



The Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

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

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

2016-2017 Officers

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

2015-2016 Bd. of Directors

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

2015-2016 Committee Chairs

- *Community Service:**
 - AVDA** - Dianie Alperin, Ben Ruby
 - Thanksgiving**- Alberta G. Rickard
Jeff Goldman
 - Police Appreciation** - Ezra Krieg,
Peggy Kelleher
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Carlene Laseter
 - Golf Tourney**- Scott Youngberg
 - Glo-Ball**- Bob Barcinski
- *Interclubs:** Steve Rubin
- *Membership:** Carlene Laseter
- *Newsletter/Website:**
Scott Youngberg
- *Programs:** Ezra Krieg
- *Social Activities:**
President & President Elect
- *Spiritual Aims:** Doug Martin
- *Youth Services:**
 - Scholarship** -Jack Foley,
Dale Morrison
 - Key Club/Builders Club** -
American Heritage - Tony Marazita
Atlantic High School- Erica McFarlane
Unity School - Stacy Brookman
 - Atlantic PTSA** -

Volume 2017, Issue 7

July, 2017

Carver Has A STEM-Infused IB Program



Our program on June 28th was presented by Dr. Daryl Pauling, the IB Coordinator for Carver Middle School. The IB program provides students the

opportunity to engage in advanced coursework while understanding their connection to the community. The program encourages students to use the Learner Profile attributes to substantiate their interaction with real world concepts and become creative, critical and reflective thinkers. This leads the students to the Diploma Program which begins in the 11th grade. Students who complete the DP will receive 2 years of college credit.

The STEM -infusion is funded by the federal government through the

Magnet Schools Assistance Program (MSAP) grant. Carver is one of the first schools in the district to receive iPads for their students. In addition, the MSAP grant will fund Carver's new Language Learning Lab, 3-D printer, Global Communications Center, fully equipped Science investigation Lab, Lego Mindstorm Robotics and Hydroponics Gardening System.

Dr. Pauling would like our club and the community to become a part of what they are doing, exposing the students to real life situations. For more information, email daryl.pauling@palmbeachschools.org.



Achieve is Helping Kids Get To College

Our program on June 14th addressed the challenges our community faces with college access. Of the most recent graduating high school class from the School District of Palm Beach County, fewer than 70 percent enrolled in college the fall after graduation. For students from low-income families, fewer than 60 percent enrolled. Those who do enroll in college face challenges with successful completion. Of the graduating class of 2010, only two-thirds of those who started college

received an Associate's or Bachelor's degree within six years. Only 53 percent of the low-income students who enrolled in college in 2010 received a degree within six years.

In May of 2015, a broad group of community leaders came together to discuss this issue.



—See Achieve, Page 2

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Like us on Facebook

► — **Achieve**, From Page 1

A working group was formed to create a strategic plan that would serve as the blueprint for the Partnership moving forward, focused on improving college access and completion for Palm Beach County. Their vision is that every Palm Beach County high school graduate completes a post-secondary credential within six-years of high school graduation that prepares them for a meaningful career with a sustainable wage. Achieve's Mission is to collectively ensure an integrated and effective system of supports from middle school through post-secondary that empowers students for career success.

There are many ways you can help. Go to www.achievepbc.org for more information.



Mother: "How was school today, Patrick?"

Patrick: "It was really great mum! Today we made explosives!"

Mother: "Ooh, they do very fancy stuff with you these days. And what will you do at school tomorrow?"

Patrick: "What school?"

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



Upcoming Important Dates:

Birthdays:

July 2 - Steve Rubin

Wedding Anniversaries:

None

Membership Anniversaries:

July 13 - Bob Colvin (29 years!)

June 8th Meeting "Finnegan's": "Rain-Rain Go Away!" It finally stopped. **Peggy Kelleher**, **Gene Sapino** were happy for that. **Ben & Carol Bassford** were happy too. **Larry Kristiansen** was happy to see the sun. **Bob Barcinski's** grandson got a 4 on the FCAT and **Carlene Laseter** had a great weekend with her son and grandson. Everyone else was "Just Happy".

June 14th Meeting: "Whoops....The rain is back!" Nice turnout despite the wet stuff. Happy Birthday to our Pres....**Peggy Kelleher** and Happy Anniversary to **Larry Kristiansen**. Best wishes from **Steve Rubin**, **Bob Barcinski**, **Ernie Galinis**, **Ezra Krieg**, **Gene Sapino** and **Carlene Laseter**. **Jay Alperin** was happy to be back in town and happy b'day to Peggy. Larry wished Peggy a Happy b'day as well. Finally, **Reeve Bright** announced his youngest daughter-in-law is pregnant. Congratulations Grand-Pa!

June 21st Meeting: **Jay Alperin** started things saying he was happy to be alive. **Bob Barcinski** repeated his happiness about his grandson's test scores. **Carlene Laseter's** son won 1st place in his age category at a Father's Day Triathlon. **Reeve Bright** recently attended a Rotary event with his wife and he was happy he made it through. **Larry Kristiansen**, **Gene Sapino**, **Peggy Kelleher**, **Ezra Krieg** and **Doug Martin** were "Just Happy".

June 28th Meeting: "Birthday Boy today—**Steve Rubin**". **Larry Kristiansen** wished him HB. Steve said "I earned it!". The Florida Gators also won the National Baseball Championship for the first time last night. **Reeve Bright**, a Miami Fan, gave Florida credit "Hats off to the Gators!". **Ernie Galinis**, also a Miami fan, concurred as well as **Carlene Laseter**. **Scott Youngberg** had a great trip to Colorado and San Diego, and also happy for the Gators since FSU couldn't get to the finals. **Doug Martin** was overwhelmed to the point you could see tears running down his face. He was soooooo happy to see "All this love between college rivalries". **Ezra Krieg** announced that the NY Knicks fired President Phil Jackson. **Peggy Kelleher** put in for her Gqtors and she played in her first golf tournament, getting ready for the big Kiwanis tournament in October. Finally, **Bob Barciinski** was "Just Happy".



50/50 Winners:

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



June 8 - Gene Sapino

June 14 - Larry Kristiansen

June 21 - Reeve Bright

June 28 - Reeve (Mr. 2-in-a-row) Bright

*Never, under any circumstances,
take a sleeping pill and a laxative
on the same night.*

Upcoming Meeting Programs

- 7/6 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, July 6th, at 6:00 pm.
- 7/12 Junior Achievement
- 7/19 Human Trafficking
- 7/26 Jewish Family Services
- 8/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, August 3rd, at 6:00 pm.
- 8/9 Art's garage
- 8/16 Delray Beach Children's Center
- 8/23 Mack Bernard
- 8/30 **Police Appreciation**
- 9/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, September 7th, at 6:00 pm.
- 9/13 Tentative: Jim Chard
- 9/20 Office of the Inspector General
- 9/27 Past Presidents
- 10/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, October 5th, at 6:00 pm.
- 10/11 Shirley Johnson
- 10/17 Need Speaker
- 10/25 Spirit of Giving
- 11/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 2nd, at 6:00 pm.
- 11/8 Sweet Dreams
- 11/15 Tentative: PACE
- 11/22 Stand Up Foundation
- 11/29 Jack the Bike Man
- 12/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 7th, at 6:00 pm.
- 12/13 **Police Appreciation**
- 12/20 Adopt a Family—Gift Wrapping
- 12/27 Need Speaker
- 1/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 4th, at 6:00 pm.
- 1/10 Tentative: Golden Parents
- 1/17 Above & Beyond

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

Membership

Carlene Laseter - Chairperson



What They Say.....

What motivates Kiwanis clubs toward achieving their altruistic and idealistic goals? In other words- Why Kiwanis?

Tom DeJulio | Past President

"Clubs are motivated by idealistic members who believe they can work together in a spirit of generosity, overcome personal differences and build a better future for the world's children. They will achieve goals when no opportunity for action and collaboration is missed and the greater good is sought."

Peter Mancuso | Past President, Kiwanis International Foundation

"Kiwanis presents us with a perfect blend of fellowship and service, each reinforcing the other. Our projects are made more productive because of the fellowship we share in doing them. Our fellowship, in turn, is given a deeper purpose by the service we provide to those in need."

Gunter Gasser | Past President

"For people, the intrinsic motivation is the momentum to help and understand the needs of others. Kiwanians lead in caring about the welfare of others and acting to help them. The clubs reach a sense of achievement in improving the lives of children, in changing the community and in making a difference."

John R. Button | Past President

"The drive for clubs to achieve their altruistic and idealistic goals comes from inspired and inspirational leadership against a backdrop of fun, fellowship and relevance."

Doing Good....Feeling Good!

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



HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Values aren't buses... They're not supposed to get you anywhere. They're supposed to define who you are." — Jennifer Crusie



Some people are like Slinkies ... not really good for anything, but you can't help smiling when you see one tumble down the stairs.



Blondes.... Gotta Love'Em

A blonde had just gotten a new sports car and was out for a drive when she cut off a truck driver. He motioned for her to pull over. When she did, he got out of his truck and pulled a piece of chalk from his pocket.

He drew a circle on the road and told the blonde, "Stand in the circle and don't move!"

He then went to her car and cut up her leather seats. When he turned around she had a slight grin on her face, so he said, "Oh, you think that's funny? Watch this."

He gets a baseball bat out of his truck and breaks every window in her car. When he turns and looks at her she has a smile on her face. He is getting really mad. He gets his knife back out and slices all her tires. Now she's laughing. The truck driver is really starting to lose it. He goes back to his truck and gets a can of gas, pours it on her car and sets it on fire.

He turns around and she is laughing so hard she is about to fall down.

"What's so funny?" the truck driver asked the blonde. She replied, "When you weren't looking I stepped outside the circle four times."

Calendar Of Events

August 24-27 100th Annual
Kiwanis District Convention
Naples Grand Resort, Naples, FL



October 14 Delray Beach Kiwanis
35th Annual Charity Golf Classic
Fundraiser



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



**DID YOU
KNOW?**



Kiwanis
Florida District

2015-2016 Awards Presentation

Friday, August 25, 2017
Naples Grande Beach Resort

Thank You for everything that you have done and are doing to continually improve the Florida District. During 2015-2016, hundreds of clubs around the District demonstrated outstanding "Passion for People...Passion for Service" by contributing thousands of hours towards making sure that children and others were loved and had their needs met. Thank you for the positive difference that you made in their lives.

You are loved!

Dr. Celia Earle, 2015-2016 Governor Florida Kiwanis

**FYI..... Our Club was selected
as a "Distinguished Club".**
*Thanks to everyone for your
dedication and hard work.*

PUBLIC SERVICE ANNOUNCEMENT

Women & Heart Disease

When a heart attack strikes, seconds count for everyone, regardless of gender, age, or ethnicity. Any delay in treating your heart attack increases your chances of permanent, irreparable damage to your heart—and, it could cost you your life.

As time elapses during a heart attack, a blockage in the coronary arteries starves the heart muscle of the oxygen it needs to function. For the best odds of saving the heart muscle, a heart attack victim must get to the emergency room immediately, in which case doctors will try to reopen the blockage within 90 minutes or less of arrival time at the hospital. You may hear this critical window of time referred to as door-to-balloon time because it measures the time from walking through the hospital doors until blood flow is restored to the heart through the use of an angioplasty balloon.

Unfortunately, many women notice warning signs but choose to ignore them. Participants in an American Heart Association study said they hesitated to call for help because they were uncertain, thought they could treat themselves, or were simply too busy with family demands.

Get Help As Quickly As Possible.

If you do find that you are having any one or a combination of the following symptoms, call 911 immediately:

Warning Signs Not Unique to Women

Chest Pain or Discomfort - Many heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or stabbing pain.

Remember: Heart attacks are not always preceded by chest pain.

Pain Radiating to the neck, shoulder, back, arm, or jaw.

Pounding heart, change in rhythm.

Difficulty breathing.

Heartburn, nausea, vomiting, abdominal pain.

Cold sweats or clammy skin.

Dizziness.

Warning Signs Particularly Common in Women

Sudden onset of weakness, shortness of breath, nausea/vomiting, indigestion, fatigue, body aches, or overall feeling of illness (without chest pain). Unusual feeling or mild discomfort in the back, chest, arm, neck, or jaw (without chest pain), Sleep disturbance, Anxiety.

If you're still not sure, ask yourself, "Have I ever felt this way before without it going away?" If the answer is "no," trust your instincts and get help. Don't worry about looking silly if it turns out you're not having a heart attack. There's too much at stake to take a chance. You could face life-changing disabilities or even death if you don't act quickly.

Other Doings.



At our June 21st meeting, our program was a no-show, so **Reeve Bright** filled in with some wisdom about unknown facts about the Declaration of Independence and what got us to the signing. Well Done Reeve!



President Peggy is meeting with Lisa Lee on July 23rd to discuss a Terrific Kids Program for our club. Mark your calendars and help out. It's a great recognition program for the kids. Stay tuned for meeting location and time.



Top Ten Signs You Know You've Joined A Redneck HMO....

10. Your Viagra prescription includes a Popsicle stick and some duct tape.
9. The only 100% covered expense is embalming.
8. Your Prozac comes in colors and has little "m"s on each pill.
7. Preventive Care Coverage includes "an apple a day".
6. Your primary care physician is wearing the pants you gave to Goodwill last month.
5. The Lone Star Bar and Grill is an approved pharmacy.
4. The only proctologist lists his address as Rotorooter.
3. The tongue depressors taste faintly of Fudgesicles.
2. Directions to the Dr.'s office include "Take a left when you enter the trailer park".
1. The annual breast exam is conducted at Hooter's

A couple wants a divorce, but first they must decide who will be the main guardian of their child. The jury asks both the man and woman for a reason why they should be the one to keep the child. So the jury asks the woman first. She says, "Well I carried this child around in my stomach for nine months and I had to go through a painful birth process, this is my child and apart of me." The jury is impressed and then turns to ask the man the same question. The man replies, "OK, I take a coin and put it in the drink machine and a drink comes out, now tell me who does the drink belong to, me or the machine"

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 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.
- 2001 British Prime Minister Tony Blair was elected to a second term in a landslide.

Birthdays:

- Barbara Bush, Former first lady, 92
- Jerry Stiller, Actor, comedian ("The King of Queens," "Seinfeld"), 90
- Nancy Sinatra, Singer, 77
- Boz Scaggs, Rock singer, 73
- Kathy Baker, Actress, 67
- Scott Adams, Cartoonist ("Dilbert"), 60
- Keenen Ivory Wayans, Actor, director, 59
- Nick Rhodes, Musician (Duran Duran), 55
- Julianna Margulies, Actress ("The Good Wife," "ER"), 50
- Kelli Williams, Actress ("The Practice"), 47
- Lindsay Davenport, Tennis Hall of Famer, 41
- Kanye West, Rapper, 40

June 14:

- 1775 The United States Army was founded.
- 1777 The Continental Congress in Philadelphia adopted the Stars and Stripes as the national flag.
- 1846 A group of U.S. settlers in Sonoma proclaimed the Republic of California.
- 1922 Warren G. Harding became the first president heard on radio, as Baltimore station WEAR broadcast his speech dedicating the Francis Scott Key memorial at Fort McHenry.
- 1943 The Supreme Court ruled schoolchildren could not be compelled to salute the flag of the United States if doing so would conflict with their religious beliefs.
- 1954 President Dwight D. Eisenhower signed an order adding the words "under God" to the Pledge of Allegiance.
- 1982 Argentine forces surrendered to British troops on the disputed Falkland Islands.
- 2002 American Roman Catholic bishops adopted a policy to bar sexually abusive clergy from face-to-face contact with parishioners but keep them in the priesthood.
- 2009 Los Angeles Lakers coach Phil Jackson broke Red Auerbach's record by winning his 10th NBA title.

Birthdays:

- Rod Argent, Rock singer (The Zombies), 72
- Janet Lennon, Singer (The Lennon Sisters), 71
- Donald Trump, Real estate developer, TV personality, 71
- Barry Melton, Rock musician (Country Joe and the Fish), 70
- Eddie Mekka, Actor ("Laverne and Shirley"), 65
- Will Patton, Actor, 63
- Eric Heiden, Olympic gold-medal speed skater, 59
- Boy George, Singer (Culture Club), 56
- Traylor Howard, Actress ("Monk"), 51
- Steffi Graf, Tennis Hall of Famer, 48
- Kevin McHale, Actor ("Glee"), 29



June 21:

- 1834 Cyrus Hall McCormick received a patent for his reaping machine.
- 1964 Three civil rights workers disappeared in Philadelphia, Miss. Their bodies were found buried in an earthen dam six weeks later.
- 1964 Jim Bunning of the Philadelphia Phillies pitched a perfect game in a 6-0 victory over the New York Mets.
- 1973 The Supreme Court ruled that states may ban materials found to be obscene according to local standards.
- 1982 John Hinckley Jr. was found innocent by reason of insanity in the shootings of President Ronald Reagan and three others.
- 1985 Scientists announced that skeletal remains exhumed in Brazil were those of Nazi war criminal Josef Mengele.
- 1989 The Supreme Court ruled that burning the American flag as a form of political protest is protected by the First Amendment.
- 1997 The Women's National Basketball Association made its debut.
- 2005 Edgar Ray Killen, an 80-year-old former Ku Klux Klansman, was found guilty of manslaughter in the deaths of three civil rights workers in Philadelphia, Miss., 41 years to the day earlier.

Birthdays:

- Bernie Kopell, Actor ("The Love Boat"), 84
- Mariette Hartley, Actress, 77
- Joe Flaherty, Comedian ("SCTV"), 76
- Ray Davies, Rock singer, musician (The Kinks), 73
- Meredith Baxter, Actress ("Family Ties"), 70
- Joey Kramer, Rock musician (Aerosmith), 67
- Prince William, the Duke of Cambridge, 35

June 28:

- 1838 Britain's Queen Victoria was crowned in Westminster Abbey.
- 1894 Labor Day was established as a holiday for federal employees.
- 1919 The Treaty of Versailles was signed in France, ending World War I.
- 1950 North Korean forces captured Seoul, South Korea.
- 1967 Israel declared Jerusalem reunified under its sovereignty following its capture of the Arab sector in the Six-Day War.
- 1997 Mike Tyson was disqualified for biting Evander Holyfield's ear during their WBA heavyweight title fight in Las Vegas.
- 2000 The Supreme Court ruled the Boy Scouts can bar homosexuals from serving as troop leaders.
- 2004 The Supreme Court ruled that enemy combatants can challenge their detention in U.S. courts.
- 2007 The American bald eagle was removed from the endangered species list.
- 2010 The Supreme Court ruled 5-4 that Americans have the right to own a gun for self-defense anywhere they live.

Birthdays:

- Mel Brooks, Writer, director, 91
- John Byner, Comedian, impressionist, 80
- John Elway, Football Hall of Famer, 57
- Jessica Hecht, Actress, 52
- Mary Stuart Masterson, Actress, 51
- John Cusack, Actor, 51

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Kathy Bates, Actress comes in, we hope that you will buy her a "Bloody-Mary" drink, as she is 69 years old today.



The "Golden" Years ...



Q: How can you speed up the heart rate of your 60+ year old husband?

A: Tell him you're pregnant.

Q: How can you avoid getting wrinkles?

A: Take off your glasses.

Q: No, seriously. How can I get rid of these crow's feet and all the wrinkles on my face?

A: Go braless. It usually pulls them out.

Q: What is the most common remark made by 60+ year olds when they browse an antique store?

A: I remember these.

Q: Where can a man over 60 find a younger, good looking woman who is interested in him?

A: Try the bookstore under fiction.

Q: What can a husband do when his wife is going through menopause?

A: Keep busy. If he's handy with tools, he can finish the basement. Then when he's finished, he'll have a place to live.



Put protein in Perspective

Protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that

are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues, and organs. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more high-quality protein than the current dietary recommendations. It also suggests that we need more protein as we age to maintain physical function.

How much protein do you need?

Protein needs are based on weight rather than calorie intake. Adults should eat at least 0.8g of protein per kilogram (2.2lb) of body weight per day. A higher intake may help to lower your risk for obesity, osteoporosis, type 2 diabetes, and stroke.

■Older adults should aim for 1 to 1.5 grams of protein for each kilogram of weight. This translates to 68 to 102g of protein per day for a person weighing 150 lbs.

■Divide your protein intake among meals but aim for 25 to 40g of high-quality protein per meal; less than 15g won't benefit bone or muscle.

■Get plenty of calcium (1,000 to 1,200 mg per day).
Source: Environmental Nutrition

The key to ensuring you eat high-quality protein is to try different types, rather than relying on red meat and whole milk dairy products which are high in saturated fat. Trying different healthy protein sources such as fish, beans, nuts, seeds, peas, tofu, chicken, and soy products will open up new options for healthy mealtimes.

THE TEACHER SHORTAGE GOES BEYOND THE CLASSROOM.



KIDS NEED KIWANIS



Here Comes "Little Johnny"

Little Johnny comes running into the house and asks, "Mommy, can little girls have babies?"

"No," says his mom, "of course not."

Little Johnny runs back outside yelling to his friends,

"It's okay, we can play that game again!"

While playing in the backyard, Little Johnny kills a honeybee.

His father sees him killing the honeybee and angrily says, "No honey for you for one month!"

Later that afternoon, Johnny's dad catches him tearing the wings off a butterfly.

"That's it! No butter for you for one month!" says his dad.

Later that evening as Johnny's mother cooks dinner, a cockroach run across the kitchen floor.

She jumps and stomps on it, and then looks up to find Little Johnny and her husband watching her.

Little Johnny looks at his father and says, "Are you going to tell her, Dad, or do you want me to?"

ELIMINATE
maternal/neonatal tetanus



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.

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

Last Month's Answers:

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

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

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

2016-17 Kiwanis Int'l President:
Jane Erickson

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

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

Other Division 21 Clubs:

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

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

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

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

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

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

Florida Kiwanis Foundation:

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



Executive Perspective

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

WHAT IF KIWANIS DIDN'T EXIST?

This past March, Kiwanis magazine posed the question "What if Kiwanis didn't exist?" Our intention was to share some brutal facts with our members. Our North American membership has been on a gradual decline for the past two decades. And, too many communities have lost their Kiwanis clubs.

I'm happy to report the majority of responses to that story have been positive. We also received numerous requests for extra copies, which caused us to reprint the story. I'm also happy that our new club opening numbers are up significantly over the previous years. Since March 1, we've issued 32 new club charters, which is more than double for March in any of the past six years. More new clubs means more communities served.

The other essential ingredient to our membership health is inviting new members to join our existing clubs. I was shocked recently to learn that fewer than one in 10 Kiwanians sponsors a new member every year. Yet we all know friends, co-workers and neighbors who would make great Kiwanians. When inviting someone to your club, tell them how your club impacts your community. Tell them why you love helping kids. Show them why you love Kiwanis service. Loving it, sharing it and living it is our formula for success as an organization.

I encourage you to think about the scary question: "What if Kiwanis didn't exist in my community?" What great service programs might disappear? Then consider our formula for your club's membership success (kiwanis.org/theformula). If you care about your Kiwanis club, you'll be glad you did.



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

Thank you



From Our Photographer's Camera.....

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



A way to serve.
A place to connect.