



# The Sunriseser



## The Kiwanis Club of Delray Beach - Sunrise

*Where Ordinary People Provide Extraordinary Service" - Celebrating 42 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.

### 2015-2016 Officers

- President:** Scott Youngberg  
561-386-5237
- President-Elect:** Peggy Kelleher
- 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** - Jean Antin, 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**- Ben Ruby
  - Glo-Ball**- Bob Barcinski
  - Garlic Festival**- Jeff Goldman
- \*Interclubs:** Steve Rubin
- \*Membership:** Carlene Laseter  
Kim Hale, Peggy Kelleher
- \*Newsletter/Website:**  
Scott Youngberg
- \*Programs:** Ezra Krieg
- \*Social Activities:**  
President & President Elect
- \*Spiritual Aims:** Doug Martin
- \*Youth Services:**
  - Scholarship** - Doug Martin
  - Key Club/Builders Club** -  
American Heritage - Tony Marazita  
Atlantic High School- Graciett Ramos  
Unity School - Stacy Brookman  
**Atlantic PTSA** - Peggy Kelleher

### Volume 2016, Issue 7

July, 2016

## Spring 2016 Police Appreciation Awards



Chief Jeff Goldman, Ezra Krieg and CSI Supervisor Lt. Bill Jones.

Twice a year, our club recognizes the outstanding performance of the Officers and Civilian

Employees of the Delray Beach Police Department. On June 22nd, we presented the Spring 2016 awards to Officer Andrew Collaretti and CSI Carrie Hellenbrecht.

Officer Collaretti was instrumental in the apprehension of two felons on charges of Grand Theft Auto &

Loitering and Prowling, averting a crime spree. CSI Hellenbrecht stayed almost three hours after her shift ended to assist in an investigation that involved a double homicide, kidnapping and armed robbery spanning from Greenacres to Delray. The evidence she compiled was crucial to the investigation.

It is because of dedicated people like these that we can feel safe and protected. They have demonstrated exceptional achievement and shown a genuine commitment to their profession, and the public they serve.

See **Police**, Page 2 ▶

## CareerSource Delivers Solutions

Our program on June 8th was presented by Michael Corbit, the Director of Business Development for CareerSource Palm Beach County. Business organizations depend on the right labor talent and skills to be successful, so using the right hiring strategy is important. Businesses can increase their chances of success by leveraging the expertise of the CareerSource Palm Beach County Business Services team. They can help the company: Save time and money by listing available jobs in the Employ Florida Marketplace; Prescreen and find the right talent that meets their business needs; and obtain grants, and learn about financial incentives, for hiring and training purposes. These services are available

to all Palm Beach County businesses, not-for-profit organizations and government agencies that need the right resources, training and talent, from entry-level positions to the executive suite.



Michael Corbit



CareerSource has a dedicated team of career counselors, business coaches and training providers to help area businesses stay competitive through training grants and talent acquisition, and job seekers find new jobs through career assessments, training and employment assistance. For more information go to [www.careersourcepbc.com](http://www.careersourcepbc.com).

Visit our Website:

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



Like us on Facebook

## Get To Know DebtHelper



Our program on June 15th was presented by Keith Ahronheim, representing Debthelper.com. Credit Card Management Services, Inc. d.b.a. Debthelper.com is an IRS Approved 501c3 Non-Profit Florida

Corporation dedicated to their mission to educate, advise and empower youth to seniors to handle debt, credit and housing and to provide affordable housing opportunities through the acquisition and rehabilitation of residential properties.

Some of the services they provide include credit counseling, debtor education, foreclosure prevention, credit education, debt management plans, reverse mortgage counseling, free financial skills workshop, homebuyer classes and pay day loan counseling.



Since being formed in 1996, they have helped guide tens of thousands of people out of financial difficulty. For more information, go to [www.debthelper.com](http://www.debthelper.com).

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

### ► Police, From Page 1

The winners for the Spring 2016 award received gift certificates and framed award certificates:



**A public Thank you for a job well done.**

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



### Upcoming Important Dates:

#### Birthdays:

July 2 - Steve Rubin

#### Wedding Anniversaries:

None

#### Membership Anniversaries:

None

**June 2nd Meeting "Finnegan's":** Well, this is embarrassing. I had my notes and my recording, or so I thought. When it came time to write this, both were not to be found. Ugh!!! Here's my best guess: **Jay Alperin, Dale Morrison, Carlene Laseter, Peggy Kelleher, Ben & Susan Ruby, Bob Barcinski, Doug Martin, Ben & Carol Bassford** were all happy. **Scott Youngberg** was happy for all the Florida college baseball teams advancing in the playoffs.

**June 8th Meeting:** **Jay Alperin** was happy that **Bob Barcinski** was feeling better after missing golf on Sunday. Bob was happy his grandson caught the biggest fish at fishing camp on Monday— a 3 lb. Bass. **Jean Antin** has a new Great Granddaughter and her son Jason is now in Houston, TX serving in the military. **Ernie Galinis** congratulated Jean's son and also his daughter-in-law is getting her license to practice law. **Doug Martin** is looking forward to vacation next week at Hutchinson Island. **Carlene Laseter** survived a weekend with the grand kids and is going on vacation—back at the end of the month. **Jeff Goldman** put in a guilty \$5 (catch-up for missing meetings) and is also going on vacation next week. **Peggy Kelleher** is enjoying her friends' visit from South Africa. **Ezra Krieg** stated "while everyone is on vacation, think of me in my office working" ...boo! **Scott Youngberg** put in for his and his sister's birthday.

**June 15th Meeting:** Well, we just about set a record today....for the smallest turnout in club history. **Jean Antin** is going to New York for a week. **Scott Youngberg** was happy for UF and UM making it to the College World Series. **Ernie Galinis** said "Go Canes!". **Ezra Krieg** had a loooooong boat ride on Saturday. He and 5 friends chartered a boat from Bud & Mary's in the keys and caught 6 fish over 9 hours. That's just too long! **Jay Alperin** and **Bob Barcinski** were "Just Happy".

**June 22nd Meeting:** This was Police Appreciation Day. Basically, everyone thanked our Police for their service. **Jeff Goldman** thanked our club for its support. **Jay Alperin** was happy to see so many potential new members. **Ben & Susan Ruby** were happy for their grandkids coming for a visit. **Bob & Gina Sablo** were happy for their recent move to Delray Beach. **Ernie Galinis** was not happy—his Canes blew it! **Scott Youngberg** reiterated "1-2 BBQ", both Miami and Florida were eliminated from the College World Series in two straight games. **Lance Pess** announced he is happy to be joining our club.

**June 29th Meeting:** Today we inducted **Lance Pess** as our newest member. Lance was happy to be a part of a great club. Everybody gladly put a dollar in to welcome Lance into our club. In addition, Ezra Krieg put in a late dollar and officially started the "Lance for President" campaign. Peggy Kelleher's son started college and Carlene Laseter had a wonderful vacation in Texas. Larry Krisitansen is back from a 2,400 mile vacation on his motorcycle. WOW! Ben Bassford put in for the "man-li-ness" of Great Britain and their Brexit Vote. Finally, Jay Alperin will miss the next 2 weeks while vacationing in Europe. Larry has agreed to fill in as greeter while he is away.

(By the way, while Jay was showing Larry the ins & outs of providing the "winning ticket" and so forth, Jay broke the bell..... OMG! Now what?.....Stay Tuned!)



**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**

- August 2 ..... 33rd Annual Night Out  
Crime & Drug Prevention**  
Delray Beach Tennis Center, 6-10pm
- August 4-7 ..... Florida District Convention**  
Rosen Centre Hotel, Orlando
- February 10-12, 2017.....GarlicFest**
- April 7-9, 2017.....Delray Affair**

**HUMAN AND SPIRITUAL VALUES**

(One of the six Objects of Kiwanis)



"Happiness is not to be achieved at the command of emotional whims. Happiness is not the satisfaction of whatever irrational wishes you might blindly attempt to indulge.

Happiness is a state of non-contradictory joy—a joy without penalty or guilt, a joy that does not clash with any of your values and does not work for your own destruction, not the joy of escaping from your mind, but of using your mind's fullest power, not the joy of faking reality, but of achieving values that are real, not the joy of a drunkard, but of a producer. Happiness is possible only to a rational man, the man who desires nothing but rational goals, seeks nothing but rational values and finds his joy in nothing but rational actions."

— Ayn Rand, *Atlas Shrugged*

**Blondes.....  
Gotta Love'Em**

**She's SOOOO blonde...**

...she thought TuPac Shakur was a Jewish holiday.

...under "education" on her job application, she put "Hooked On Phonics".

...she tried to drown a fish.

...she tripped over a cordless phone.

...she spent 20 minutes looking at the orange juice can because it said "concentrate".

## Upcoming Meeting Programs

- 7/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, July 7th, at 6:00 pm.
- 7/13 Legal Aid
- 7/20 WPBT-TV (tentative)
- 7/27 Shelly Vana (tentative)
  
- 8/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, August 4th, at 6:00 pm.
- 8/10 Center for Child Counseling
- 8/17 Live Fresh
- 8/24 Senator Jeff Clemons
- 8/31 Delray Citizens for Delray Police
  
- 9/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, September 7th, at 6:00 pm.
- 9/14 Healthier Delray Beach
- 9/21 Schoolhouse Children's Museum
- 9/28 Past presidents day**
  
- 10/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, October 8th, at 6:00 pm.
- 10/12 Tentative: Voices for Children
- 10/19 Pathways to Prosperity
- 10/26 Wheels from the Heart
  
- 11/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 3rd, at 6:00 pm.
- 11/9 Tentative: Shore Chiropractic
- 11/16 Travels to Greece
- 11/23 *Looking for Speaker*
- 11/30 Tentative: At Side Project
  
- 12/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 8th, at 6:00 pm.
- 12/14 Be Like Brit Orphanage
- 12/21 Prepare for Adopt A Family
- 12/28 Dol4Tic Scholars
  
- 1/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 5th, at 6:00 pm.
- 1/11 Tentative: Our Rock
- 1/18 Student Aces for Leadership
- 1/25 Educational Foundation
  
- 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 Police Appreciation Day**

**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



### "Lance Pess"



Lance was born in Newark, NJ and grew up in the Bronx. He was originally married in 1980, but divorced in 1997. He has a son, Matthew age 25. Lance lives in Boynton Beach with his significant other, Jeannie, who has 2 children—Christina, 20 and Robert, 17. Lance has 2 years of college education and is a Senior Account Manager with Amerigas Propane. With the company he attained the President's Club 4 years in a row. In 2009, he was the #1 commercial account manager in the nation. For fun he likes to travel, swim, bike ride and play golf. **Welcome Lance!**

**Please Introduce yourself and welcome Lance to our club!**

**Don't Forget:** If you bring in 2 New Members, you'll receive a \$25 gas card. Bring in 2 more, you'll receive another \$35 gas card.

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

**LOVE IT. SHARE IT. LIVE IT.**



## 50/50 Winners:

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



**June 2 - Carlene Laseter**

**June 8 - Scott (The Man) Youngberg**

**June 15 - Scott (Two in a row) Youngberg**

**June 22 - Ben Ruby (What?)**

**June 29 - Steve (it's my B'Day) Rubin**



## The Mediterranean Diet

When you think about Mediterranean food, your mind probably goes to pizza and pasta from Italy, or hummus and pita from Greece, but these dishes don't exactly fit into any healthy

dietary plans advertised as "Mediterranean." The reality is that a true Mediterranean diet consists mainly of fruits and vegetables, seafood, olive oil, hearty grains, and other foods that help fight against heart disease, certain cancers, diabetes, and cognitive decline. It's a diet worth chasing; making the switch from pepperoni and pasta to fish and avocados may take some effort, but you could soon be on a path to a healthier and longer life.

### Health benefits of a Mediterranean diet

A traditional Mediterranean diet consisting of large quantities of fresh fruits and vegetables, nuts, fish and olive oil—coupled with physical activity—reduces the risk of heart disease, certain cancers, diabetes, Parkinson's and Alzheimer's diseases. More specifically:



Protecting against type 2 diabetes. A Mediterranean diet is rich in fiber, slowing down digestion and preventing huge swings in blood sugar.

Preventing heart disease and strokes. Refined breads, processed foods, and red meat are discouraged in a Mediterranean diet, and it encourages drinking red wine instead of hard liquor, which have all been linked to heart disease and stroke prevention.

Keeping you agile. The nutrients gained with a Mediterranean diet may reduce a senior's risk of developing muscle weakness and other signs of frailty by about 70 percent.

Reducing risk of Alzheimer's. Researchers speculate that the Mediterranean diet may improve cholesterol and blood sugar levels and overall blood vessel health—all factors that may reduce the risk of Alzheimer's disease or dementia.

Halving the risk of Parkinson's disease. In a diet containing high levels of antioxidants that prevent cells from undergoing a damaging process called oxidative stress, the risk of Parkinson's disease is practically cut in half.

Increased longevity. When there is a reduction in developing heart disease or cancer, as in the case when you follow a Mediterranean diet, there is a 20% reduced risk of death at any age.



## THE HILLBILLY VASECTOMY

After their 11th child, an Alabama couple decided that was enough, as they could not afford a larger bed.

So the husband went to his veterinarian and told him that he and

his cousin didn't want to have any more children.

The doctor told him that there was a procedure called a vasectomy that could fix the problem but that it was expensive. "A less costly alternative," said the doctor, "is to go home, get a cherry bomb, light it, put it in a beer can, then hold the can up to your ear and count to 10."

The Alabamian said to the doctor, "I may not be the smartest tool in the shed, but I don't see how putting a cherry bomb in a beer can next to my ear is going to help me."

"Trust me," said the doctor.

So the man went home, lit a cherry bomb and put it in a beer can. He held the can up to his ear and began to count.....1.....2.....3.....4.....5.....

At which point he paused, placed the beer can between his legs and continued counting on his other hand. >

This procedure also works in Georgia, Tennessee, Kentucky, Louisiana, Arkansas, Mississippi, Missouri, West Virginia and Washington.



## 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 2:

- 1851 Maine became the first state to enact a law prohibiting alcohol.
- 1924 Congress granted U.S. citizenship to all American Indians.
- 1953 Queen Elizabeth II of Britain was crowned in Westminster Abbey, 16 months after the death of her father, King George VI.
- 1979 Pope John Paul II arrived in his native Poland on the first visit by a pope to a Communist country.
- 1981 The Japanese video arcade game "Donkey Kong" made its U.S. debut.
- 1998 Voters in California passed Proposition 227, requiring that all schoolchildren be taught in English.
- 2010 Detroit Tigers pitcher Armando Galarraga lost his bid for a perfect game against Cleveland with two outs in the ninth inning on a call that first base umpire Jim Joyce later admitted he'd blown.
- 2012 Ousted Egyptian President Hosni Mubarak was sentenced to life in prison after a court convicted him on charges of complicity in the killing of protesters during the 2011 uprising that forced him from power.

#### Birthdays:

- Sally Kellerman, Actress, 79
- Stacy Keach, Actor, 75
- Charlie Watts, Rock musician (Rolling Stones), 75
- Charles Haid, Actor ("Hill Street Blues"), 73
- Jerry Mathers, Actor ("Leave it to Beaver"), 68
- Dennis Haysbert, Actor ("24"), 62
- Dana Carvey, Comedian ("Saturday Night Live"), 61
- Michael Steele, Rock musician (The Bangles), 61
- Kyle Petty, Auto racer, 56
- Wayne Brady, Actor, comedian ("Whose Line is it Anyway"), 44

#### June 8:

- 1861 Tennessee seceded from the Union.
- 1864 Abraham Lincoln was nominated for a second term as president at the Republican Party convention in Baltimore.
- 1948 The "Texaco Star Theater" made its debut on NBC-TV with Milton Berle as guest host.
- 1953 The Supreme Court ruled that restaurants in the District of Columbia could not refuse to serve blacks.
- 1968 Authorities announced the capture in London of James Earl Ray, the suspected assassin of civil rights leader Martin Luther King Jr.
- 1969 The New York Yankees retired Mickey Mantle's uniform No. 7 during "Mickey Mantle Day" at Yankee Stadium.

#### Birthdays:

- Barbara Bush, Former first lady, 91
- Jerry Stiller, Actor, comedian ("The King of Queens," "Seinfeld"), 89
- Nancy Sinatra, Singer, 76
- Scott Adams, Cartoonist ("Dilbert"), 59
- Keenen Ivory Wayans, Actor, director, 58
- Nick Rhodes, Musician (Duran Duran), 54
- Julianna Margulies, Actress ("The Good Wife," "ER"), 49
- Lindsay Davenport, Tennis Hall of Famer, 40
- Kanye West, Rapper, 39

#### June 15:

- 1775 George Washington was appointed head of the Continental Army.
- 1836 Arkansas became the 25th state.
- 1844 Charles Goodyear received a patent for a process to strengthen rubber.
- 1864 Secretary of War Edwin M. Stanton signed an order establishing a military burial ground, which became Arlington National Cemetery.
- 1923 Baseball Hall of Famer Lou Gehrig made his major league debut with the New York Yankees.
- 1969 The variety show "Hee Haw" premiered on CBS.
- 1991 Mount Pinatubo in the northern Philippines exploded in one of the biggest volcanic eruptions of the 20th century, killing about 800 people.
- 1992 Vice President Dan Quayle erroneously instructed a Trenton, N.J., elementary school student to spell potato as "potatoe" during a spelling bee.
- 1995 During his murder trial, O.J. Simpson struggled to don a pair of gloves that prosecutors said were worn by the killer of Simpson's ex-wife, Nicole, and her friend, Ronald Goldman.
- 2007 Bob Barker ended his 35-year run as host of the CBS game show "The Price Is Right."



#### Birthdays:

- Mario Cuomo, Former governor of New York, 84
- Mike Holmgren, Football coach, 68
- Jim Belushi, Actor, comedian ("According to Jim"), 62
- Julie Hagerty, Actress ("Airplane!"), 61
- Wade Boggs, Baseball Hall of Famer, 58
- Helen Hunt, Actress ("Mad About You"), 53
- Courteney Cox, Actress ("Friends," "Cougar Town"), 52
- Ice Cube, Actor, rapper, 47
- Neil Patrick Harris, Actor ("How I Met Your Mother"), 43

#### June 22:

- 1868 Arkansas was re-admitted to the Union.
- 1870 Congress created the Department of Justice.
- 1938 Heavyweight boxing champion Joe Louis knocked out Max Schmeling of Germany in the first round of their rematch in New York City's Yankee Stadium.
- 1941 Germany invaded the Soviet Union during World War II.
- 1944 President Franklin D. Roosevelt signed the GI Bill of Rights, authorizing a broad package of benefits for World War II veterans.
- 1945 The World War II battle for Okinawa ended; 12,520 Americans and 110,000 Japanese were killed in the 83-day campaign.
- 1970 President Richard Nixon signed a measure lowering the voting age to 18.
- 1986 Diego Maradona scored both goals in Argentina's 2-1 World Cup quarterfinal victory over England in Mexico City - including one that he punched in, unseen by the referee. When asked about the play later, Maradona said, "It was the hand of God."
- 1992 The Supreme Court unanimously ruled that hate-crime laws that ban cross-burning and similar expressions of racial bias violate free-speech rights.

#### Birthdays:

- Kris Kristofferson, Country singer, actor, 80
- Brit Hume, Broadcast journalist, 73
- Peter Asher, Singer (Peter and Gordon), 72
- David L. Lander, Actor ("Laverne and Shirley"), 69
- Lindsay Wagner, Actress ("The Bionic Woman"), 67
- Meryl Streep, Actress, 67
- Cyndi Lauper, Singer, 63
- Donald Faison, Actor ("Scrubs"), 42

#### June 29:

- 1958 Brazil won their first World Cup title with a 5-2 victory over host country Sweden in Stockholm on the strength of two goals by 17-year-old Pele.
- 1972 The Supreme Court ruled the death penalty could constitute "cruel and unusual punishment."
- 1992 A divided Supreme Court ruled that women have a constitutional right to abortion, but the justices also weakened the right as defined in the Roe v. Wade decision.
- 1995 The shuttle Atlantis and the Russian space station Mir docked, forming the largest man-made satellite ever to orbit the Earth.
- 2004 Randy Johnson of the Arizona Diamondbacks became the fourth pitcher in major league history to record 4,000 career strikeouts.
- 2006 The Supreme Court ruled 5-3 that President George W. Bush's plan to try Guantanamo Bay detainees in military tribunals violated U.S. and international law.
- 2007 The Apple iPhone went on sale.
- 2009 Financier Bernard Madoff received a 150-year sentence for his multibillion-dollar fraud.
- 2010 Talk show host Larry King announced he would step down from his CNN show in the autumn after 25 years on the air.

#### Birthdays:

- Matthew Weiner, Producer-writer ("Mad Men," "The Sopranos"), 51
- Gary Busey, Actor, 72
- Richard Lewis, Comedian, 69
- Ian Paice, Rock musician (Deep Purple), 68
- Dan Dierdorf, Football Hall of Famer, 67
- Melora Hardin, Actress ("The Office"), 49

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Sharon Lawrence, Actress ("NYPD Blue") comes in, we hope that you will buy her a "Hubba-Hubba" drink, as she is 55 years old today.



# DID YOU KNOW?

## Who invented the paperclip?

When Johann Vaaler patented his paper clip in 1901, there already were similar designs on the books. William Middlebrook of Waterbury, Connecticut patented his design in 1899. Cornelius Brosnan of Springfield, Massachusetts patented his Konaclip in 1900.

So, who was first to invent the paper clip?

Well, it is thought to be Johann Vaaler. Drawings of his design date to early 1899, but since Norway had no patent law at the time he had to seek patent rights in Germany and the US in the following years.



Johann Vaaler was born on 15 March 1866 in Aurskog, Norway. Known as an innovator in his youth, he graduated in electronics, science and mathematics. He was employed by the owner of an invention office when he invented the paper clip in 1899.

Several designs followed the original. Only a few remain, such as the Ideal, Non-Skid, Owl and Gem. The first double-oval clip, the Gem, was launched in early-1900 by Gem Manufacturing Ltd of England. The paper clip remains as one of the most-used items of all time.

I just got a copy of the actual BREXIT vote ballot. Not exactly what I expected...

<b>Referendum on the United Kingdom's membership of the European Union</b>	
<b>Vote only once</b> by putting a cross <input checked="" type="checkbox"/> in the box next to your choice	
Should the United Kingdom remain a member of the European Union or leave the European Union?	
Remain a member of the European Union	<input type="checkbox"/>
Leave the European Union	<input type="checkbox"/>
Invade Westeros on dragonback	<input checked="" type="checkbox"/>

## “Old” is When.....

..... you go to the beach and turn a wonderful color: Blue. It's from holding your stomach in.

..... the candles cost more than the cake.

..... you tell people you are retro.

..... you hear your favorite songs in an elevator.

..... you eat supper at 5 p.m.

..... you have a hard time locating the keys in your pocket and finding your cell phone when it rings, but you can find the snooze button from four feet away with your eyes closed.

..... the oxygen masks drop from the ceiling when your birthday candles are lit.



As Members of the Premier Service Organization, We Can Do Something.





## Here Comes "Little Johnny"

Little Johnny comes home from Sunday school with a black eye.

His father sees it and says, "Johnny, how many times do I have to tell you not to fight with the other boys?"  
"But Dad, it wasn't my fault."

We were all in church saying our prayers. We all stood up and my teacher in front of me had her dress in the crack of her butt.

I reached over and pulled it out.

That's when she hit me!"

"Johnny," the father said.

"You don't do those kind of things to women."

Sure enough, the very next Sunday Johnny came home with the other eye black and blue.

Johnny's father said, "Johnny, I thought we had a talk!"

"But Dad," Johnny said, "It wasn't my fault."

There we were in church saying our prayers.

We all stood up and my teacher in front of us had her dress in the crack of her butt.

Then Louie who was sitting next to me saw it and he reached over and pulled it out.

Now I know she doesn't like this, so I pushed it back in!"

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

Better to remain silent and be  
thought a fool, than to speak and  
remove all doubt.

**Visit our Website:**

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



## 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.

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

**Last Month's Answers:**

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



**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

**2015-16 Kiwanis Int'l President:**

Susan A. Petrisin

**2015-16 Florida Kiwanis Governor:**

Dr. Celia Earle

E-mail: cearle7@yahoo.com

**2015-16 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:**

**2015-16 President:** Alan Paoli

**Div. 21 Trustee:** Tom Ramiccio

E-mail: Tramiccio@aol.com



## Governor's Message

by Celia Earle, Florida Kiwanis Governor

My Dear Kiwanians,

I hope that all of you had a good Memorial weekend and took the time to remember those who made the ultimate sacrifice for our freedom! I am looking forward to seeing many of you at our Florida District Convention in Orlando, Florida from August 4th through 7th.

Please go online and register. It promises to be a fantastic time.

It is heartwarming to hear and see that more clubs within our District are reciting The Six Permanent Objects of Kiwanis at their meetings as a reminder of the tenets that we are to live by. Past Lt. Governor for Division 22 and Foundation Trustee, Nancy Markham, recently shared with me that she has had two people join her club at different times after hearing the Objects of Kiwanis being read, which is wonderful. If we truly embody the Objects, as we should in our daily lives, we would be able to grow our District just through our actions. People that see how we behave under all circumstances would be clamoring to be a part of something where people literally "Give primacy to the human and spiritual rather than to the material values of life; Encourage the daily living of the Golden Rule in all human relationships", etc. We have four months to go, and the needs in our communities continue to grow, so let us grow our organization so that we have more hands to do the necessary service. Let us embrace The Formula and grow this District as we know that we can...let us finish this year strong!

I will continue to thank you on a monthly basis for the service that you are doing, the student leaders that you are developing, and the overall positive difference that you are making in your communities and the world. When I imagine a world without Kiwanis, I really see a sad world where needs are unfulfilled. When a club folds due to dissension within the club or other such reasons, it is not the club and its members alone that suffer, but the community that is served. The service gap that is left is tremendous. Even the Circle K, Key Clubs, Builders Clubs, and K-Kids that were sponsored by that Kiwanis Club could potentially close; there is such a domino effect with the loss of a Kiwanis Club. Let us keep our eye on the prize, which is realization of our purpose here on earth; to serve others and not self; to serve at a much greater level than one ever could as an individual.

It has been exciting to hear about the various plans for Christmas in July for homeless children projects throughout the District. You are serving these "invisible homeless" that are forgotten by everybody. On the Passion Place site, in addition to lifting each other up during our trying times, let us also join together to lift up the Florida District.

From the bottom of my heart, I thank you for all that you are doing for others and for our District. Let us continue to have a "Passion for People! Passion for Service!"

Peace and Love,

Celia D. A. Earle, Ph.D., Governor, 2015 - 2016





## From Our Photographer's Camera.....

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



Ben Bassford



**Kiwanis**  
Florida District



A way to serve.  
A place to connect.