



The Sunriser



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
- Vice-President:** 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 3

March, 2016

PBC Provides Justice For All Crime Victims



Sharon Daugherty
Coordinator for
Palm Beach County's Victim Services
Division. People experience a wide
range of reactions after sexual
violence. There is no predictable
pattern of response. Some people
respond immediately, others may
have delayed reactions. There are
those who have trouble recovering
from the rape for a long time, while
others appear to recover quickly.
Sometimes, people will initially

Our program on
February 10th
was presented by
Sharon
Daugherty, the
Sexual Assault
Outreach

experience a feeling of denial and not
fully acknowledge the intensity of
what has happened to them. Persons
who are assaulted by someone they
know may downplay the experience
and try to go on as if nothing
happened.

If you or someone you know are a
victim of sexual violence, the Sexual
Assault Response Team (SART) will
support you in the aftermath of this
violent crime. They will assist you in
making important decisions regarding
your options and well-being. There are
numerous confidential support
services that are provided for children
and adults. For more information go to
<http://www.pbcgov.org/publicsafety/victimservices>.

Clothes Closet Gives Clothes to Kids in Need



Lynda Walsh
to look fashionable no
matter how tight of a budget they are
on. To provide youth with clothing of
all sizes and accessories to match,
Walsh opened the Cool Clothes Closet
of South Palm Beach County, a
nonprofit boutique where kids can
shop without worrying about how
much money is in their wallet. The
main goal is to provide both everyday
and professional clothing — at no cost
— to kids in foster care, young
professionals aging out of the foster
care system and kids of returning
veterans, who haven't found work yet,
she said.

Our program on
February 24th was
presented by Lynda
Walsh, a court-
appointed advocate for
children from Delray
Beach, who wants kids

The closet is set up like a boutique
with clothes hanging on racks and
folded in dressers for both males and
females sizes extra small to triple
extra large.

Walsh's philanthropic effort started
in 2012, when she became a guardian
ad litem for children. "I saw teens
coming to court in dirty, ragged
clothes," she said. Even though the
courthouse has a closet of
professional clothes for kids to change
into for court appearances, she said
she wanted to help kids outside of the
court and its limited hours.

The shop doesn't hold regular
business hours, since that is when
kids are in school. Instead, Walsh
schedules one-on-one appointments
on weekends or after school. To make
an appointment or donate clothes,
contact Lynda Walsh, 561-843-4228.

Visit our Website:

www.delraybeachkiwanis-sunrise.org





Top diet and nutrition tips for women

Focus on whole, plant-based foods. Diets such as the Mediterranean diet that emphasize fruits and vegetables, seafood, and healthy fats can help control your weight and reduce your risk for certain diseases. Carotenoid-rich fruits and veggies, such as tomatoes, carrots, sweet potatoes, melons, and peppers, may even reduce your risk for breast cancer. Add leafy green vegetables and a variety of whole grains, beans, and other legumes to give you filling fiber and keep you going throughout the day. Try to find organic, minimally processed, or locally grown foods whenever possible and make these foods the mainstay of your diet.

Bone up on calcium. Women are at a greater risk than men of developing osteoporosis, so it's important to get plenty of calcium to support your bone health. Dairy products are high in calcium and recent evidence suggests that consuming whole-fat dairy can also have beneficial effects on weight control. Consider plant-based sources of calcium like beans, broccoli, kale, Brussels sprouts, and collard greens as well.

Make sure you get enough iron. Many women don't get enough iron in their diet. On top of that, women lose a lot of this important mineral during menstruation. Boost your intake by eating iron-rich foods such as red meat, dark poultry, lentils, spinach, almonds, and iron-fortified cereals.

Cut back on alcohol and caffeine. Women who have more than two alcoholic drinks a day are at higher risk of osteoporosis and postmenopausal breast cancer. Caffeine consumption interferes with hormone levels and also increases the loss of calcium. Both alcohol and caffeine can also worsen PMS and menopause symptoms and adversely affect fertility. Try to limit alcohol consumption to one glass a day and caffeine to one cup a day.

Cut down on sugar. Sugars that are not found naturally in foods contribute zero nutrients but lots of calories to your diet. Naturally occurring sugars are found in products containing milk (lactose) and fruit (fructose), while added sugars can be found in the most unexpected foods, often hidden in the ingredients list as agave nectar, cane crystals, corn sweetener, crystalline fructose, dextrose, evaporated cane juice, high-fructose corn syrup, invert sugar, maltose, malt syrup, and more.

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



Upcoming Important Dates:

Upcoming Birthdays:

March 5 - Alberta Rickard
March 7 - Mike Salem
March 17 - Sophia Youngberg
March 21 - Jean Antin
 - Bob Barcinski

Wedding Anniversaries:

- None -

Membership Anniversaries:

March 11 - Regina Sablo, 13 years
March 27 - Kim Hale, 3 years

February 4th Meeting "Finnegan's": Doug Martin started things off with a happy dollar for his 24 years in Kiwanis. Dale Morrison was just "Damn Happy" to be here. Ernie Galinis is happy UM is in the top 20 in Basketball and Scott Youngberg is happy FSU had the top recruiting class for 2016. Ezra Krieg added another dollar for the Peggy Kelleher for President fund and another for the good time he had working the Garlic Fest. Dittoed by Larry Kristiansen. Jay Alperin had a guilt dollar for not being there. And Carlene Laseter thanked everyone who worked the Garlic Fest and for her son who painted her garage. Steve Rubin congratulated Doug on his 24. Everyone else was JH.

February 10th Meeting: This was the post-Super Bowl meeting. Jay Alperin was happy because it was another year the Miami Dolphins did not lose the Super Bowl. (Ed. Note: Frankly, I'd be happy if they could just get to the superbowl!) Jean Antin announced she has another grandson getting married. Doug Martin put in for the leadership of Bob Barcinski in Glo-Ball and Jeff Goldman for the GarlicFest. Bob added for Jeff's efforts and Jeff added that he is looking forward to Glo-Ball. Ernie Galinis is happy the Hurricanes continue to win in Basketball. Gina Sablo finally found a place to live and her daughter completed her 3rd year in medical school. Carlene Laseter was glad everyone enjoyed the superbowl, she ignored it! Ezra Krieg couldn't believe the "noisy table" was actually quiet, and Scott Youngberg was happy for the cooler weather. Everyone else? JH.

February 17th Meeting: Jay Alperin is happy that Publisher Clearing House was going to deliver a brand new car and 2.8 million dollars to him on Friday....Yeah, right! Bob Barcinski had to leave early. Steve Rubin was happy he left...Hahahaha. Jean Antin said her granddaughter is getting published. Ernie Galinis had a sad dollar...he thinks he sold his boat. Carlene Laseter was happy for the way the Delray Affair sign-ups are going. Larry Kristiansen congratulated Bob Barcinski for the great job on Glo-Ball. Mike Salem was happy to see all of us and is glad to be back. Scott Youngberg put in for "the heck of it". Everyone else was "Just Happy".

February 24th Meeting: Uh-Oh! The Sunriser's reporters dropped the ball on this one. I guess everyone was "Just Happy". I know I was.....



I ♥ MY CLUB

Calendar Of Events

March 8Key Club - National Pancake Day at American Heritage School
6200 Linton Blvd, Delray Beach

March 31 Get Kids To College
Old School Square

April 28-May 1... Key Club District Convention
Rosen Shingle Creek - Orlando, FL

April 8-10 Delray Affair
(Major Fund Raiser for the club)
See Carlene Laseter to sign up. We need everyone's Help!



June 23-26 Kiwanis International Convention
Toronto, Ontario

August 4-7 Florida District Convention
Rosen Centre Hotel, Orlando

Did You Know.....?

March 8th is National Pancake Day



So, on the morning of March 8th, **American Heritage Key Club** will be having a Pancake Day on campus. The proceeds will be forwarded to the Miracle Children's Network in the name of the Kiwanis Club of Delray-Sunrise and the AHS Key Club.

Thanks to **Tony Marazita** for his guidance of the key club.



Please get out and support this great cause.

Other Doings.



A GREAT BIG THANKS to **Jeff Goldman** for his organizing the GarlicFest work schedule this year. Wasn't easy, as it was tough getting the last few workers on the list. Great Job!



ANOTHER BIG THANKS to **Peggy Kelleher** and the Morgan Stanley Foundation for their generous donation of \$1,500. The proceeds will be applied to the Reading Oasis at Orchard View Elementary in Delray Beach.



Don't Forget!!!!

The first meeting in March will be at the Delray Beach Golf Club, not at Finnegan's. On March 2nd we welcome Verdinia Baker, Palm Beach County Administrator as our speaker. Should be very informative. The following week, on Thursday March 10th, we will enjoy our meeting at Finnegan's at 6 pm.

Hope you're not too confused by this.....



Air Show Disaster at West Zwick's Island Park, Belleville, Ontario, Canada.

Aircraft hits four buildings. This may be tough to see, but it just shows the dangers of attending these events. Amazing photo shows great detail.

The pilot at low level had no control over his aircraft. It narrowly misses a crowd gathered for the air show and slams into four buildings.

One can only imagine the horror of the occupants inside those buildings.

No one was killed, but it probably scared the crap out of them.

See Photo "Air Show Disaster" on Page 10...

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"The negative side of democracy is that the position of ideological minorities is not in power. However, the ideological minorities are often smarter than the herd."



— [Ilkin Santak](#)

Upcoming Meeting Programs

- 3/2 Verdinia Baker (**Confuse the members week!**- Regular meeting at the Golf club today)
- 3/10 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 10th, at 6:00 pm.
- 3/16 Bill Hager
- 3/23 Urban League
- 3/30 Shuzz.org
- 4/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 7th, at 6:00 pm.
- 4/13 United for Care (Medical Marijuana Amend)
- 4/20 Camelot Community Care
- 4/27 Drug Abuse Foundation
- 5/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 5th, at 6:00 pm.
- 5/11 Link Coalition
- 5/18 AVDA
- 5/25 No Speaker yet
- 6/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, June 2nd, at 6:00 pm.
- 6/8 Career Source
- 6/15 Debt Helper
- 6/22 Police Appreciation
- 6/29 Resource Depot
- 7/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, July 7th, at 6:00 pm.
- 7/13 Legal Aid
- 7/20 No Speaker Yet
- 7/27 No Speaker yet

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

Membership

Carlene Laseter - Chairperson



What's Your One Minute Elevator Speech?

Inviting someone to join our Kiwanis club starts with telling the Kiwanis story. But what if you only have a minute or so to introduce Kiwanis and your club to someone new? No worries! Here are five tips to make the most of your one-minute opportunity.

1. Practice
Write down your speech. Edit it, too. Practice your delivery and message in front of a mirror or role play with friends. Take it slowly. Develop different versions of your presentation for different situations.
2. Be yourself
Your description of Kiwanis should sound effortless, conversational and natural. Adapt it to your personality. Project your passion for Kiwanis and the work you do for children.
3. Listen
Allow the other person with whom you're speaking to ask questions and keep the conversation going. Make sure your speech is relevant to the person on the receiving end. Pause briefly between sentences, and remember to breathe.
4. Engage
Include a compelling hook to engage the listener. Incorporate examples and stories to illustrate your point. Be warm, friendly, confident and enthusiastic. Maintain eye contact. Smile and use a firm voice.
5. Take action
End with an action request, such as inviting the prospective member to attend a breakfast meeting or participate in a project. Be prepared with a business card or club brochure to share.

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

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.

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.



Blondes..... Gotta Love'Em

A blonde and a brunette were jumping off a building. Who jumped first?

The brunette. The blonde had to ask for directions.

Q: What happened to the blonde Ice Hockey Team?

A: They drowned in Spring Training

Q: Why were there 6 bullet holes in the blondes mirror?

A: She tried to kill her self

PUBLIC SERVICE ANNOUNCEMENT

Why drink beer?

Who ever thought there would be health benefits to drinking beer? Well, there is! Studies have revealed that beer can produce the same benefits as drinking wine. Whether you prefer ales, lagers, stout, bitter or wheat beers, studies show that one drink a day for women or up to two drinks a day for men will reduce your chances of strokes, heart and vascular disease. It's no secret that the stroke is the 3rd leading cause of death in the U.S. and the leading cause of serious, long-term disabilities.

What's interesting is that it was proven (New England Journal of Medicine - Nov. 1999) that those who drank one beer a week compared to those who drank one beer a day experienced no variance in reducing stroke risks. It is said that light to moderate drinkers will decrease their chances of suffering a stroke by 20%.

A researcher at the Texas Southwestern Medical Center (May 1999) reported that those who consume moderate amounts of beer (one to two a day at the most) have a 30-40% lower rate of coronary heart disease compared to those who don't drink. Beer contains a similar amount of 'polyphenols' (antioxidants) as red wine and 4-5 times as many polyphenols as white wine.

Alcohol has also been attributed of its ability to increase the amount of good cholesterol (HDL) into the bloodstream as well as help to decrease blood clots.

Beer also contains vitamin B6, which prevents the build-up of amino acid called homocysteine that has been linked to heart disease. Those of us who have high levels of homocysteine are usually more prone to an early onset of heart and vascular disease. A new study performed at the TNO Nutrition and Food Research Institute in Utrecht indicates that those who drink beer had no increase in their homocysteine level but those who drank wine or liquor had an increase of up to 10%. Also noted was the fact that those who drank beer experienced a 30% increase in vitamin B6 in their blood plasma, thereby proving that beer (in moderation) is actually healthier to drink than wine and other liquor.

Did you know? - Beer is nutritious if consumed in moderation.
- That beer is fat-free and cholesterol free? - Beer has a relaxing effect on the body thereby reducing stress. - It can help you sleep better. - It helps prevent heart disease and improves the blood circulation. - It has proven to have positive effects on elderly people. It helps to promote blood vessel dilation, sleep, and urination.

Now after reading all this 'good stuff' on beer, this isn't to say that you should go out and get 'boozed up' because it's good for you! Obviously the key, as was mentioned earlier, is moderation.



50/50 Winners:

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



February 4 - Barbara (The Artest) Schooler

February 10 - Bob Barcinski

February 17 - Peggy Kelleher

February 24 - Jean Antin



There was a huge nut tree by the cemetery fence. One day two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me. One for you, one for me," said one boy. The bucket was so full, several rolled out towards the fence.



Cycling down the road by the cemetery was a third boy. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me. One for you." He knew what it was. "Oh my god!" he shuddered, "It's Satan and St. Peter dividing the souls at the cemetery!"

He cycled down the road and found an old man with a cane, hobbling along. "Come quick!" he said, "You won't believe what I heard. Satan and St. Peter are down at the cemetery dividing the souls."



The man said, "Shoo, you brat! Can't you see I'm finding it hard to walk as it is!" After several pleas, the man hobbled to the cemetery and heard, "One for you, one for me. One for you, one..." The old man whispered, "Boy, you's been tellin' the truth! Let's see if we can see the Devil himself."

Shivering with fear, they edged toward the fence, still unable to see anything, but they heard, "One for you, one for me. One for you, one for me. And one last one for you. That's all. Let's go get those nuts by the fence, and we'll be done."

They say the old guy made it to town 10 minutes before the boy!

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 4 - "Finnegan's":

- 1783** Britain declared a formal cessation of hostilities in the American Revolutionary War.
- 1789** Electors unanimously chose George Washington to be the first president of the United States.
- 1861** Delegates from six southern states met in Montgomery, Ala., to form the Confederate States of America.
- 1938** The Thornton Wilder play "Our Town" opened on Broadway.
- 1941** The United Service Organizations (USO) was formed.
- 1945** President Franklin D. Roosevelt, British Prime Minister Winston Churchill and Soviet leader Josef Stalin began a wartime conference at Yalta.
- 1974** Newspaper heiress Patricia Hearst was kidnapped in Berkeley, Calif., by the Symbionese Liberation Army.
- 2004** The Massachusetts high court declared that gays were entitled to marry.
- 2004** The social networking website Facebook was launched.

Birthdays:

- John Steel, Drummer of the Animals, 75.
- Florence LaRue, Singer of the Fifth Dimension, 74.
- Alice Cooper, Singer, 68.
- Clint Black, Country singer, 54.
- Gavin DeGraw, Singer, 39.

February 10:

- 1763** France ceded Canada to England under the Treaty of Paris, which ended the French and Indian War.
- 1846** Members of the Church of Jesus Christ of Latter-Day Saints – the Mormons – began an exodus west from Illinois.
- 1962** The Soviet Union exchanged captured American U-2 pilot Francis Gary Powers for a Soviet spy held by the United States.
- 1967** The 25th Amendment to the Constitution, dealing with presidential disability and succession, went into effect.
- 1989** Ron Brown was elected chairman of the Democratic National Committee, becoming the first African-American to head a major U.S. political party.
- 2003** Iraq agreed to allow U-2 surveillance flights over its territory, meeting a key demand by U.N. inspectors searching for banned weapons; President George W. Bush brushed aside Iraqi concessions as too little, too late.
- 2005** North Korea boasted publicly for the first time that it possessed nuclear weapons.

Birthdays:

- Robert Wagner Actor ("Hart to Hart") 86
- Roberta Flack Singer 77
- Jimmy Merchant Singer (Frankie Lymon and the Teenagers) 76
- Mark Spitz Olympic gold-medal swimmer 66
- George Stephanopoulos Broadcast journalist ("This Week") 55
- Laura Dern Actress 49
- Elizabeth Banks Actress 42



February 17:

- 1863** The International Red Cross was founded in Geneva.
- 1865** Columbia, S.C., burned as the Confederates evacuated and Union forces moved in.
- 1904** Giacomo Puccini's opera "Madama Butterfly" had its world premiere at La Scala in Milan, Italy.
- 1933** Newsweek magazine was first published.
- 1947** The Voice of America began broadcasting to the Soviet Union.
- 1996** World chess champion Garry Kasparov beat IBM supercomputer "Deep Blue," winning a six-game match in Philadelphia.
- 2002** The new Transportation Security Administration took over supervision of aviation security from the airline industry and the Federal Aviation Administration.
- 2008** Kosovo declared itself a nation in defiance of Serbia and Russia.

Birthdays:

- Hal Holbrook Actor 91
- Jim Brown Football Hall of Famer 80
- Rene Russo Actress 62
- Lou Diamond Phillips Actor 54
- Michael Jordan Basketball Hall of Famer 53
- Larry the Cable Guy Actor, comedian ("Blue Collar TV") 53
- Denise Richards Actress 45
- Paris Hilton Heiress 35

February 24:

- 1582** Pope Gregory XIII issued a papal bull outlining his calendar reforms. (The Gregorian Calendar is the calendar in general use today.)
- 1821** Mexico declared its independence from Spain.
- 1863** Arizona was organized as a territory.
- 1868** The House of Representatives impeached President Andrew Johnson following his attempt to dismiss Secretary of War Edwin M. Stanton; the Senate later acquitted Johnson.
- 1903** The United States signed an agreement acquiring a naval station at Guantanamo Bay in Cuba.
- 1920** The German Workers Party, which later became the Nazi Party, met in Munich to adopt its platform.
- 1942** The Voice of America went on the air for the first time.
- 1945** American soldiers liberated the Philippine capital of Manila from Japanese control during World War II.
- 2008** Cuba's parliament named Raul Castro president, ending nearly 50 years of rule by his brother Fidel.

Birthdays:

- Paula Zahn News correspondent 60
- Wilson Bethel, Actor of the CW's "Hart of Dixie", 32
- Crista Flanagan, Actress of "Mad Men" and "MadTV", 40
- Bonnie Somerville, Actress of CBS's "Golden Boy", 42
- Billy Zane Actor— "The Phantom," "Titanic," "Zoolander", 50
- Mark Moses Actor- "Mad Men" and "Desperate Housewives", 58
- Helen Shaver Actress— "The Color of Money", 65
- Debra Jo Rupp Actress of "That 70s Show", 65
- Edward James Olmos Actor— "Battlestar Galactica", 69
- Barry Bostwick Actor— "Spin City",

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Dominic Chianese Actor— Uncle Junior in "The Sopranos", comes in, we hope that you will buy him a drink, as he is 85 years old today.

"Old" is When.....

"OLD" IS WHEN... Your sweetie says, "Let's go upstairs and make love," and you answer, "Pick one, I can't do both!"

"OLD" IS WHEN.. Your friends compliment you on your new alligator shoes and you're barefoot.



"OLD" IS WHEN.... A sexy babe catches your eye and your pacemaker opens the garage door.

"OLD" IS WHEN... Going bra-less pulls all the wrinkles out of your face.

"OLD" IS WHEN. You don't care where your spouse goes, just as long as you don't have to go along.



11th Annual Delray Kiwanis Night Golf Tournament

We had another successful tournament on Saturday, February 20th, raising \$1,940 for our charities. Below are pictures from the event.

Scott Youngberg's team won the event, with **Jeff Goldman's** team taking second in a tiebreaker.

A great big **Thanks** to **Bob Barcinski** for organizing the event, and to **Ben Ruby, Carlene Laseter and Bob Sablo** for helping out, and to all the sponsors for making this possible.





Here Comes "Little Johnny"

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"



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-VERY Hard. Be sure to use a pencil! See next Month's Newsletter for the answers to this puzzle.

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

Last Month's Answers:

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

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



Visit our Website:

www.delraybeachkiwanis-sunrise.org



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



International President's Corner

Susan Petrisin, *President of Kiwanis International*

OUR GREATEST ACHIEVEMENT

I was a shy girl. I didn't like talking in front of groups or meeting new people, but I loved community service. I decided to face my fears when I walked into a meeting of the Alpena (Michigan) High School Key Club in 1977. It turned out to be the best decision of my life. Key Club, and then Circle K, helped me develop abilities that I didn't know I had. Other members gave me the confidence I needed to become a leader, not only in Kiwanis, but across my personal and professional life. I don't know where my life would be today if I hadn't walked into that meeting.

Kiwanis' greatest achievement isn't the tens of million of lives we saved through The Eliminate Project. It's not the millions of children protected from the leading cause of preventable mental disability— iodine deficiency— which was our first global campaign for children. Rather, our greatest achievement continues to be creating the next generation of leaders who will have the ability and confidence to knock out other great world problems. Our greatest achievement is Kiwanis' Service Leadership Programs.

A few weeks ago, I asked a Key Club member why she joined our Kiwanis family. Katie replied that she loved Kiwanis because of the opportunities for a person to make a difference from the time they are in elementary school to the end of time with estate giving through the Kiwanis International Foundation.

Katie isn't the shy girl that I was. She has the confidence needed to be a good leader. Her Key Club is connecting her to like-minded individuals. As our accomplishments have shown us during the past 100 years, we can accomplish more together than individually.

By creating the Kiwanis family, Kiwanis is providing the space these kids need to find the solutions for issues plaguing themselves, their communities and the world. Kids need Kiwanis.



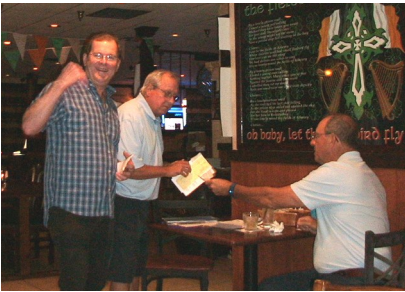


From Our Photographer's Camera.....

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



Ben Bassford



From Page 3, "Air Show Disaster".....



A way to serve.
A place to connect.