McDulin

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



Upcoming Important Dates:

Birthdays:

July 2 - Steve Rubin

Wedding Anniversaries:

July 23 - Bob & Betty Hagel

Membership Anniversaries:

None

June 4th Meeting: Another "Slim" meeting today. What's going on??? **Steve Rubin** congratulated all the June birthdays announced by President Doug. **Ezra Krieg** said "Go Heat!". **Carlene Laseter** congratulated everyone for a great "After the Affair" cocktail party. **Scott Youngberg** changed his cheer to the UF Softball team, who just won the National Championship. He said he will support any Florida team as long as they are not playing against FSU. Everyone else was "Just Happy".

June 11th Meeting: **Barbara Schooler** was happy that her son, daughter and granddaughter were coming for a visit. **Ernie Galinis** is celebrating his 17th grandchild's birthday (He has 2 great-grandchildren). Wow! **Scott Youngberg** reported his wife Sophia has been declared "cleared" in her 5 year battle with breast cancer. **Jay Alperin's** wife got home from work before 6 p.m. Amazing! He didn't know what to do. **Jeff Goldman** has been designated to be Delray's next Chief of police. Many members put in for that including **Jean Antin & Carlene Laseter**. Jeff was very grateful. **Ezra Krieg** had a sad dollar for the Miami Heat's loss last night. Finally, **Doug Martin** made a Presidential Decree appointing Ezra to cover for him in his Presidential duties as he will not be here for next week's meeting.

June 18th Meeting: **Steve Rubin** and **Ezra Krieg** expressed their condolences to Ghana after their loss to the US in the world cup games. **Kim Hale** was happy that the puppy mill law was voted for at the Delray City Council meeting last night. **Carlene Laseter** had a great weekend with the four grandkids. Everyone else was "Just Happy".

June 25th Meeting: So, how do you spell "SLIM"? Today there were only four members in attendance....**Jean Antin, Jay Alperin, Doug Martin** and **Carlene Laseter**. I know a lot of members are out-of-town, but having a low turn-out like this leaves a bad impression on our speakers. If you are in town....PLEASE make an effort to attend our meetings. We have a minimum guarantee to the club, so it's costing YOUR club when you don't show up. Again...PLEASE MAKE THE EFFORT TO ATTEND OUR WEEKLY MEETINGS.

A Special Thanks to "Ace Reporter" Carlene Laseter for covering the news while your editor was out in California.

Great Job!!!



Visit our Website:

www.delraybeachkiwanis-sunrise.org



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:

June 4:

- 1896** Henry Ford made a successful pre-dawn test run of his horseless carriage, called a quadricycle, through the streets of Detroit.
- 1912** Massachusetts became the first state to adopt a minimum wage law.
- 1919** Congress approved the 19th Amendment to the U.S. Constitution guaranteeing citizens the right to vote regardless of their gender, and sent it to the states for ratification.
- 1942** The Battle of Midway began during World War II.
- 1954** French and Vietnamese officials signed treaties in Paris according independence to Vietnam.
- 1984** The album "Born in the U.S.A." by Bruce Springsteen was released.
- 1986** Jonathan Jay Pollard, a former Navy intelligence analyst, pleaded guilty in Washington to spying for Israel.
- 1989** Chinese army troops stormed Tiananmen Square in Beijing to crush the pro-democracy movement; hundreds - possibly thousands - of people died.

Birthdays:

- 1936** Bruce Dern, Actor, turns 78
- 1944** Michelle Phillips, Singer, (The Mamas & the Papas), turns 70
- 1952** Parker Stevenson, Actor, turns 62
- 1971** Noah Wyle, Actor ("ER"), turns 43
- 1975** Angelina Jolie, Actress, turns 39
- 1975** Russell Brand, Actor-comedian, turns 39

June 11:

- 1509** England's King Henry VIII married Catherine of Aragon.
- 1919** Sir Barton became horse racing's first Triple Crown winner by winning the Belmont Stakes.
- 1942** The United States and the Soviet Union signed a lend lease agreement to aid the Soviet war effort in World War II.
- 1963** Gov. George Wallace confronted federal troops at the University of Alabama in an effort to defy a federal court order to allow two black students to enroll at the school.
- 1977** Seattle Slew won the Belmont Stakes, capturing the Triple Crown.
- 1987** British Prime Minister Margaret Thatcher won a third consecutive term in office.
- 1990** The Supreme Court struck down a federal law prohibiting desecration of the American flag.
- 1993** The U.S. Supreme Court ruled that people who commit "hate crimes" motivated by bigotry may be sentenced to extra punishment.
- 2001** Timothy McVeigh was executed by injection for the 1995 Oklahoma City bombing that killed 168 people.
- 2002** The singing competition "American Idol" debuted on Fox.

Birthdays:

- 1933** Gene Wilder, Actor, turns 81
- 1939** Jackie Stewart, Auto racer, turns 75
- 1945** Adrienne Barbeau, Actress, turns 69
- 1949** Frank Beard, Rock musician (ZZ Top), turns 65
- 1953** Peter Bergman, Actor ("The Young & the Restless"), turns 61
- 1956** Joe Montana, Football Hall of Famer, turns 58
- 1959** Hugh Laurie, Actor ("House M.D."), turns 55
- 1969** Peter Dinklage, Actor, turns 45
- 1986** Shia LaBeouf, Actor ("Transformers"), turns 28

June 18:

- 1812** The United States declared war against Britain.
- 1815** British and Prussian troops defeated the French under Napoleon Bonaparte at Waterloo in Belgium.
- 1873** Suffragist Susan B. Anthony was fined \$100 for attempting to vote in the 1872 presidential election.
- 1928** Aviator Amelia Earhart became the first woman to fly across the Atlantic Ocean as she completed a flight from Newfoundland to Wales in about 21 hours.
- 1948** The United Nations Commission on Human Rights adopted the International Declaration of Human Rights.
- 1948** Columbia Records unveiled its new long-playing, 33 1/3 rpm phonograph record.
- 1979** President Jimmy Carter and Soviet President Leonid I. Brezhnev signed the SALT II strategic arms limitation treaty in Vienna.
- 1983** Astronaut Sally K. Ride became America's first woman in space as she and four colleagues blasted off aboard the space shuttle Challenger.
- 2004** European Union leaders agreed on the first constitution for the bloc's 25 members.
- 2006** Bishop Katharine Jefferts Schori was elected the first female presiding bishop for the Episcopal Church, the U.S. arm of the global Anglican Communion.

Birthdays:

- 1939** Lou Brock, Baseball Hall of Famer, turns 75
- 1942** Paul McCartney, Rock musician, turns 72
- 1950** Mike Johanns, U.S. senator, R-Neb., turns 64
- 1952** Carol Kane, Actress, turns 62
- 1952** Isabella Rossellini, Actress, turns 62
- 1961** Alison Moyet, Rock singer, turns 53
- 1963** Bruce Smith, Football Hall of Famer, turns 51

June 25:

- 1788** Virginia ratified the U.S. Constitution.
- 1868** Florida, Alabama, Louisiana, Georgia, North Carolina and South Carolina were readmitted to the Union.
- 1876** Lt. Col. George A. Custer and his 7th Cavalry were slaughtered by Sioux and Cheyenne Indians in the Battle of Little Big Horn in Montana.
- 1950** War broke out on the Korean peninsula as forces from the communist North invaded the South.
- 1951** The first commercial color telecast took place as CBS transmitted a one-hour special from New York to four other cities.
- 1962** The Supreme Court ruled that the use of an unofficial, nondenominational prayer in New York public schools was unconstitutional.
- 1967** The Beatles performed a new song, "All You Need Is Love," during a live international telecast.
- 1991** The Yugoslav republics of Croatia and Slovenia declared their independence.
- 1997** An unmanned cargo ship crashed into Russia's Mir space station, knocking out half of the station's power and rupturing a pressurized laboratory.
- 1998** The Supreme Court rejected a line-item veto law as unconstitutional.
- 2009** Michael Jackson died at age 50 from an overdose of the powerful anesthetic propofol. (The singer's doctor, Conrad Murray, was convicted of involuntary manslaughter.)

Birthdays:

- 1925** June Lockhart, Actress ("Lassie," "Lost in Space"), turns 89
- 1942** Willis Reed, Basketball hall of famer, turns 72
- 1945** Carly Simon, Singer, turns 69
- 1949** Phyllis George, TV personality, turns 65
- 1962** Ricky Gervais, Actor-writer ("The Office"), turns 52
- 1972** Mike Kroeger, Rock musician (Nickelback), turns 41
- 1975** Linda Cardellini, Actress ("ER"), turns 38
- 1979** Busy Philipps, Actress ("Cougar Town"), turns 34
- 1981** Matt Schaub, Football player, turns 32

AND...."If you're sitting in a bar this afternoon, like Jay and his friends will be doing...." and Jimmie Walker, Actor, comedian ("Good Times") comes in, we hope that you will buy him a "Dyno-Mite!" drink, as he is 67 years old today.

Swim with the Coralytes

Our program on June 25th was presented by Lynda Kaufman, director, and Anna Morera, team member of the Palm Beach Coralytes Synchronized Swim Team.

The Palm Beach Coralytes are the oldest and most recognized competitive swim team in Palm Beach County. With a history of success, the Coralytes compete nationally against the country's top synchronized swim teams—often finishing atop the leader board. But synchronized swimming is about more than just competition. Swimmers earn valuable experience, receive knowledge of physical education



and, likely the most important, gain a strong sense of purpose and camaraderie. The team is sanctioned by U.S. Synchronized Swimming (USSS) and sponsored by Palm Beach County's Division of Parks and Recreation Department.

The Coralytes have programs to fit every phase of training from novice to national competition. They are always looking for talented youth with a love of music, dance, gymnastics and water sports to join our team.

All you need is a cap, goggles, nose clip and the ability to swim the basic strokes across a 25 yard pool.

For more information, go to www.palmbeachcoralytes.org

Upcoming Meeting Programs

July 2 Spirit of Giving
 July 9 211
 July 16 OPEN
 July 23 United Way (I will be out of town)
 July 30 Habitat for Humanity
 August 6 Milagro Center
 August 13 Hearts Gallery
 August 20 OPEN
 August 27 Family Promise
 September 3 Girls on the Run
 September 10 Spady Museum
 September 17 Gilda's Club
 September 24 Boca Helping Hands

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

Calendar Of Events

July 17-20.....Kiwanis International Convention
 Tokyo, Japan

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

TBA.....Interclubs



Base Your Meals on Starchy Foods

Starchy foods should make up around one third of the foods you eat. Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can make you feel full for longer.

Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.

A newlywed couple wanted to join a church. The pastor told them, "We have special requirements for new parishioners. You must abstain from sex for an entire month." The couple agreed and, after two-and-a-half weeks, returned to the church. When the Pastor ushered them into his office, the wife was crying, and the husband obviously was very depressed. "You are back so soon...Is there a problem?" the pastor inquired?

"We are terribly ashamed to admit that we did not manage to abstain from sex for the required month," the young man replied sadly. The pastor asked him what happened. "Well, the first week was difficult; however, we managed to abstain through sheer willpower. The second week was terrible, but with the use of prayer, we managed to abstain.

The third week, however, was unbearable. We tried cold showers, prayer, reading from the Bible, or anything to keep our minds free of carnal thoughts. But one afternoon, my wife reached for a can of paint and dropped it. When she bent over to pick it up, I noticed that she didn't have panties on and I was overcome with lust and I had my way with her, right then and there," admitted the man, shamefacedly. "You understand this means you will not be welcome into our church," stated the pastor. "We know," said the young man, hanging his head.

"We're not welcome at Lowes' anymore, either."



50/50 Winners:

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



June 4 - Doug (That's 2 in a row) Martin

June 11 - Barbara Schooler (Gave to AVDA)

June 18- Jay Alperin (Gave to AVDA)

June 25 - Doug (I'm on a run) Martin

Other Doings.....



Our very own **Jeff Goldman** has been named the designated Chief of Police for Delray Beach. The swearing in should take place in August/September.

Congratulations Jeff!



Doug Martin has been the lucky winner of our 50/50 two out of the last 4 weeks. Wouldn't you know it, this is when there's only \$2-3 dollars in the pot.....

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

— Mahatma Gandhi



Fast Food Land.....

Q: What did the hamburger say to the pickle?

A: You're dill-icious!

Q: What are the best days of the week in FastFoodland?

A: Fry-day and Sundae!

Q: What did Sushi A say to Sushi B?

A: Wasabi!



Membership

Terrill Pyburn - Chairperson



Share It.....

Have you ever shared your Kiwanis experience with others? With your colleagues, friends or family? Would you proudly post pictures from a Bring Up Grades ceremony on your Facebook page? Would you invite someone you witnessed performing a random act of kindness to visit your club?

If not, what would it take for you to want to do so? What would it take for you want to spread Kiwanis not only to others in your community, but to other communities without clubs?

"Share it" is what happens when members love their clubs. It's human nature to tell others about great experiences we've had with products, services—even Kiwanis. The "Share it" component of The Formula encourages members to spread the word about their clubs. This applies to word-of-mouth communications, including person-to-person invitations to club meetings, social events, fundraisers and service projects. It also applies to external tools and campaigns that help clubs strengthen membership— and it applies to opportunities and resources for opening clubs in communities that don't yet benefit from Kiwanis.

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



PUBLIC SERVICE ANNOUNCEMENT

Suicide Prevention

Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

Major warning signs for suicide include talking about killing or harming oneself, talking or writing a lot about death or dying, and seeking out things that could be used in a suicide attempt, such as weapons and drugs. These signals are even more dangerous if the person has a mood disorder such as depression or bipolar disorder, suffers from alcohol dependence, has previously attempted suicide, or has a family history of suicide.

A more subtle but equally dangerous warning sign of suicide is hopelessness. Studies have found that hopelessness is a strong predictor of suicide. People who feel hopeless may talk about "unbearable" feelings, predict a bleak future, and state that they have nothing to look forward to.

Other warning signs that point to a suicidal mind frame include dramatic mood swings or sudden personality changes, such as going from outgoing to withdrawn or well-behaved to rebellious. A suicidal person may also lose interest in day-to-day activities, neglect his or her appearance, and show big changes in eating or sleeping habits.

Take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide — it's a cry for help.

**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



Governor's Message

by Matthew Cantrall, Florida Kiwanis Governor

The Dog Days of Summer will soon be upon us as the weather heats up for the long summer days ahead. The Dog Days of Summer are also known for their stagnation and inactivity, which is why as the temperature heats up for the summer we must understand the importance of never settling on our laurels. We must never let inactivity in our clubs be something that we accept as an approved course of action.

All too often, this time of year, Kiwanis Clubs begin to look to the future as incoming officers receive their training and as many of us begin to look ahead for our District Convention in August.

As we look to the future, we never really know what the future has in store for us but one thing is for sure, each one of us controls our own destiny by the choices and actions we take. This last quarter of our Kiwanis year still provides us with many opportunities to be the difference maker. It is never too late to invite someone to be a part of Kiwanis, an organization you hold close to your heart. Now is the time to reengage your club members helping them to understand the importance of supporting our Eliminate campaign.

The challenge in front of us is to remember the many blessings we have in our own life like the very simple thing of going home each night to a home that has a working a/c and running hot and cold water. Developing an attitude of gratitude over the remaining four months of this year will reinsure that the hungry are fed, the homeless are provided comfort from Mother Nature and the lonely are provided a little companionship.

My hope for Kiwanis in the Florida District, over what little time we have left together, is that we continue to understand the role we all have as leaders. Leaders never settled, they continue to look for new ways to help their clubs become bigger and stronger. With your commitment to excellence we will ensure that the needs of our members are met as the needs of our communities are fulfilled.

Thanks for remaining true to improving the world one child and one community at a time over this last quarter.

In your service,

Matthew Cantrall

2013-14 Governor



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



From Scott's Camera.....

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



A Blast From The Past..... One picture is current. Do you know which one?

