

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: Jeff Goldman
561-441-0242

Vice-President: Ben Ruby

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-Jeff Alperin
Jeff Goldman

***Club Meetings:** Jay Alperin

***Fund Raising:**

Delray Affair-
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-sunrise.org

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May, 2011

Horses Helping Heal Children's Hearts

Our program on April 6th was presented by Liz Olszewski of Horses Healing Hearts. A terrific program, HHH helps children whose lives have been affected by addiction heal emotionally and build life coping skills by working with horses. Horses are particularly useful in therapy with children of alcoholics and addicts because their simple presence and energy can break down walls that the child themselves may not be aware are present. In an era when immediate gratification and the easy way are the norm, horses require people to be engaged in physical, emotional and mental work – a valuable characteristic in all aspects of life.



Currently, HHH is operating the program on a sponsor barn basis, offering a free session weekly to the group. The HHH staff coordinates the weekly sessions, and the children are in groups of 3-4 to work with the horse. Sponsor barns are located near Lake Worth, Wellington, Delray and Loxahatchee. Focus is put on learning how the horse thinks, reacts and why. The children learn safety practices and the importance of work. Horses are 90% work

and 10% riding. After riding, they untack, clean/brush, and put away the horse they worked with that day.

They also clean and put away any tack or supplies used for that day. Sessions last approximately two hours. During this time the participant can talk about anything they want to regarding how they are doing outside of the program (school, home, sports, etc.) or something they learned during the session that day. We also assist in goal setting. We teach that goals, both short and long term, should be specific and have a time frame by which they want to accomplish it. By this, we are showing the children there may be some circumstances in their life they feel are out of their control. However, they are in control of their thoughts and actions. Those two key components will help them accomplish their goals in life. For more information or to make a contribution, go to www.horseshealingheartsusa.org.



Liz Olszewski

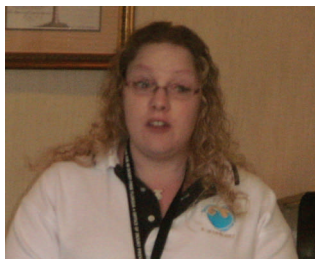
New Website Debuts

Our club has a new website! It is now a part of International's KiwanisOne site, with lots of information. Any and all comments, suggestions are welcomed. Check it out at:

www.delraybeachkiwanis-sunrise.org



Everyone a Swimmer



Anna Stewart

That's the message from Anna Stewart representing The Drowning Prevention Coalition of Palm Beach County. And it's more than just swimming. Do you know what to do if you find yourself in a sinking car? The Drowning Prevention Coalition of Palm Beach

County was established in 1996 to

raise the level of community awareness regarding safety in and around all bodies of water within the County.

The DPC strives to be the primary resource for all of PBC residents' water safety needs. By calling them at 561-616-7068 you have access to information about local pools, layers of protection, swim instruction, and lifeguarded areas.

Through services provided to PBC residents, the Drowning Prevention Coalition continuously tries to reduce drowning, near drowning and other water related incidents in Palm Beach County. Such services include but are not limited to: Education, providing free-swimming lessons to qualified families, and guiding groups and special needs programs to area swimming lessons. For more information go to www.pbcgov.com/dpc.

Respect, Compassion & Hope ... NAMI Works!"

Our program on April 20th was presented by Cristina Andreoli and Curtis Russ, Co-Presidents of The National Alliance on Mental Illness of Palm Beach County. NAMI is the local affiliate of the non-profit national NAMI or-



Cristina Andreoli and Curtis Russ

ganization. They are centrally located in Lake Worth, Florida. Their membership is dedicated to the welfare and support of persons with serious mental illness and their families, and they educate the public through

courses, meetings and publications that encourage understanding and tolerance. Their mission is to promote recovery from mental illness, to improve the quality of life for those who suffer from serious brain diseases, and to eliminate the stigma attached to mental illness. Their strong advocacy with local, state and the federal Government calls for parity, access to housing, complete drug formulary, access to care, and many other social issues taken for granted as the right of all U.S. citizens.

They work with all public and private organizations involved with mental health. NAMI endeavors to help individuals, families and organizations find sources of assistance. For more information go to www.namipbc.org.

Thanks to everyone who helped out at the Delray Affair.



We netted a profit of **\$1,000!** Every little bit helps.

(We have more Pictures on Page 9)

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



Birthdays:

- May 3 - Ernie Galinis
- May 7 - Thuy Shutt

Wedding Anniversaries:

- May 19 - Maggi & Jay Woodall
- May 20 - Bob & Connie Barcinski

Membership Anniversaries:

- May 8 - Carlene Laseter, 4 years
- May 16 - Steve Rubin, 27 years!!!

April 6th Meeting: Carlene Laseter was excited about the BUGS awards. Susan Ruby put in for Ben who wasn't here today. Ray Osterlund put in another "I wasn't late" dollar. Ernie Galinis was happy that his wife Betty was visiting the club and helping with the BUGS presentation. Neil Rosen was happy the AHS Key Club was a part of our group. Everyone else was "Just Happy".

April 13th Meeting: Jay Alperin shot an "eagle" in golf during a skins game. Great time to do that! Terrill Pyburn is going to do a triathalon this weekend in Key West. Ezra Krieg put in for our Noon-Time friends visiting us and something about President Brian doing a GREAT job. Carlene Laseter and many others put in for the noon-timers and for the Bugs program.

April 20th Meeting: Steve Rubin put in for Ray Osterlund who attended an Interclub at Lake Worth Kiwanis, even though it was cancelled. Jay Alperin was smiling at the thought of Ray lost at the Lake Worth meeting. Ray was happy to meet new friends. Neil Rosen wished everyone a Happy Holiday. Bob Barcinski grandson turned 3 and Carlene Laseter had fun at the Delray Affair booth. Terrill Pyburn took 3rd place in her first triathalon. Ezra Krieg put in two dollars for Terrill coming in 3rd when there were only 2 entrants and for Terrill being the new Peanut day chairman (Inside joke). Barbara Schooler was happy to see Bruce Koeser, guest of Brian Shutt. Finally, our speakers also contributed.

April 27th Meeting: Dale Morrison is going to see the Shuttle launch. Jeff Goldman had fun on Orlando visiting Mickey Mouse and Carlene Laseter was happy the family is coming to visit on Sunday. Bob Barcinski is happy his company is going home. Ben Ruby is happy Susan still likes him, even though he gets a little grumpy from time to time. Terrill Pyburn was proud of her CLE group winning first prize in a recent competition. Ray Osterlund paid his penance for not seeing the new website yet and Ernie Galinis was happy that his granddaughter was recognized by the LSU volleyball coach (She's only 13). Jay Alperin was happy that Susan was collecting Happy Dollars today. Everyone else was "Just Happy".



In Memoriam.....DONNA BATELAAN,



Dave & Donna Batelan

62, passed away on Tuesday, April 5, 2011. She earned a Master's in Education degree from Florida Atlantic University. She worked for the School Board of Palm Beach County. Donna met the love of her life, Dave Batelaan, in 1972 and after their marriage,

April 14, 1973, they resided in Boynton Beach, FL. Despite multiple physical disabilities, she knew no limitations. In 1979 she founded Action Mobility in Lake Worth. When her husband, Dave retired from IBM after 30 years of service he worked alongside Donna expanding Action to the largest medical equipment/van conversion business in Palm Beach County. There will be tremendous void in the hearts of all who knew her. Donna's favorite saying was "get over it!" That was more than a favorite saying, that was her life-long commitment to being a positive influence on every one she came in contact with. We have lost a remarkable lady of vision, who never saw obstacles...only challenges that she eagerly tackled and overcame! Donna was involved in **Kiwanis International** for many years where she was the first woman to hold the office of Governor for the State of Florida. She formed an **Aktion Club** at Palm Beach Habilitation Center where her brother attends the Adult Day Training Program for persons with disabilities. Donna was currently serving as Administrator for Aktion Club and took great strides to elevate Aktion to new levels of respect and integrity. She will surely be missed.



Did You Know.....?

Teacher Recognition/ Appreciation

The name may have changed but the message is the same. Apples for Teachers is now Teacher Recognition, but remains a program designed to show our appreciation for our educators.



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

The Kiwanis defining statement says what we are all about. Change the first five words of this statement to "Teachers are" and you could have a defining statement for educators.

Looking at the service our club does, how about a way to show teachers how grateful we are for them? Teacher Appreciation Week is May 2-6, and Teacher Appreciation-Day is Tuesday May 3.

Apples have often been associated with educators. Many clubs give apples to school employees. Some clubs give welcome back packages in the fall. Some clubs give each teacher a ream of paper. Other clubs give bookmarks or thank-you cards.

There are many different ways that our club can let our educators know that we value them. What time is it? It is time to serve, and it is time to show our appreciation for our teachers.

There once was this deacon and this preacher, and they had been real good friends for a long time. Well one day the deacon got sick and was put in the hospital, so the preacher decided to go and see his old friend. When he walked into the hospital room, the preacher noticed all the hoses and stuff they had going into the deacon. The preacher walked over and kneeled by the bed and asked, "How ya doing?" The deacon motioned at a pad and pen on the nightstand. "You want that?" the preacher asked him, and the deacon nodded his head yes. So the preacher handed his friend the pad and pen and the deacon began to write. All of a sudden the deacon died. At his funeral, the preacher was asked to deliver the service. "He was a good man and I'll never forget him," the preacher said, "I was with him when he died and as a matter of fact I have his last thought in my coat pocket here." The preacher reaches into his pocket and pulls out the paper. "Please, get up! You're kneeling on my oxygen hose!"

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:

April 6th:

- 1830** The Church of Jesus Christ of Latter-Day Saints was organized by Joseph Smith in Fayette, N.Y.
- 1896** The first modern Olympic Games opened in Athens, Greece.
- 1909** Explorers Robert E. Peary and Matthew A. Henson purportedly became the first men to reach the North Pole. (The exact location they reached has since been called into question.)
- 1983** Interior Secretary James Watt banned the Beach Boys from the 4th of July celebration on the Washington Mall, saying rock 'n' roll bands attract the "wrong element."
- 1998** The Dow Jones industrial average closed above 9,000 points for the first time.
- 2004** The University of Connecticut became the first school to win the NCAA Division I men's and women's basketball titles in the same season as the women's team beat Tennessee 70-61 for their third consecutive championship.

Birthdays:

- 82** Andre Previn, Pianist, conductor
- 74** Merle Haggard, Country musician
- 74** Billy Dee Williams, Actor
- 64** John Ratzenberger, Actor ("Cheers")
- 58** Janet Lynn, Figure skater

April 13th:

- 1742** George Frederic Handel's "Messiah" was first performed publicly, in Dublin, Ireland.
- 1954** Baseball Hall of Famer Hank Aaron made his major league debut with the Milwaukee Braves.
- 1964** Sidney Poitier became the first black performer in a leading role to win an Academy Award, for "Lilies of the Field."
- 1970** Apollo 13, four-fifths of the way to the moon, was crippled when a tank containing liquid oxygen burst.
- 1986** Pope John Paul II visited a Rome synagogue in the 1st recorded visit of its kind.
- 1997** Tiger Woods, 21, became the youngest person to win the Masters Tournament and the first person of African heritage to claim a major golf title.
- 1999** Jack Kervorkian was sentenced in Pontiac, Mich., to 10 to 25 years in prison for the second-degree murder of a man whose assisted suicide was videotaped and shown on "60 Minutes." (Kevorkian was released in 2007.)

Birthdays:

- 76** Lyle Waggoner, Actor
- 72** Paul Sorvino, Actor
- 67** Jack Casady, Rock musician (Jefferson Airplane, Hot Tuna)
- 65** Al Green, R&B singer
- 61** Ron Perlman, Actor
- 48** Garry Kasparov, Chess champion
- 41** Ricky Schroder, Actor

April 20th:

- 1792** France declared war on Austria, the start of the French Revolutionary wars.
- 1836** The Territory of Wisconsin was established by Congress.
- 1902** Scientists Marie and Pierre Curie isolated the radioactive element radium.
- 1939** Baseball Hall of Famer Ted Williams made his major league debut with the Boston Red Sox.
- 1971** The U.S. Supreme Court upheld the use of busing to achieve racial desegregation in schools.
- 1972** The manned lunar module from Apollo 16 landed on the moon.
- 1980** The first Cubans sailing to the United States as part of the massive Mariel boatlift reached Florida.

Birthdays:

- 87** Leslie Phillips, Actor ("Harry Potter" films)
- 74** George Takei, Actor ("Star Trek")
- 70** Ryan O'Neal, Actor ("Love Story," "Paper Moon")
- 66** Steve Spurrier, College football coach
- 62** Jessica Lange, Actress
- 39** Carmen Electra, Actress

April 27th:

- 1509** Pope Julius II excommunicated the Italian state of Venice.
- 1521** Portuguese explorer Ferdinand Magellan was killed in the Philippines.
- 1805** During the first Barbary War, a force led by U.S. Marines captured the city of Derna, on the shores of Tripoli.
- 1965** Broadcast journalist Edward R. Murrow died at age 57.
- 1972** Apollo 16 returned to Earth after a manned voyage to the moon.
- 1992** The Federal Republic of Yugoslavia was proclaimed in Belgrade by the Republic of Serbia and its lone ally, Montenegro.

Birthdays:

- 79** Casey Kasem, Radio announcer
- 57** Herm Edwards, Football coach
- 52** Sheena Easton, Singer, actress

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Jack Klugman, Actor ("The Odd Couple," "Quincy") comes in, We hope that you will buy him a "Dirty Martini" as he is 89 years old today.



Membership

Terrill Pyburn - Chairperson

Welcome Back Patsy!



The rumors are true.

Former member Patsy Jones has rejoined the club. For those that did not know her, here's a quick summary of her background to bring you up to speed:

Patsy has 2 daughters and 4 grandchildren. She is a Native of East Tennessee.

She holds a Bachelor of Science degree in Speech Pathology from East Tennessee State University.



Moved to Delray Beach from Cape Cod.

Recently retired as the Director of Events, Programs and

Communications from the college of science at FAU.

Her interests include: books, beach, cooking, entertaining friends, travel-especially road trips either in the states or in Europe.

Next time you see Patsy, please introduce yourself and welcome her to the club.



50/50 Winners:

Here are the holders of the "Winning Tickets":



April 6 - Susan Ruby (Gave to AVDA)

April 13-Ezra Krieg (Gave to Drowning Prevention)

April 20 - Scott (Ya-Mon) Youngberg

April 27 - Ernie (I wasn't paying attention) **Galinis**

Other Doings.



On April 13th were very happy to see an Inter-Club from the Delray Noon-Time Kiwanis. Visiting were Al Pearlman, Jim Van Patten, Charlie Simon and Jeff Williams. Great to see you guys! We were also glad to see Tom Thayer, the current President of the Florida Foundation.



On April 20th, we were happy to see Bruce Koester, guest of Brian Shutt and prospective member. Bruce is the HR Director for the City of Delray Beach.



At our April 27th meeting, we were happy to see Lt. Governor Chet Taras and his wife Pat. Chet recently had by-pass surgery and was looking good.



May 4th, Mark your Calendars. We are meeting with the Delray Noon-Time Kiwanis to discuss their merging with us. 12 Noon @ Duffy's. See you there!



May 4th has also been designated as "STOP PICKING ON TERRILL" DAY. You hear that Ezra?

Kiwanis Bring Up Grades®

Our club had a very successful "BUGS" awards ceremony on April 6th at Banyan Creek Elementary. There were 132 kids receiving their awards and prizes which included bicycles, toys and games. Of course they were also treated to ice cream. Making the presentation were **Doug Martin, Carlene Laseter, Jeff Goldman and Ernie & Betty Galinis.**

Great Job and Many, Many Thanks!



There's a Battle Going On for "PEANUT Chairman!"



Some say Terrill has it wrapped up.....But watch out!

Here comes EZRA!

Certificate

Presented to

Raymond T. Osterlund



For your very outstanding dedication and performance for being the only member to show up at the Lake Worth Kiwanis Interclub on April 19, 2011 (Even though it was cancelled), you are awarded:

"One Attaboy"

One thousand "Attaboys" qualifies you to be a leader of men, work harder with a smile, explain assorted problems to the membership, and be looked upon as a local hero, without any compensation.

Note: One "Awshit" wipes the board clean and you have to start all over again.



PUBLIC SERVICE ANNOUNCEMENT

From the Mayo Clinic - Aspirin is not a joke!

Dr. Virend Somers, a cardiologist from the Mayo Clinic who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon, Somers said. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: aspirin has a 24-hour "half-life" therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.

2. FYI, aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar). Please read on.

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep aspirin by your bedside? It's about Heart Attacks: There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:

- call 911
- phone a neighbor or a family member who lives very close by
- say "heart attack!"
- say that you have taken 2 aspirins.
- take a seat on a chair or sofa near the front door, and wait for their arrival and...

- do NOT lie down.

A Cardiologist has stated that, if each person, passes this along to 10 people, probably one life can be saved! I have already shared the information- - What about you?

Calendar Of Events

April 29 - BUGS - Village Academy, 8 AM
400 SW 12th Ave.,
Delray Beach, FL 33444

May 2-6 - Kiwanis Teacher Appreciation Week

May 4 - BUGS - Orchard View Elementary, 8 AM
4050 Old Germantown Rd.,
Delray Beach, FL 33445

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

July 21 - Inter Club - Delray Noon-Time Club
12:15 P.M., Duffy's Sports Grill
1750 S. Federal, Delray Bch.

August 18 - Inter Club - Boca Raton Club
7:30 a.m., Boca Train Depot
747 S. Dixie, Boca Raton

August 25-28 - District Convention
Marco Island Florida Resort & Spa
Marriott



Upcoming Meeting Programs

- | | |
|---------|--------------------------------------|
| May 4 | FAU Athletics |
| May 11 | Kijana Educational Foundation |
| May 18 | Long Term Heath Care |
| May 25 | VSA Florida |
| June 1 | Kiwanis Board 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



Spring is in the air and I am proud to announce that our Zone Conferences were a huge success thanks to dedicated Kiwanians like you!

Our message of service and our focus on YC:PO & Eliminate were well received.

Kiwanians from around the Florida District enjoyed the education and fellowship at each Zone Conference. A special thanks to all of our District Chairmen and especially Melanie & Tom Winternheimer for their dedication and service to this great organization. Thanks! At our last zone I was pleased to present 4 special recognition pins to, Drew, Jose, Ann and George, our outstanding District Office Staff for their outstanding efforts in coordinating and conducting the conferences.

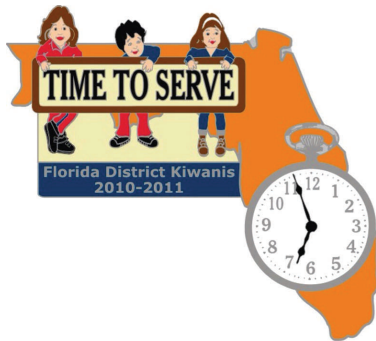
JUST ONE !

During the month of April we are asking each club to recruit new members. This is very important to the overall impact of the number of service hours we as Kiwanians provide. We need more hands in order to do more service! Our goal this year is to help existing clubs increase their community service hours by inviting new people to participate in their projects. More hands, more service.

By now you should be making your final plans for our International Convention in Geneva. If you need more information, go to our website and see the many options that are available to you. This year will be exciting for all attendees, they have great speakers and a full presentation on ELIMINATE. We truly can change the world if every club gets involved.

Each year more than 100,000 women and children die needlessly because of the lack of tetanus vaccines. Kiwanis has partnered with Unicef to rid the world of MNT (Maternal Neonatal Tetanus).

Tom Ramiccio



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

esysy@comcast.net Thank you

A completely inebriated man was stumbling down the street with one foot on the curb and one foot in the gutter.

A cop pulled up and said, "I've got to take you in, pal.

You're obviously drunk."

Our wasted friend asked,

"Officer, are ya absolutely sure I'm drunk?"

"Yeah, buddy, I'm sure," said the copper. "Let's go."

Breathing a sigh of relief, the wino said,

"Thank goodness, I thought I was crippled."



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



Don't Forget to make your donation to the

**FLORIDA
KIWANIS FOUNDATION**



2011 Delray Affair.....

