



The Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

"Where Ordinary People Provide Extraordinary Service" - Celebrating 38 Years of Service

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

2012-2013 Officers

- President:** Doug Martin
561-900-9390
- Pres. Elect:** Position Open
(Please Volunteer)
- Vice-President:** Susan Ruby
- Secretary:** Barbara Schooler
561-271-6649
- Treasurer:** Dale Morrison
561-278-1002
- Immediate Past President:**
Jeff Goldman

2012-2013 Bd. of Directors

Ben Bassford, Susan Ruby,
Terrill Pyburn, Ben Ruby,
Alberta G. Rickard, Jeff Goldman

2012-2013 Committee Chairs

- *Community Service:**
 - AVDA** - Jean Antin
 - Thanksgiving**-Jay Alperin,
Jeff Goldman, Ernie Galinis
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Brian Shutt,
Barbara Schooler, Ernie Galinis
 - Golf Tourney**- Ben Ruby
 - Glo-Ball**- Bob Barcinski
 - Cruise** - Alberta Gaum Rickard,
AHS Key Club
 - Garlic Festival**- Jeff Goldman,
Ernie Galinis

- *Interclubs:** Steve Rubin
- *Membership:** Terrill Pyburn,
Alberta Gaum-Rickard
- *Newsletter/Website:**
Scott Youngberg
- *Programs:** Ezra Krieg, Ray Osterlund
- *Social Activities:**
President & President Elect
- *Spiritual Aims:**
Scott Youngberg, Ray Osterlund
- *Youth Services:**
 - BUGS** - Doug Martin, Carlene Laseter,
Ernie Galinis
 - Scholarship** - Doug Martin
 - Key Club/Builders Club** - Steve Rubin

Visit our Website:

www.delraybeachkiwanis-sunrise.org

Volume 2013, Issue 5

May, 2013

UCP Helps People Live Life Without Limits



Pat Murphy

Our program on April 17th was presented by Pat Murphy, the Executive Director of United Cerebral Palsy (UCP) of Broward, Palm Beach & Mid-Coast counties. Pat has been with UCP for the past 24

years and has opened

19 group homes. The mission of UCP of South Florida is to positively impact the quality of life for people with cerebral palsy, other developmental disabilities, and their family members as well as people with similar needs, such as the frail elderly, by providing supports and services which aide in the achievement of their goals and desires.

UCP of South Florida serves more than 1,800 infants, children and adults with developmental disabilities at over 60 locations in Miami-Dade, Broward, Palm

Beach & Mid-Coast Counties.

In addition to Cerebral Palsy, children and adults with conditions such as Down syndrome, autism, spina bifida, prematurity, hearing, intellectual disabilities and speech delay are enrolled in programs at UCP of South Florida. UCP's programs and services are designed to meet the special needs of each individual and family served, with a common goal: to enable people with disabilities to reach their greatest potential, and achieve rewarding and productive lives as fully participating members of their communities. For more information, go to www.ucpsouthflorida.org



State of The Club



Doug Martin

President Doug rang the bell to start our meeting on April 24th, and after breakfast he gave his 6 month "State of the Club" financial report. That's just a glorified name for the Treasurer's report. Everything looks good.

Our projects to date include providing monies for The Easter Egg Hunt, The Easter Bunny visit to Bethesda Hospital, Horses and the Handicapped aka Equine Assisted Therapies of South

Florida, Sponsor of a Little League / T-Ball team, Books for Crosspointe Elementary, AVDA and Thanksgiving turkeys.

We have two schools participating in the BUGS program this year - Banyan Creek and Orchard View. We will also be contributing to the Florida Kiwanis Foundation, The International Kiwanis Foundation and the Florida Division Council.

Doug is doing a "Fantastic" job as President. Chants of "4 more years" were heard throughout the meeting.

Kiwanis scholarship opportunities

The Kiwanis International Foundation is proud to offer our Kiwanis family with four scholarship opportunities.

The Cunat International Scholarship was established by the 2001-02 Kiwanis International President Brian Cunat and First Lady Miki. These US \$2,500 competitive scholarships are available for one Key Club International member and one Circle K International Member. To qualify for the Cunat International Key Club Scholarship, applicants must be a college-bound Key Club member making a difference through service in their community and the world. The Cunat International Scholarship application deadline is April 30, 2013.

The Linda Canaday Memorial Scholarship was established in honor of Kiwanian and 2008-09 First Lady Linda Canaday. Two US \$1,000 competitive scholarships recognize Linda's committed and caring compassion for children through Kiwanis. To qualify for the Linda Canaday Memorial Scholarship applicants must be a college-bound Key Club member of two years with a minimum grade point average of 3.0 (4.0 scale) or its equivalent. The Linda Canaday Memorial Scholarship application deadline is May 15, 2013.

If you have any questions please call Sarah Gindes at +1-317-217-6102 or email sgindes@kiwanis.org.

Why we miss Rodney Dangerfield. Because he said

I was tired one night and I went to the bar to have a few drinks. The bartender asked me, "What'll you have?" I said, "Surprise me." He showed me a naked picture of my wife.

My marriage is on the rocks again. Yeah, my wife just broke up with her boyfriend.

One day as I came home early from work, I saw a guy jogging naked. I said to the guy, "Hey buddy...why are you doing that for?" He said, "Because you came home early."

I went to see my doctor... Doctor Vidi-boom-ba. Yeah...I told him once, "Doctor, every morning when I get up and look in the mirror I feel like throwing up. What's wrong with me? He said, "I don't know, but your eyesight is perfect."

My wife made me join a bridge club. I jump off next Tuesday.

If it weren't for pick-pockets, I'd have no sex life at all.

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



Birthdays:

May 3 - Ernie Galinis

May 7 - Thuy Shutt

Wedding Anniversaries:

May 20 - Bob & Connie Barcinski

Membership Anniversaries:

May 8 - Carlene Laseter, 6 years

May 11 - Priscilla Sabates, 2 years

May 16 - Steve Rubin, 29 years!!!

April 3rd Meeting: Light turnout today. I guess it's because **Ezra** wasn't here. Everyone was basically Happy, looking forward to working the Delray Affair. **Bob Hagel** was excited. **Carlene Laseter** was nervous because this is going to be her first experience working with Bob. **Ernie Galinis's** truck broke down, so he needed help transporting our equipment to the Delray Affair. Our hero, **Brian Shutt** volunteered. Maybe it's because he's the only other person with a truck. Oh well.....

April 10th Meeting: Jay Alperin was happy he was able to see his grandson's this past weekend. Jim Van Patten was amazed to see all the people buying water at the Delray Affair for their dogs. Carlene Laseter was happy everything was set-up for her early shift at the Delray Affair. Jean Antin's grandson had a birthday and Ezra Krieg loved the "Success of Free Water". "Just Happy" was the refrain from everyone else.

April 17th Meeting: Brian Shutt did a hit & run this morning. He arrived, dropped off his happy dollar and had to go to work. Glad you at least stopped in to say hello Brian. Jay Alperin wasn't sure why he is happy and Jim Van Patten was happy that Jay was happy. Scott Youngberg proved (barely) that he could hang with the younger crowd at the 2 day Totuga Music Festival on Ft. Lauderdale's beach. Over 100,000 people in attendance! Finally, Carlene Laseter's neighbor's daughter had a successful bone marrow transplant.

April 24th Meeting: Ezra Krieg is heading to Maine tomorrow....take your warm jammies. Kim Hale was happy to have landed a Major law firm as a new client. Carlene Laseter thinks she has a grandchild / child coming in this weekend. Jean Antin shared a happy story of a sign that Arthur is watching over her. Ernie Galinis, Ben Bassford, Dale Morrison and Jay Alperin all declared they are Happy, Happy, Happy and Happy.



An elderly man goes into his doctor's office for an annual physical. After a while, the doctor comes out and says, "I'm sorry Bill, but we have discovered you have a condition which only allows you another 6 weeks to live."

"But Doctor," Bill replied, "I feel great. I haven't felt better in years. This just can't be true. Isn't there anything I can do?"

After a moment the doctor said, "Well, you might start going down the street to that new health spa and take a mud bath every day." Excitedly Bill asked, "And that will cure me?"

"No," replied the doctor, "but it will get you used to the dirt."



Think of water and exercise as food groups in your diet.

Water. Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Exercise. Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries, or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.



Calendar Of Events

May 8 "Bugs" at Banyan Creek Elementary
8:30 am, right after our Kiwanis Meeting

May 9 "Bugs" at Orchard View Elementary
9:00 am

TBA.....Interclubs

Other Doings.....



At our April 10th meeting, President Doug acknowledged **Jean Antin** for her efforts as liason for AVDA. GREAT JOB Jean!



President Doug Martin announced at a recent meeting that our club will be making donations to the Kiwanis Foundation this year.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



YOU KNOW YOU ARE LIVING IN 2013 when.....

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries
7. Every commercial on television has a web site at the bottom of the screen
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it
10. You get up in the morning and go on line before getting your coffee.
11. You start tilting your head sideways to smile. :)
12. You're reading this and nodding and laughing.
13. Even worse, you know exactly to whom you are going to forward this message.
14. You are too busy to notice there was no #9 on this list.
15. You actually scrolled back up to check that there wasn't a #9 on this list .

~~~~~AND FINALLY~~~~~

NOW your LAUGHING at yourself!

**" Blessed are they who can laugh at themselves, for they shall never cease to be mused!"**

--- (Unknown Author)



## 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 3:

**1860** The Pony Express began service between St. Joseph, Mo., and Sacramento, Calif.

**1882** Outlaw Jesse James was shot to death in St. Joseph, Mo., by Robert Ford, a member of his gang.

**1936** Bruno Hauptmann was electrocuted in Trenton, N.J., for the kidnapping of the Lindbergh baby.

**1968** Civil rights leader Martin Luther King Jr. delivered his "mountaintop" speech to a rally of striking sanitation workers in Memphis, Tenn., less than 24 hours before he was assassinated.

**2009** Iowa's Supreme Court legalized gay marriage.

### Birthdays:

**1923** Doris Day, Actress, singer, turns 90

**1934** Jane Goodall, Primatologist, turns 79

**1942** Wayne Newton, Singer, turns 71

**1944** Tony Orlando, Singer, turns 69

**1958** Alec Baldwin, Actor ("30 Rock"), turns 55

**1961** Eddie Murphy, Actor-comedian, turns 52

### April 10:

**1866** The American Society for the Prevention of Cruelty to Animals was incorporated.

**1925** "The Great Gatsby" by F. Scott Fitzgerald was published.

**1947** Brooklyn Dodgers president Branch Rickey announced he had purchased the contract of Jackie Robinson from the Montreal Royals, paving the way for Robinson to become the first black to play in the major leagues.

**1981** Imprisoned IRA hunger striker Bobby Sands won election to the British Parliament.

**1998** Negotiators in Northern Ireland reached a landmark settlement that called for Protestants and Catholics to share power.

**2001** The Netherlands legalized mercy killings and assisted suicide for patients with unbearable, terminal illness.

### Birthdays:

**1929** Liz Sheridan, Actress ("Seinfeld"), turns 84

**1929** Max von Sydow, Actor, turns 84

**1932** Omar Sharif, Actor, turns 81

**1936** John Madden, Sports caster, turns 77

**1951** Steven Seagal, Actor, turns 62

### April 17:

**1790** American statesman Benjamin Franklin died in Philadelphia at age 84.

**1861** The Virginia State Convention voted to secede from the Union.

**1951** Baseball Hall of Famer Mickey Mantle made his major league debut with the New York Yankees.

**1961** About 1,500 CIA-trained Cuban exiles launched an invasion at the Bay of Pigs on the southwestern coast of Cuba in a failed attempt to overthrow Fidel Castro.

**1964** The Ford Motor Co. unveiled the Mustang.

**2001** Barry Bonds of the San Francisco Giants hit his 500th career home run, becoming the 17th major leaguer to reach the mark.

### Birthdays:

**1965** William Mapother, Actor ("Lost"), turns 48

**1972** Jennifer Garner, Actress ("Alias") turns 41

**1974** Victoria Beckham, Singer (Spice Girls), turns 39

### April 24:

**1800** Congress approved a bill establishing the Library of Congress.

**1877** Federal troops were ordered out of New Orleans, ending the North's post-Civil War rule in the South.

**1898** Spain declared war on the United States after rejecting America's ultimatum to withdraw from Cuba.

**1915** The Ottoman Empire rounded up Armenian political and cultural leaders in Constantinople at the start of what many scholars regard as the first genocide of the 20th century, in which an estimated 1.5 million Armenians died.

**1962** The Massachusetts Institute of Technology achieved the first satellite relay of a television signal.

### Birthdays:

**1934** Shirley MacLaine, Actress, turns 79

**1942** Richard M. Daley, Former mayor of Chicago, turns 71

**1943** Richard Sterban, Country singer (Oak Ridge Boys), turns 70

**1945** Doug Clifford, Rock musician (CCR), turns 68

**1964** Cedric the Entertainer, Actor, comedian, turns 49

**1977** Eric Balfour, Actor, turns 36

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Kelly Clarkson, Singer ("American Idol") comes in, we hope that you will buy her a drink, as she is 31 years old today.



## Did You Know.....?

**For many people in Cameroon, life is a daily struggle.** This Western African country is marked by deep poverty and high rates of child and maternal mortality. The average life expectancy is just 51 years. Despite these challenges, Cameroon recently celebrated some heartening news: The country has eliminated maternal and neonatal tetanus, Kiwanis' major initiative. UNICEF worked with the government of Cameroon to carry out a campaign to immunize women of childbearing age against tetanus in all 10 of the country's districts. Between 1990 and 2010, the number of newborns protected from tetanus in Cameroon soared from 20 to 91 percent. Statistics can't capture the true meaning of this progress—especially for those of us working with UNICEF to eliminate MNT. Behind each number is a life full of possibility, and a family kept whole. "Our gift is about saving babies— not just in our community, but around the world."



Thanks to everyone that helped out at the Delray Affair this year. Our efforts earned \$1,150 for our children's activities and charities.

**WAY TO GO!**



### From the File

**"Stuff you didn't know.....  
you didn't know!"**

On average, 12 newborns will be given to the wrong parents daily! (That explains a few mysteries....)

Sherlock Holmes NEVER said, "Elementary, my dear Watson."

Because metal was scarce, the Oscars given out during World War II were made of wood.

The number of possible ways of playing the first four moves per side in a game of chess is 318,979,564,000.

There are no words in the dictionary that rhyme with orange, purple and silver.

Astronauts are not allowed to eat beans before they go into space because passing wind in a spacesuit damages them.

### Disorder In The Court

These are from a book called *Disorder in the American Courts*, and are things people actually said in in court , word for word , taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.



ATTORNEY: How was your first marriage terminated?

WITNESS: By death..

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard.

ATTORNEY: Was this a male or a female?

WITNESS: Unless the Circus was in town I'm going with male.

ATTORNEY: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

WITNESS: No , this is how I dress when I go to work.

ATTORNEY: Doctor , how many of your autopsies have you performed on dead people?

WITNESS: All of them.. The live ones put up too much of a fight.

## Membership

Terrill Pyburn - Chairperson



### Let's All Work On "Recruiting new members"

Our club does so much good for the community, why wouldn't someone want to join? Maybe that someone doesn't know about Kiwanis. Maybe that someone needs to be invited.

Recruiting new members is about sharing the Kiwanis message, telling of your club experience and asking them to join you in service. These tips and tools will show you how.

#### Prospect lists

Can't figure out who to ask? Create a list of people you know who would benefit from membership in our club. Be sure to include names you've gathered during community events.

#### Customized club brochure

Educate your prospect with a club brochure. Ask me for one if you don't have it.

#### Recruitment Tip - Look the part.

Wearing your Kiwanis pin, shirt, etc. is an easy way to promote Kiwanis and get the attention of prospective members. Be ready with your elevator speech if someone asks about Kiwanis.



**50/50 Winners:**  
Here are the holders of  
the "Winning Tickets"  
for last month:



**April 3 - Doug (It's about time) Martin**

**April 10 - Jay Alperin (Gave to AVDA)**

**April 17 - Scott Youngberg**

**April 24 - Carlene Laseter (Gave to AVDA)**

## **PUBLIC SERVICE ANNOUNCEMENT**

### **11 tips for social networking safety**

Social networking websites like MySpace, Facebook, Twitter, and Windows Live Spaces are services people can use to connect with others to share information like photos, videos, and personal messages.

As the popularity of these social sites grows, so do the risks of using them. Hackers, spammers, virus writers, identity thieves, and other criminals follow the traffic.

Read these tips to help protect yourself when you use social networks.

- **Use caution when you click links** that you receive in messages from your friends on your social website. Treat links in messages on these sites as you would links in email messages.
- **Know what you've posted about yourself.** A common way that hackers break into financial or other accounts is by clicking the "Forgot your password?" link on the account login page. To break into your account, they search for the answers to your security questions, such as your birthday, home town, high school class, or mother's middle name. If the site allows, make up your own password questions, and don't draw them from material anyone could find with a quick search.
- **Don't trust that a message is really from who it says it's from.** Hackers can break into accounts and send messages that look like they're from your friends, but aren't. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out. This includes invitations to join new social networks.
- **To avoid giving away email addresses of your friends, do not allow social networking services to scan your email address book.** When you join a new social network, you might receive an offer to enter your email address and password to find out if your contacts are on the network. The site might use this information to send email messages to everyone in your contact list

or even everyone you've ever sent an email message to with that email address. Social networking sites should explain that they're going to do this, but some do not.

- **Type the address of your social networking site directly into your browser or use your personal bookmarks.** If you click a link to your site through email or another website, you might be entering your account name and password into a fake site where your personal information could be stolen.
- **Be selective about who you accept as a friend on a social network.** Identity thieves might create fake profiles in order to get information from you.
- **Choose your social network carefully.** Evaluate the site that you plan to use and make sure you understand the privacy policy. Find out if the site monitors content that people post. You will be providing personal information to this website, so use the same criteria that you would to select a site where you enter your credit card.
- **Assume that everything you put on a social networking site is permanent.** Even if you can delete your account, anyone on the Internet can easily print photos or text or save images and videos to a computer.
- **Be careful about installing extras on your site.** Many social networking sites allow you to download third-party applications that let you do more with your personal page. Criminals sometimes use these applications to steal your personal information. To download and use third-party applications safely, take the same safety precautions that you take with any other program or file you download from the web.
- **Think twice before you use social networking sites at work.**

**Talk to your kids about social networking.** If you're a parent of children who use social networking sites, see [How to help your kids use social websites more safely.](#)

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy."

"Well, why don't you nibble on some of my droppings?" replied the bull. They're packed with nutrients."

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch.

Finally after a fourth night, the turkey was proudly perched at the top of the tree.

He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

BullSh\*t might get you to the top, but it won't keep you there...



# ELIMINATE

Kiwanis eliminating maternal/neonatal tetanus

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

*esysy@att.net*

*Thank you*



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

**2012-13 Kiwanis International President:**

Thomas DeJulio

**2012-13 Florida Kiwanis Governor:**

Allen Whetsell

**2012-13 Division 21 Lt. Governor:**

John Sullivan

**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**- 1st & 3rd 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.  
Newport Café  
2677 Forest Hill Blvd., #123  
West Palm Beach, FL

**Florida Kiwanis Foundation:**

**President:** Don Fineout

**Div. 21 Trustee:** James Banaeian



## International President's Message

by Tom DeJulio, *President of Kiwanis International*

### KIWANIS OBJECT 3

**To promote the adoption and the application of higher social, business and professional standards.**

Higher standards; true values. Accountability, responsibility, transparency: These are Kiwanis values.

Nonprofit organizations like Kiwanis realize that the publication of an annual independent financial audit is not just a "best practice." It is an absolute necessity. The need for transparency requires Kiwanis to cling to its third Object, adopted in 1924. We remain an organization applying "higher social, business and professional standards." Our members and members of the general public who support Kiwanis' local and global projects—whether large or small—need to have confidence that we are responsible stewards of their funds as well as their trust. Kiwanis leaders at all levels are expected to make prudent decisions and to determine the financial impact and consequences of whatever decision is made. The obligation to report, explain and be answerable for resulting consequences, financial or otherwise, is the very essence of transparency.

Accountability is not limited to accurate financial accounting. Moral accountability is equally important. While one might find it easy to dodge responsibilities, one should find it hard to dodge the consequences of dodging responsibilities.

Our Kiwanis magazine annually provides a condensed balance sheet and statement of financial activities for the prior fiscal year. It is a statement that once again shows general financial stability with an underlying concern about unrestricted revenue shortfalls. It is obvious that our organization remains much too dependent on dues revenue from a declining membership base.

Acting responsibly under these circumstances requires your Kiwanis International Board of Trustees to prioritize and monitor expenditures carefully so that maximum value is provided to our member clubs. As the late Steven Covey put it, "Accountability breeds response-ability."

As Kiwanis International continues to provide the services and benefits to its clubs and their members, you can be assured that your leaders will strive to be responsible stewards because as Kiwanians, we are accountable to the meaning of the third Object of Kiwanis.



**Young Children**  
Priority One





### 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

