

# The Sunriser



## The Kiwanis Club of Delray Beach - Sunrise

*"Where Ordinary People Provide Extraordinary Service" - Celebrating 37 Years of Service*

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

### 2010-2011 Officers

**President:** Brian Shutt  
561-243-7091

**Pres. Elect:** Jose Herrera  
561-644-7573

**Vice-President:** Jeff Goldman

**Secretary:** Barbara Schooler  
561-271-6649

**Treasurer:** Dale Morrison  
561-278-1002

**Immediate Past President:**  
Carlene Laseter

### 2010-2011 Bd. of Directors

Doug Martin, Ben Bassford, Susan Ruby, Jean Antin, Terrill Pyburn, Ben Ruby, Alberta G. Rickard

### 2010-2011 Committee Chairs

**\*Community Service:**  
**AVDA** - Jean Antin  
**Thanksgiving**-Jay Alperin  
Jeff Goldman

**\*Club Meetings:** Jay Alperin

**\*Fund Raising:**  
**Delray Affair**-Jose Herrera  
**Golf Tourney**-  
**Glo-Ball**- Bob Barcinski  
**Cruise** - Alberta Gaum Rickard

**\*Interclubs:** Steve Rubin

**\*Membership:** Terrill Pyburn

**\*Newsletter/Website:**  
Scott Youngberg

**\*Programs:** Ezra Krieg

**\*Social Activities:**  
President & President Elect

**\*Spiritual Aims:**  
Scott Youngberg, Ray Osterlund

**\*Youth Services:**  
**BUGS** - Doug Martin, Carlene Laseter,  
Ernie Galinis  
**Scholarship** - Doug Martin, Neil Rosen  
**Key Club**-Neil Rosen,  
Jeff Goldman

**Visit our Website:**  
[www.delraybeachkiwanis.org](http://www.delraybeachkiwanis.org)

## Volume 2011, Issue 3

March, 2011



Dr. Stefanie McKee

## Caring for the Caregiver

We all know about Hospice and the wonderful services they provide. At our February 2nd meeting, we learned about a program to support the caregivers from Dr. Stefanie McKee. The Aloesã Caregiver Program was implemented by Hospice by the Sea, Inc. to share over 30 years of experience in caregiving and to nurture and support the dedicated family, friends, and neighbors who lovingly care for their chronically ill or elderly loved ones.

Caregiving is a difficult job that can take a toll on a caregiver's emotional and physical well-being, relationships, and work performance. A caregiver who takes care of him or herself - mind, body, and spirit - will ultimately be a better caregiver for their loved one.

Family Caregivers are anyone who provides unpaid assistance to a chronically ill, disabled or elderly family member, friend or

neighbor. Often, they are the primary source of care for these individuals. Family caregivers are viewed as an unpaid extension of the U.S. health-care system. Their efforts are valued at \$375 billion dollars a year.

Today's family caregivers are vulnerable. They balance multiple roles which places more demands on the use of their time and compounds the stress they experience.

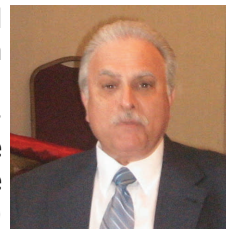
Caregivers neglect their own physical and emotional health and are at risk of becoming patients themselves. They miss personal physician appointments, do not exercise or eat well, and become sleep deprived.

Studies have shown caregiving may give rise to anxiety, depression, exacerbation of chronic illness, hypertension, and even premature death. For these reasons, the Centers for Disease Control have declared "Caregiver Vulnerability" a national health priority. You can learn more about this and Hospice by visiting [www.hbts.org](http://www.hbts.org).

## Ass't State Attorney Speaks To Our Club

Assistant State Attorney Andy Slater gave a very informative presentation at our February 16th meeting. Mr. Slater represents the Major Crimes/Homicide Unit and has been prosecuting since 1990 in Palm Beach County. His responsibilities include presenting cases to the Grand Jury. Our constitution provides that no person shall be brought to trial for a capital crime except upon indictment of a grand jury. This means that no one may be prose-

cuted for a capital crime except by a vote of the grand jury. Except for capital crimes, the state attorney (or the statewide prosecutor) may initiate all other criminal charges. The State Attorney's office is also a law enforcement agency. The average life of a case is 18 months to 3 years.



## Your PBC Cooperative Extension Service



Maisie Ross

On February 9<sup>th</sup>, our program was presented by Maisie Ross of the Palm Beach County Cooperative Extension Service (PBCCES). They provide answers. Whether you need to know how to design a more energy-efficient house, care for native plant life, or develop a youth leadership program, PBCCES /UF-IFAS has the answers.

As the local branch of the University of Florida, the PBCCES office has access to the latest research and technology on more than 2,000 subjects of interest. The University's expertise is available to small business owners, farmers, builders, home owners,

parents, children, and the general public.

Since 1914, they provide education: To improve the quality of human life, to protect and sustain natural resources and environmental systems, and to help our food, fiber, and agricultural industries of Florida stay competitive.

Your PBCCES is dedicated to serving the educational and research needs of area residents. In addition, volunteers devote countless hours to Extension programs that include Agriculture, Environmental Horticulture, Family and Consumer Sciences, 4-H Youth, Master Gardeners and Mounts Botanical Garden.

For more information go to [www.pbcgov.com/coextension](http://www.pbcgov.com/coextension).

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it's 3am in the morning and it's bloody pouring rain out there!" "Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us?"

I think you should help him, and you should be ashamed of yourself! "God loves drunk people too you know." The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband. "Over here on the swing," replied the drunk..



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



### Birthdays:

**March 5** - Alberta Gaum Rickard  
**March 17** - Sophia Youngberg  
**March 21** - Jean Antin  
 - Bob Barcinski

### Wedding Anniversaries:

- None -

### Membership Anniversaries:

**March 9** - Ray Osterlund, 33 Years!  
**March 11** - Regina Sablo, 8 years

**February 2nd Meeting: Happy Groundhog Day!** We were treated to have **Ben Ruby** collecting today. He put in for being happy and for **Susan Ruby** who was happy at home. Wait a minute...that didn't sound right. Anyway, **Ernie Galinis** is rooting for the Steelers in the upcoming Superbowl, while **Scott Youngberg** cheered "Go Packers!" **Carlene Laseter** was happy to see **Maggi Woodall**, who was happy to be here. **Brian Shutt** has a new pen pal- Laura from Kiev - whom **Ezra Krieg** donated for Brian having a friend. Ezra also put in for "Early Bird" **Terrill Pyburn**. Well, at least she shows up! Everyone else was just happy.

**February 9th Meeting: Bob Hagel** did the honors this week and proclaimed "I did a great job on the prayer". **Barbara Schooler** was happy to be back as Club Secretary. **Milena Walinski** was starting the demolition of her kitchen today. **Ray Osterlund**, even though he was semi-late, put in to keep his reputation solid. **Ezra Krieg** was happy to announce **Terrill Pyburn's** bid for Kiwanis Lt. Governor. **Ben Bassford** and everyone else was just happy.

**February 16th Meeting:** Thanks to everyone who helped out at the Garlic Festival. **Carlene Laseter** did the honors this week. **Ben ruby** put in \$2 for the "cold" trip he and Susan took to North Florida. **Dale Morrison** was happy that **Jay Alperin** helped him make change at the garlic festival. **Bob Hagel** told us about 3 ladies who were hitting on him at the festival. **Doug Martin** pipped in "He can drive at night, too!" **Terrill Pyburn** said it was fun to watch Bob in action. **Ezra Krieg** put in for his son's Soccer team as Champions of Florida. **Ray Osterlund** had a late dollar (big surprise) and **Jean Antin** acknowledged Doug Martin's help.

**February 23rd Meeting: Dale Morrison** was happy to do the collecting today. **Jeff Goldman** put in for Dale's 24th year anniversary with the club. **Jay Alperin** couldn't remember why he was happy. **Bob Hagel, Carlene Laseter** and everyone else was just happy.



# Interclubs

Steve Rubin, Chairman



We had another successful Interclub with the Hypoluxo/Lantana Kiwanis club on Tuesday, February 22nd. Thanks to **Ray Osterlund, Barbara Schooler** and **Scott Youngberg** for joining me at the early hour of 7 A.M.

The Hypoluxo/Lantana Kiwanis club has 28 members. We were served pastries, doughnuts, bananas, water and coffee - No Charge. Projects they are involved with include working with Autistic children, BUGS program and the Terrific Kids program.

Another interesting point is that they, like us, Do Not Sing! - I was really looking forward to leading them in a chorus of "Onward in Kiwanis". Maybe next time.

Our next interclub is scheduled for:  
March 29 - Lake Worth Club, 8:00 A.M.  
TooJays Restaurant  
419 Lake Avenue, Lake Worth

Please try to make it. It's a fun experience, unless the air conditioning isn't working (inside joke).

Thank you, Respectfully,

Steve Rubin, Interclub Chair

## Did You Know.....?

**K-Kids** is the youngest and fastest growing service organization for elementary students worldwide. These clubs are ideally suited for students in grades 1 through 5 (ages 6 to 12).

K-Kids is a "student-led" community-service organization, which operates under school regulations and draws its members from the student body.

K-Kids clubs can also be established in a community-based organization. Such organizations might include, but are not limited to: community library, Boys Club, Girls Club, YMCA, YWCA, or a church.

K-Kids is unique because it's sponsored by a local Kiwanis club, composed of leading business and professional people of the community.

### The K-Kids' pledge:

"As a K-Kid, I promise to serve my neighborhood and my school; I will show respect toward my environment; and I will try to make the world a better place in which to live."

The K-Kids' motto is "We Build," and its objectives are:

- To provide opportunities for working together in service to school and community.
- To develop leadership potential.
- To foster and development of strong moral character.
- To encourage loyalty to school, community, and nation.

## 12th Annual Delray Beach GARLIC FEST

**A Great Big "THANK YOU" to all who worked the Garlic Festival this year.**

We raised some much needed funds that will help us provide the great service to the community that we are known for.

We have pictures on page 10.

# KEY CLUB®



Neil Rosen,  
Chairman



The American Heritage Key Club successfully completed their fund raising for the Humane Society and Make a Wish Foundation through the sales of Valentine's Day Flowers, Candy and Teddy Bears.

Other upcoming activities include:

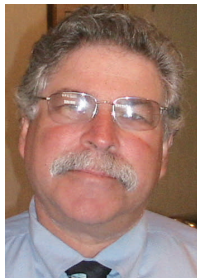
- March 24 NHS/NJHS Induction Program  
6:00 p.m. in Gymnasium.
- March 31 Holocaust Memorial Program
- April 7-10 Key Club Convention

## 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:



### February 2nd: Happy Ground Hog Day!

(Ed.Note: Ezra tried using Jan 31st news. He didn't get away with it. The Gound Hog got him! By the way, No Shadow, so Spring is near.)

- 1536** The Argentine city of Buenos Aires was founded.
- 1653** New Amsterdam - now New York City - was incorporated.
- 1876** The National League of Professional Base Ball Clubs was formed in New York.
- 1887** First Groundhog Day
- 1943** The remainder of Nazi forces from the Battle of Stalingrad surrendered in a major victory for the Soviets in World War II.
- 1990** South African President F.W. de Klerk lifted a ban on the African National Congress and promised to free Nelson Mandela.
- 2007** The world's leading climate scientists said global warming has begun, is "very likely" caused by humans and will be unstoppable for centuries.

#### Birthdays:

- 74** Tom Smothers, Comedian
- 69** Graham Nash, Rock singer, musician (Crosby, Stills and Nash)
- 57** Christie Brinkley, Model
- 56** Kim Zimmer, Actress ("Guiding Light")
- 34** Shakira, Singer

### February 9:

- 1825** The House of Representatives elected John Quincy Adams president after no candidate received a majority of electoral votes.
- 1861** The Provisional Congress of the Confederate States of America elected Jefferson Davis president and Alexander H. Stephens vice president.
- 1942** Daylight-saving "war time" went into effect in the United States, with clocks turned one hour forward.
- 1943** The World War II battle of Guadalcanal in the southwest Pacific ended with an American victory over Japanese forces.
- 1964** The Beatles made their first live American TV appearance, on "The Ed Sullivan Show."

#### Birthdays:

- 83** Roger Mudd, Broadcast journalist
- 69** Carole King, Singer, songwriter
- 68** Joe Pesci, Actor
- 66** Mia Farrow, Actress
- 48** Travis Tritt, Country singer

### February 16th:

- 1804** Lt. Stephen Decatur led a successful raid into Tripoli harbor to burn the U.S. Navy frigate Philadelphia, which had fallen into the hands of pirates.
- 1862** Some 14,000 Confederate soldiers surrendered at Fort Donelson, Tenn., to Union forces led by Gen. Ulysses S. Grant.
- 1868** The Benevolent and Protective Order of Elks was organized in New York City.
- 1923** The burial chamber of King Tut's recently unearthed tomb was unsealed in Egypt.
- 1948** NBC-TV aired its first nightly newscast, "The Camel Newsreel Theatre," which consisted of Fox Movietone newsreels.
- 1968** The nation's first 911 emergency telephone system was started in Haleyville, Ala.

#### Birthdays:

- 93** Patty Andrews, Singer (The Andrews Sisters)
- 54** LeVar Burton, Actor
- 53** Ice-T Actor-rapper ("Law and Order: Special Victims Unit")
- 52** John McEnroe, Tennis Hall of Famer
- 39** Jerome Bettis, Football player

### February 23rd:

- 1685** Composer George Frideric Handel was born in Germany.
- 1822** Boston was granted a charter to incorporate as a city.
- 1836** The siege of the Alamo began in San Antonio, Texas.
- 1847** U.S. troops under Gen. Zachary Taylor defeated Mexican general Santa Anna at the Battle of Buena Vista in Mexico.
- 1870** Mississippi was readmitted to the Union.
- 1954** The first mass inoculation of children against polio with the Salk vaccine began, in Pittsburgh.
- 1997** Scientists in Scotland announced they had cloned an adult mammal, producing a lamb named Dolly.

#### Birthdays:

- 68** Fred Biletnikoff, Football Hall of Famer
- 67** Johnny Winter, Rock singer
- 60** Patricia Richardson, Actress ("Home Improvement")
- 59** Brad Whitford, Rock musician (Aerosmith)

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Peter Fonda, Actor, director comes in, We hope that you will buy him an "Easy Rider" drink as he is 71 years old today.

## Membership

Terrill Pyburn - Chairperson

We Need YOUR Help

### 3 to grow!



Name three people you could invite to our next Kiwanis club meeting. Just three.

Then call and invite!

Who's the friendliest person in your neighborhood?

Name \_\_\_\_\_  
Phone Number \_\_\_\_\_

Who would you invite to a private dinner party?

Name \_\_\_\_\_  
Phone Number \_\_\_\_\_

Who's the most active person in your place of worship?

Name \_\_\_\_\_  
Phone Number \_\_\_\_\_

Other prospects: *doctor, dentist, teacher, reporter, editor, publisher, co-worker, client, customer, former classmate, store manager, restaurateur, relative, former Key Club or CKI member, farmer, chamber of commerce executive, Boys & Girls Club staff member, broker, insurance agent, real estate agent, policeman, fireman, government official, new resident, new business owner, funeral home director, social worker, retiree, banker, pharmacist. ...*

Please Ask Someone Today.



### 50/50 Winners:

Here are the holders of the "Winning Tickets":



February 2 - Ben Ruby (Gave to AVDA)

February 9 - Doug (I finally won) Martin

February 16 - Ray Osterlund

February 23 - Scott Youngberg

## ***Don't Mess With The Old Dogs!.....***

One day an old German Shepherd starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old German Shepherd thinks, "Oh, oh! I'm in deep doo-doo now!" Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old German Shepherd exclaims loudly,

"Boy, that was one delicious panther! I wonder, if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees.

"Whew!," says the panther, "That was close! That old German Shepherd nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old German Shepherd sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says...

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

Moral of this story...

Don't mess with the old dogs... Age and skill will always overcome youth and treachery! BS and brilliance only come with age and experience.

Of course, I am in no way insinuating that any of you are old, some are just more 'youthfully challenged'.

You did notice the size of the print, didn't you?

**PUBLIC SERVICE ANNOUNCEMENT**

**Did you know that 40-70% of all Americans are deficient in Vitamin D?**

Caucasian skin produces approximately 10,000 IU vitamin D in response to 20-30 minutes summer sun exposure—50 times more than the US government's recommendation of 200 IU per day!

This high rate of natural production of vitamin D3 *cholecalciferol* (pronounced koh·luh·kal·sif·uh·rawl) in the skin is the single most important fact every person should know about vitamin D—a fact that has profound implications for the natural human condition.

Technically not a "vitamin," vitamin D is in a class by itself. Its metabolic product, *calcitriol*, is actually a *secosteroid hormone* that is the key that unlocks binding sites on the human *genome*. The human genome contains more than 2,700 binding sites for calcitriol; those binding sites are near genes involved in virtually every known major disease of humans.

Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more.

Vitamin D's influence on key biological functions vital to one's health and well-being mandates that vitamin D no longer be ignored by the health care industry nor by individuals striving to achieve and maintain a greater state of health.

If well adults and adolescents regularly avoid sunlight exposure, research indicates a necessity to supplement with at least 5,000 units (IU) of vitamin D daily. To obtain this amount from milk one would need to consume 50 glasses. With a multivitamin more than 10 tablets would be necessary. Neither is advisable.

**How To Get Enough Vitamin D**

There are 3 ways for adults to ensure adequate levels of vitamin D:

1. regularly receive midday sun exposure in the late spring, summer, and early fall, exposing as much of the skin as possible for 20-30 minutes (being careful to never burn). (Those with dark skin will need longer exposure time — up to six times longer.)
2. Regularly use a sun bed (avoiding sunburn) during the colder months.
3. take 5,000 IU per day for 2-3 months, then obtain a *25-hydroxyvitamin D test*. Adjust your dosage so that blood levels are between 50-80 ng/mL (or 125-200 nM/L) year-round.

Two cannibals are eating a clown.  
One says to the other:  
"Does this taste funny to you?"

**Calendar Of Events**

**March 11 - "BUGS"** Morikami Elementary 8:30 a.m.

**March 12 - Florida District Zone Conference**  
Santaluces High School  
6880 Lawrence Road, Lantana

**March 29 - Inter Club** - Lake Worth Club  
8:00 A.M. , TooJays Restaurant  
419 Lake Avenue, Lake Worth

**April 20 - Inter Club** - Greenacres Club  
12 Noon, Palm Beach National Golf & CC  
Nassau Road, Lake Worth

**May 24 - Inter Club** - Palm Springs Club  
7:15 A.M., Perkins  
2585 S. Military Trail, WPB

**June 16 - Inter Club** - Gold Coast Knights Club  
7:00 P.M., Deerfield Country Club  
50 Fairway Drive, Deerfield Beach

**Upcoming Meeting Programs**

- March 2 Delray Beach PD Crime Analysis Unit
- March 9 WXEL
- March 16 Urban League
- March 23 Board Meeting
- March 30 Let's Grow Together
- April 6 Horses Healing Hearts
- April 13 Drowning Prevention Coalition
- April 20 NAMI Palm Beach County
- April 27 Kiwanis Bored Meeting
- May 4 FAU Athletics
- May 11 Kijana Education Empowerment Institute
- May 18 Long Term Health Care  
(Ezra will be absent that morning)
- May 25 VSA Florida
- June 1 Kiwanis Bored Meeting
- June 8 US History
- June 15 Jay and Ray's Big Egyptian Adventure
- June 22 Healthy Mothers Healthy Babies
- June 29 Kiwanis Board Meeting

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

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

**2010-11 Kiwanis International President:**  
Sylvester Neal

**2010-11 Florida Kiwanis Governor:**  
Thomas M. Ramiccio

**2010-11 Division 21 Lt. Governor:**  
Chet Taras

**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.  
Perkins  
2585 S. Military Trail  
West Palm Beach, FL

# Governor's Message

by Thomas M. Ramiccio, Florida Kiwanis Governor



The Florida District of Kiwanis is on fire for service! More Kiwanians are involved in service than ever before. I want to thank each and every Kiwanian for their dedication and service to the children of the Florida District!

I am looking forward to meeting you at the upcoming Zone Conferences over the next few weeks. These educational opportunities allow every Kiwanian in the district a chance to hear about the goals for 2010-2011 and to experience fun, fellowship and service. We have 8 unique break-out sessions that include an opening session about our new worldwide service project, ELIMINATE, along with a presentation on Young Children: Priority One. The various break-out sessions include Community Service, Membership Retention, Achieving Club Excellence, Service Leadership Programs, Proton Therapy/Florida Foundation. After a great morning of education and fun, we will conclude with a great Barbecue lunch. Get registered and get ready to serve more children...

As many of you know I have been named the Chairman of the Children's Movement of Florida for Palm Beach County. The Children's Movement is a citizen-led, non-partisan movement to educate political, business and civic leaders, and all parents of the state about the urgent need to make the well-being and education of our infants, toddlers and all children Florida's Highest Priority. Florida Children deserve to be our first priority when deciding how the state's resources are spent. Below is the 2011 Agenda which I will be presenting to the governor in March. 2011 Legislative Agenda: Voluntary Pre-Kindergarten Program, Parent Skill-Building, Mentoring, and Children's Health Care. These are simple goals that can be attained. The next time you see one your elected officials, tell them that they must make YOUNG CHILDREN our #1 Priority.



## Other Doings.....



Chet Taras, our current Lt. Governor paid us a visit on February 9th, and brought us up to date on what is going on in the district. Included was a Baby Fair, Membership drive and accepting candidates for Lt. Governor for 2012-13.



Our Glo-Ball Tournament was a great success. Preliminary numbers show we made \$1,750. Thanks to Bob Barcinski for running the event and everyone else who participated/supported the effort. GREAT JOB!

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

*esysy@comcast.net Thank you*



### From Ben Bassford's Camera.....

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



Ben Bassford



Lt. Governor Chet Taras



When you least expect it....You never know when you will become a star!



Getting ready for our meeting



Ezra trying to convince Assistant State Attorney Andy Slater "I'm Innocent!"



Suck it in Ezra ...Hey! You're on "Candid Camera!"



Bob Barcinski updating us on Glo-Ball, amid Garlic Fest T-Shirts



# 12th Annual Delray Beach GARLIC FEST

