



The Sunriser



The Kiwanis Club of Delray Beach - Sunrise

Where Ordinary People Provide Extraordinary Service" - Celebrating 40 Years of Service

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

2013-2014 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:**
Doug Martin

2013-2014 Bd. of Directors

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

2013-2014 Committee Chairs

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 - Thanksgiving**- Alberta Guam Rickard
- *Club Meetings:** Jay Alperin
- *Fund Raising:**
 - Delray Affair**- Carlene Laseter
 - Golf Tourney**- Ben Ruby
 - Glo-Ball**- Bob Barcinski
 - Cruise** - Alberta Gaum Rickard,
AHS Key Club
 - Garlic Festival**- Jeff Goldman,
Ernie Galinis
- *Interclubs:** Steve Ruben
- *Membership:** Terrill Pyburn,
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- *Newsletter/Website:**
Scott Youngberg
- *Programs:** Ezra Krieg
- *Social Activities:**
President & President Elect
- *Spiritual Aims:**
Scott Youngberg
- *Youth Services:**
 - Scholarship** - Doug Martin
 - Key Club/Builders Club** -
Tony Marazita

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Keep Our Kids Drug & Alcohol Free

Our program on April 2nd was presented by Micah Robbins representing the Palm Beach County Substance Awareness Coalition. The PBCSAC was created to give parents and youths the tools to live drug and smoke-free. By bringing together local educators, substance abuse professionals, law enforcement administrators, and business leaders, they coordinate activities, provide information, and organize public awareness campaigns to steer youths and adults away from harmful substances. Since 2002, the coalition has coordinated Palm Beach County's efforts to keep our communities healthy, safe and drug-free.



One of their on-going programs is "Pill Drop". The two most important things you can do to help are: Lock up your medication and properly dispose of unwanted or unused drugs. The coalition maintains Pill Drop locations

throughout Palm Beach County. The goal here is to keep prescription medicine away from our children and out of the water supply.

Another program is to reduce underage drinking. Two of the major problems we face are: Easy access to alcohol and attitudes and beliefs of teens and adults. The 877 MEASN 21 tip line was set up to help our community overcome both of these obstacles. By reporting anyone who buys for, sells to or provides alcohol to those under 21, they are sending a message to the community that underage drinking and the costly consequences that come with it will not be tolerated. You can up to 60 days in jail or a \$500 fine for buying alcohol for those under 21. Did you know that alcohol kills more teens than ALL other drugs combined? Get Involved. For more information on these and other PBCSAC programs, go to <http://pbcsac.org/>

How to Survive The Emergency Room

This was the topic of our program on April 23rd, presented by Carole Hirsch, a patient advocate. You hope an illness or injury never sends you to a hospital emergency room (also known as an ER), but if you must go it's best to be prepared. Some of the tips she gave included:

- It's important to keep your medical records in one location, so you can access them in an emergency. Create a folder that includes records of your doctor visits, medical tests, a list of your allergies, and a current list of the

medications you are taking, including vitamins and herbal dietary supplements. Grab this on the way to the emergency room, because if you are in pain or afraid when you get to the emergency room it will be harder to answer even these simple questions. You can save money by eliminating unnecessary testing if you have the records with you.



Carole Hirsch

Visit our Website:

www.delraybeachkiwanis-sunrise.org

Don't Forget About Our Troops

Our program on April 9th was presented by John Oldham, representing Forgotten Soldiers Outreach (FSO).

The purpose of FSO is to send care packages and letters of encouragement to our deployed soldiers. Unfortunately, many military personnel who are fighting for our freedom go through many great struggles and get emotionally depressed. Being away from family, friends and loved ones can take its toll on a soldier, especially when the communication can be difficult and/or lessened during high war times.

Even though the media coverage of the soldiers overseas is no longer at the intensity as it was a few years ago, we need not forget that our brothers, sisters, mothers, fathers, sons and daughters are still fighting in ALL world theaters! We need to let them know "They are not forgotten".

The facts: After the immediate excitement of the war calmed down, most American's returned to their daily lives. In the process, many have forgotten that these men and women are not only in combat 24-7, but are longing for their families they've left behind. FSO has found that many families cannot afford to continually send care packages and letters. So these soldiers get



lost in the midst of the battles. Some stop hearing from their families altogether. With the media having little to report about our soldiers, drop-off centers have ceased collecting for them. This is the driving force behind FSO.



Forgotten Soldiers Outreach
www.forgottensoldiers.org

Support our troops by sponsoring a package. You can also visit and/or make a donation at their Thrift Store and Furniture Annex in Greenacres. For more information, go to www.forgottensoldiers.org.

Do You Know Me?



Besides feeling a little guilty for missing the meetings, I have been busy working during tax season and am Happy to be Back!
 See the answer on page 5.

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



Birthdays:

May 3 - Ernie Galinis

Wedding Anniversaries:

May 20 - Bob & Connie Barcinski

Membership Anniversaries:

May 8 - Carlene Laseter, 7 years

May 11 - Priscilla Sabates, 3 years

May 16 - Steve Rubin, 30 years!!!

April 2nd Meeting: **Jay Alperin** reported that Bob Hagel fell and broke his humorous...and discovered that Jockey shorts are "right-handed". **Carlene Laseter** was touting the Kentucky Wildcats Basketball team in the final 4 by wearing a Kentucky T-Shirt. **Steve Rubin's** 53 year old sister is having a baby. **Jim Van Patten** won a free stay at Embassy Suites and **Scott Youngberg** saw the space station fly by this morning. At a loss for words, **Ezra Krieg** was "Just Happy" and **Doug Martin** said "If Ezra's happy, I'm happy!"

April 9th Meeting: **Jay Alperin** is celebrating his daughter's 40th birthday. How time flies! **Jim Van Patten** got new tile in his condo. **Barbara Schooler** is going to New York to see her grand-daughter who is now walking and talking. **Carlene Laseter** is going to Georgia andhold your horses....**Steve Rubin** was on time today. Whoo-Hooo! **Jean Antin's** grandson has joined the Coastguard. Good for him. **Scott Youngberg** and **George McDermott** liked the cooler weather today. Finally, **Ezra Krieg**, in honor of "President for Life" **Doug Martin**, is going to follow in his footsteps by going to Gainesville this weekend.

April 16th Meeting: We were all very happy to see **Ben Bassford** today. Ben said he was happy to see all our smiling faces again. **Bob Barcinski** was happy the City Golf League starts today. **Jim Van Patten** took advantage of McDonalds tax day special and had a 1 cent burger. **Ernie Galinis** watched the FAU women's beach volleyball team compete this past weekend. **Jean Antin** reported her third grandchild is engaged to be married. **Steve Rubin** put in \$5 ... going for 3 in a row on the 50/50. **Ezra Krieg** mentioned he always finds our Kiwanis meetings interesting...today Ben was talking about being unfaithful and Jean was looking for a little action. **Doug Martin** is looking forward to Jay's program.

April 23rd Meeting: It was an exciting meeting today...We were all happy to see **Dale Morrison**. **Jay Alperin** was happy to take his two grandsons to the airport, sending them home. He also had an extra dollar for beating Dale in golf. Dale said he is feeling "Humbled" for all the attention. **Ben Bassford** wanted to thank **Ernie Galinis** for inspiring him to attend this week's meeting and he also put a dollar in for **Bill Szymanski's** birthday. **Bob Barcinski's** grandson just celebrated his 6th birthday. **Carlene Laster** had a great trip to Atlanta and also says thanks for everyone helping to fill out the work schedule for the Delray Affair. **Regina Sablo** had a great anniversary—35 years! **Doug Martin** is going to Disney World, and **Ezra Krieg** is sorry he is going to miss the Delray Affair. But he says it's not his fault, it's his wife's! Everyone else was "Just Happy".

April 30th Meeting: Everyone was appreciative for the work **Carlene Laseter** did for organizing the work schedule for the Delray Affair. Carlene again thanked everyone for their help and participation, and announced she's going to Austin, Texas. **Jim Van Patten** said his shift sold a lot of water. **Ezra Krieg** echoed that by saying that Jim made the booth successful. **Scott Youngberg** attended the Jimmy Buffett concert over the weekend and had a **Terrill Pyburn** sighting. **Ernie Galinis** announced the Atlantic High Girls Football team won their district battle with Boca Raton. Guest **Mike Carp** put a few dollars in saying it was a pleasure for being here. Everyone else—"Just Happy".



► **Care**, From Page 1

- Before a medical emergency arises and you need to visit an emergency room, call your health insurance company to find out which hospital emergency rooms are covered under your plan, and keep list with the names, addresses and phone numbers.
- Most people who go to an emergency room do not use an ambulance (as many as 80 percent, according to some reports), so if you get to choose which emergency room you go to, pick the one recommended by your health insurance company because this will reduce your out-of-pocket costs. By the way, you get faster service when using an ambulance.
- Do not get admitted into observation – You want to be admitted into the hospital.
- Don't take any medication if going to the emergency room.
- Hospitals have safes for valuables. Use them.
- Document everything that happens to you in the emergency room. Keep a detailed log of every treatment you receive, the name of the person providing that treatment, any medications given, and the time you received each service. Ask questions.
- Get the name of the Doctor who is seeing you. Better yet, get his business card.
- You are healthy. Still, there is one fear -- who will be with you in a medical emergency? Bring a friend, family member or a patient advocate.



Being prepared for a possible medical crisis is the best way to ensure the best possible outcome. Carole provides help through Prepare to Care - Emergency Companions. You will have someone by your side in a medical crisis who understands the healthcare environment. For more information go to www.preparetocareassoc.com.

There was this atheist and he was in the woods. And suddenly he heard some leaves cracking. He looked behind and there was a huge bear behind him. He started running and running and soon the bear was right on top of him and his paw was on top of him like he was going to swat him but suddenly he saw this big light appear and said; "For all these years you have despised me and now you call for my help." The atheist said, "I'm sorry God. If

you can't help me, can't you at least turn the bear into a Christian? Then the light disappeared. Then the bear knelt down and said, "Bless me Lord for this meal I'm about to receive!"



Carlene Laseter did a wonderful job coordinating our booth this year at the Delray Affair. "I want to thank all of you for giving up four hours to work in the booth". Carlene continued "You quickly filled the schedule and then stuck to your commitment, except for Ezra who changed to Saturday allowing Jim Van Patten and me to have a morning of even more fun. By then people began to figure out that our booth was there. Not sure if Ezra had a voice left by the time he got home though". **Here are a few pics from this year's Delray Affair:**



Jay Alperin Productions Presents "Cuba"



We were treated to a terrific slide-show tour of Cuba by our own Jay Alperin on April 16th. Jay and his wife Diane recently took a trip to Cuba and took over 3,500 photos. He said, the people were very nice and hospitable. Along with all the old cars and renovations taking place, it appeared there were a lot of artists, displays and studios. This is a sample of his presentation.



Erica Whitfield Wants Your Vote



Our program on April 30th featured Erica Whitfield, who is running for the Palm Beach County School Board, District 4. Erica is a native Floridian with a passion for our community, and the health, achievement and success of our children. Born and raised in South Florida, Erica attended The University of Florida where she received a Bachelor of Health Science Education and Emory University where she earned a Master of Public Health.

While working with the Palm Beach County Health Department, she focused on Chronic Disease Education, Air Pollution Prevention and served as the Executive Director for the Governor's Council for Community Health

Partnerships. Her responsibilities included managing an annual budget of over 2 million dollars for youth initiatives.

Most recently Erica served as the Project Coordinator for the Robert Wood Johnson Foundation's Healthy Kids, Healthy Communities Project for the School District of Palm Beach County. In this capacity she worked to develop 30 community and school gardens, opened the first school-based park in Palm Beach County and effected innovative policy changes at the School District and surrounding communities. As part of this project, Erica raised and managed over 1.3 million dollars to support our local schools and community.

Erica lives in Lake Worth with her husband and 6 year old daughter, who attends public school. The election takes place in November, 2014. For more information, go to www.ericaforschools.com

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 2:

- 1513** Spanish explorer Juan Ponce de Leon landed in Fl.
- 1865** Confederate President Jefferson Davis and most of his Cabinet fled the Confederate capital of Richmond, Va.
- 1917** President Woodrow Wilson asked Congress to declare war against Germany, saying, "The world must be made safe for democracy."
- 1968** The science-fiction film "2001: A Space Odyssey" had its world premiere in Washington, D.C.
- 1982** Argentina seized the disputed Falkland Islands from Britain.
- 2007** The Supreme Court ruled 5-4 that carbon dioxide and other greenhouse gases are air pollutants under the Clean Air Act.
- 2011** Highly radioactive water leaked into the sea from a crack at Japan's stricken nuclear power plant.

Birthdays:

- 1942** Leon Russell, Singer, turns 72
- 1945** Don Sutton, Baseball Hall of Famer, turns 69
- 1947** Emmylou Harris, Country singer, turns 67
- 1966** Bill Romanowski, Football player, turns 48
- 1973** Roselyn Sanchez, Actress ("Without a Trace"), turns 41

April 9:

- 1865** Confederate Gen. Robert E. Lee surrendered his army to Union Gen. Ulysses S. Grant at Appomattox Court House in Virginia.
- 1939** Black singer Marian Anderson performed at the Lincoln Memorial in Washington, D.C., after she was denied the use of Constitution Hall by the Daughters of the American Revolution because of her race.
- 1942** American and Philippine defenders on Bataan capitulated to Japanese forces during World War II.
- 1959** NASA announced the selection of America's first seven astronauts: Scott Carpenter, Gordon Cooper, John Glenn, Gus Grissom, Wally Schirra, Alan Shepard and Donald Slayton.
- 1992** Former Panamanian ruler Manuel Noriega was convicted in Miami of eight drug and racketeering charges.

Birthdays:

- 1926** Hugh Hefner, Playboy magazine founder, turns 88
- 1932** Jim Fowler, Naturalist, turns 82
- 1939** Michael Learned, Actress ("The Waltons"), turns 75
- 1953** Hal Ketchum, Country singer, turns 61
- 1954** Dennis Quaid, Actor, turns 60
- 1966** Cynthia Nixon, Actress ("Sex and the City"), turns 48
- 1979** Keshia Knight Pulliam, Actress ("The Cosby Show"), turns 35
- 2000** Jackie Evancho, Singer, turns 14

April 16:

- 1789** President-elect George Washington left Mount Vernon, Va., for his inauguration in New York.
- 1912** Harriet Quimby became the first woman to fly across the English Channel.
- 1917** Revolutionary Vladimir Ilyich Lenin returned to Russia after years of exile.
- 1962** Walter Cronkite succeeded Douglas Edwards as anchorman of "The CBS Evening News."
- 1964** "The Rolling Stones (England's Newest Hitmakers)," the band's debut album, was released.
- 1972** Apollo 16 blasted off on a voyage to the moon.
- 1992** The House ethics committee listed 303 current and former lawmakers who had overdrawn their House bank accounts.
- 2003** Michael Jordan played his last NBA game as his Washington Wizards ended their season with a loss to the Philadelphia 76ers.



Birthdays:

- 1927** Pope Emeritus Benedict XVI turns 87
- 1935** Bobby Vinton, Singer, turns 79
- 1940** Queen Margrethe II, Queen of Denmark, turns 74
- 1947** Kareem Abdul-Jabbar, Basketball Hall of Famer, turns 67
- 1952** Bill Belichick, Football coach, turns 62
- 1954** Ellen Barkin, Actress, turns 60
- 1963** Jimmy Osmond, Singer, turns 51
- 1965** Martin Lawrence, Actor, comedian, turns 49
- 1972** Peter Billingsley, Actor ("A Christmas Story"), turns 42

April 23:

- 1789** President-elect George Washington and his wife moved into the first executive mansion, the Franklin House in New York City.
- 1954** Hank Aaron of the Milwaukee Braves hit the first of his 755 major-league home runs in a game against the St. Louis Cardinals. (Aaron's career total is second only to Barry Bonds.)
- 1968** Leftist students at Columbia University in New York City began a weeklong occupation of several campus buildings protesting the Vietnam War.
- 1985** The Coca-Cola Co. announced it was changing its secret formula for Coke. (Negative public reaction forced the company to revert to the original version.)
- 2005** Co-founder Jawed Karim uploaded the first video to YouTube.com.

Birthdays:

- 1928** Shirley Temple Black, Diplomat, former child actress, turns 86
- 1939** David Birney, Actor, turns 75
- 1939** Lee Majors, Actor ("The Six Million Dollar Man"), turns 75
- 1949** Joyce DeWitt, Actress ("Three's Company"), turns 65
- 1954** Michael Moore, Director ("Fahrenheit 9/11") turns 60
- 1955** Judy Davis, Actress, turns 59
- 1960** Valerie Bertinelli, Actress ("One Day at a Time," turns 54
- 1961** George Lopez, Actor, turns 53
- 1983** Daniela Hantuchova, Tennis player, turns 31
- 1990** Dev Patel, Actor ("Slumdog Millionaire"), turns 24

April 30:

- 1789** George Washington took office in New York as the first president of the United States.
- 1803** The United States purchased the Louisiana Territory from France.
- 1812** Louisiana became the 18th state.
- 1859** "A Tale of Two Cities" by Charles Dickens was first published in serial form in a literary magazine.
- 1900** Hawaii was organized as a U.S. territory.
- 1939** The New York World's Fair opened.
- 1958** The AARP was founded in Washington, D.C.
- 1975** The South Vietnamese capital of Saigon fell to Communist forces.
- 1993** Top-ranked women's tennis player Monica Seles was stabbed in the back by a man who ran onto the court during a match in Hamburg, Germany.
- 1997** ABC aired the "coming out" episode of the sitcom "Ellen," in which the title character, played by Ellen DeGeneres, admitted she is a lesbian.
- 2009** Chrysler filed for bankruptcy protection.

Birthdays:

- 1926** Cloris Leachman, Actress ("Mary Tyler Moore Show,"), turns 88
- 1940** Burt Young, Actor, turns 74
- 1943** Bobby Vee, Singer, turns 71
- 1953** Merrill Osmond, Singer (The Osmonds), turns 61
- 1961** Isiah Thomas, Basketball Hall of Famer, turns 53
- 1965** Adrian Pasdar, Actor ("Heroes"), turns 49
- 1981** Kunal Nayyar, Actor ("Big Bang Theory"), turns 33
- 1982** Kirsten Dunst, Actress, turns 32

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing...." and Willie Nelson, Country singer, comes in, we hope that you will buy him a "On the Road Again" drink, as he is 81 years old today.



Upcoming Meeting Programs

May 7 Twin Palms Center for the Disabled
 May 14 Eckerd Organization
 May 21 County Commisioner Steve Abrams
 May 28 Early Learning Coalition of Palm Beach County
 June 4 MADD (guess no bar jokes that day)
 June11 FAU
 June 18 Place of Hope
 June 25 Coralytes
 July 2 Spirit of Giving
 July 9 211
 July 16 OPEN
 July 23 United Way (I will be out of town)
 July 30 Habitat for Humanity
 August 6 Milagro Center
 August 13 Hearts Gallery
 August 20 OPEN
 August 27 Family Promise
 September 3 Girls on the Run
 September 10 Spady Museum
 September 17 Gilda's Club
 September 24 Boca Helping Hands

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

Do You Know Me?.....

(From page 2)



Yes, it's the famous **Ben Bassford, CPA**. Ben has been a member of our club for over 17 years. He is a Board Member, club photographer and all around "Good Guy". Ben was also a BIG help with the Delray Affair this year. Great to see you Ben!



50/50 Winners:

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



April 2 - Steve Rubin (Gave to AVDA)

April 9 - Steve (That's 2) Rubin (Gave to AVDA)

April 16 - Ben (I'm Back) Bassford

April 23 - Regina Sablo (Gave to AVDA)

April 30 - Jay Alperin (Gave to AVDA)



Enjoy healthy fats & avoid unhealthy fats

Good sources of healthy fat are needed to nourish your brain, heart, and cells, as well as your hair, skin, and nails. Foods rich in certain omega-3 fats called EPA and DHA are particularly important and can reduce cardiovascular disease, improve your mood, and help prevent dementia.

Add to your healthy diet:

- **Monounsaturated fats**, from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans), and seeds (such as pumpkin, sesame).
- **Polyunsaturated fats, including Omega-3 and Omega-6** fatty acids, found in fatty fish such as salmon, herring, mackerel, anchovies, sardines, and some cold water fish oil supplements. Other sources of polyunsaturated fats are unheated sunflower, corn, soybean, flaxseed oils, and walnuts.

Reduce or eliminate from your diet:

Saturated fats, found primarily in animal sources including red meat and whole milk dairy products.
Trans fats, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Did You Know...?

Kiwanis International recognized Sarah McLachlan with the 2013 World Service Medal



Music is a passion for international singer and songwriter Sarah McLachlan, and she was honored as the 2013 recipient of the Kiwanis International World Service Medal for her dedication to music education. The medal was presented last June at the 98th Annual Kiwanis International Convention in Vancouver, British Columbia.

The Sarah McLachlan School of Music in Vancouver provides music education to underserved and at-risk youth at no cost. The school is dedicated to helping young people build community and find their voice.

"When I was growing up, we had music in our schools. It was a given. These days, many of these programs are not available. I don't know what I would have done without music in my life when I was growing up," McLachlan says. "I was unpopular and picked on, but for me, music was my refuge and solace—the one thing I knew I was good at; it fed me and kept me going."

During the convention's closing session, McLachlan accepted the award, spoke and sang for the convention attendees. Performing at a Kiwanis event is not new to McLachlan. In 1987, she took first place at the Nova Scotia Kiwanis Music Festival.

Sparked by the influence of music in her life, McLachlan dreamed of opening a music school for inner-city youth. Her dream first took shape with the creation of The Sarah McLachlan Foundation in 1999, and in 2002 she founded her non-profit organization, the Sarah McLachlan School of Music. Since then, more than 700 students have received instruction in piano, guitar, percussion, choir, voice, songwriting, student bands and sound lab.

Membership

Terrill Pyburn - Chairperson



May is Membership Month

In this membership month of May, we once again focus our attention on inviting new members to join our clubs, to fulfill the fifth object of Kiwanis and to build better communities, I ask you to think about the impact additional members will have on our club and in our community.

If you believe as I do that one can make a difference, then let's strive to enroll many new members so that more children will receive the benefit of Kiwanis service.

Last year, Bellarmine University in Louisville Kentucky hosted the First Annual Kiwanis Conference on Early Childhood Development.

For more than 20 years, Kiwanis has and will continue to make the first 2000 days of a child's life an important priority.

This conference demonstrated how Kiwanis is on the forefront of one of the most important issues facing the United States and the world. Kiwanis is making its impact on "our children, their future"

Let's make "Every Month" a Membership month and help grow our club.

An Indian walks into a café with a shotgun in one hand pulling a male buffalo with the other. He says to the waiter: "Want coffee". The waiter says, "sure Chief. Coming right up."



He gets the Indian a tall mug of coffee. The Indian drinks the coffee down in one gulp, turns and blasts the buffalo with the shotgun, causing parts of the animal to splatter everywhere and then just walks out.

The next morning the Indian returns. He has his shotgun in one hand, pulling another male buffalo with the other.

He walks up to the counter and says to the waiter: "Want coffee."

The waiter says, "Whoa, Tonto! We're still cleaning up your mess from yesterday. What was that all about, anyway?"

The Indian smiles and proudly says, "Training for position in United States Congress: Come in, drink coffee, shoot the bull, leave others to clean up, disappear for rest of day."

Other Doings.....



Doug Martin represented our club at the dedication for the Florence Fuller playground and health fair. He ran a bean-bag toss game to occupy the kids. There were 110 families in attendance. Doug said "3 1/2 hours of squats really takes it out of you!"



Doug Martin, his wife Jody and **Steve Rubin** participated in the Feed Palm Beach County Day event. It's estimated they helped pack 3,400 meals in a 2 hour shift. WELL DONE!



President Doug has advised we are in need of Project Ideas. We have money to put into a good cause. For instance, we provided Christmas to a needy family last year. Any Ideas? Let Doug know.

A burglar broke into a house one night.

He shined his flash-light around, looking for valuables when a voice in the dark said, 'Jesus knows you're here.'



He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, after a bit, he shook his head and continued.

Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard 'Jesus is watching you.'

Freaked out, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

'Did you say that?' he hissed at the parrot. 'Yep', the parrot confessed, then squawked, 'I'm just trying to warn you that he is watching you.' The burglar relaxed. 'Warn me, huh? Who in the world are you?' 'Moses,' replied the bird.

'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?' 'The kind of people that would name a Rottweiler Jesus.'



Calendar Of Events

July 17-20.....Kiwanis International Convention
Tokyo, Japan

August 21-24.....Florida District Convention
Boca Raton Resort & Club

TBA.....Interclubs

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)



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

— Jennifer Crusie

PUBLIC SERVICE ANNOUNCEMENT

Cell Phone Misuse. Some facts. (Part 3)

Mobile Phone is a Real Friend but inconsiderate, annoying, discourteous in public places if it is misused. Like millions of others, you may be the victim of cell phone abuse. This is part 3, continuing with **More Social Problems related to Cell Phone misuse:**

Cybercrime

With the increased use of camera phones and Multimedia facilities and blue tooth technology, mobile phone related cyber crime incidents are increasing. Cybercrime includes traditional activities such as fraud, theft or forgery, whenever a telecommunication system is involved. The word Cyber is derived from the Greek word Kubernetes meaning Steersman. It is used in the terms cybersex, cybernetics, cyberspace, cyberpunk, cyber homes and cyber hate etc. It is used in the computer or electronic context to denote control of the thing represented by the word it precedes.

Psychological problems

Over use of Cell phones may cause two New generation Psychological problems.

No-Mo phobia (NoMobile phobia): When we run out of credit or battery, loss of phone or are in an area with no reception, being phoneless can bring a panic symptom referred to as NoMo Phobia or No Mobile phobia. To overcome NoMo phobia, two methods are suggested. One is to keep the battery in top condition and the credit

sufficient. Another method is, deliberately avoid mobile phone for a few hours and then a few days. Then you will feel that it is not an important thing.

Ringxiety- Ringtone anxiety: This is an anxiety symptom related to the over use of mobile phone, a form of addiction. Ringxiety refers to the sensation and false belief that the mobile phone is ringing or vibrating. The term is also used to explain the condition in which a person frequently takes the cell phone to see whether there is any a mis call or messages.

Cell phone abuse is a worldwide epidemic which is now affecting millions of men, women and children especially teen age students.

To the cell phone abusers we say..... Consider cell phone as a communication device and not as an entertainment device or as a status symbol.

Try a little Cell phone courtesy.... and do not burden others with the pseudo social behavior.



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

2013-14 Kiwanis Int'l President:
Gunter Gasser

2013-14 Florida Kiwanis Governor:
Matthew Cantrall

2013-14 Division 21 Lt. Governor:
Kristina Cabral
Email: kcabral2013@outlook.com

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.
Newport Café
2677 Forest Hill Blvd., #123
West Palm Beach, FL

Florida Kiwanis Foundation:

President: Matt Sheehan

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Governor's Message

by Matthew Cantrall, Florida Kiwanis Governor

It has been said the best time to plant a tree was 10 years ago and the next best time is today. As the Spring season is upon us, the best time to invite someone to Kiwanis is today and then we must cultivate them to become the difference maker in Kiwanis and in their community.

The most important one in Kiwanis is the member and more specifically the new member; for a new member brings a renewed enthusiasm for service, an extra pair of hands to provide meaningful service and an extra pair of eyes and ears to advocate for the those, who through no fault of their own find themselves struggling to make it through the day.

We are half way through our calendar year and it is easy to become complacent but we must not, for we must continue to answer the call for the hungry, homeless and handicap and there is no better way than to invite someone to be part of this organization that we hold close to our heart.

As we grow Kiwanis, we leave a part of ourselves in our community through the recruitment of a new member. The life line of Kiwanis is the new member and through that new member we better position ourselves to expand our impact in the community and around the world.

This year Cheryl and I have been blessed to visit with many of you over the past 6 months and we have seen your passion for excellence. Now is the time that we must capture that same passion for service and transfer some of that energy into inviting someone to be part of an organization that we can hold close to our hearts.

It's easy to settle in on the second half of our year but I would ask you to take this time to re-commit yourself to Kiwanis by inviting someone to a meeting or service project, spend more time with your SLPs, tackle a new service project and to continue to help eliminate MNT. Our students need caring adults in their lives. A new service project can be just the thing that helps build your club and the elimination of MNT is the event that will once again demonstrate to the world that what we do in Kiwanis does make a difference both locally as well as globally.

On behalf of all those who will benefit because of your generosity during the second half of the year, I will thank you now for being the difference maker in your home community and around the world.

In your service,

Matthew Cantrall

2013-14 Governor

Kiwanis

ELIMINATE

2013-14

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

Thank you



From Scott's Camera.....

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

