



The Sunriseser



The Kiwanis Club of Delray Beach - Sunrise

Where Ordinary People Provide Extraordinary Service" - Celebrating 43 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.

2016-2017 Officers

- President:** Peggy Kelleher
561-243-2226
- Vice-President:** Larry Kristiansen
- 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** - 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
- *Interclubs:** Steve Rubin
- *Membership:** Carlene Laseter
- *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 11

November, 2016



Wheels From The Heart

Our program on October 26th was presented by Steven Muschlitz and Ron Gilinsky representing the non-profit

Glade hospital to graduate, Leon had no way to get there. "I couldn't get a bus from Boynton Beach to be in Belle Glade by 7:30 in the morning," she said.

But soon after, Wheels from the Heart handed Leon the keys to a 2004 Pontiac Sunbird with 70,000 miles. She completed her LPN program and graduated.

"Wheels From The Heart".

Steve Muschlitz was working in the car sales business when he saw single mothers struggling to find reliable transportation. Inspired to help, he founded Wheels from the Heart to put them in the driver's seat of their own car.

Having transportation has increased Leon's desire to continue in school for a registered nurse degree. Above all, she has more time to spend with her 3-year-old son. "It's an answer to my prayers," Leon said. "It's a confirmation that I'm doing the right thing."

Wheels from the Heart acquires used cars and covers the cost of repairs before selling them. The overhauled cars are sold at little or no cost to qualified candidates. Faith-based and nonprofit agencies such as Dress for Success, Family Promise and First Presbyterian Church of Delray Beach refer single mothers in need of transportation.

Wheels from the Heart also offers ongoing support for women with cars that need repairs. "We want to keep them from getting ripped off with repairs," Muschlitz said. "We will refer them to our network of mechanics."

"A lot of these women can't take a bus to work if the job is too far way," Muschlitz said. "And their kids don't have the opportunity to take after-school sports or tutoring because they have no ride home."

Muschlitz has learned that it's not hard to help single mothers improve their lives. "It's as simple as donating a car where it can give a second life", he said. And for the women those who have been helped, Muschlitz offers a simple message: "We ask the women to pay it forward: Give someone a ride when you can."

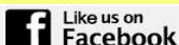
Aquira Leon was working her way through a licensed practical nurse (LPN) course at Fortis Institute when car trouble made finishing the program seem bleak. It looked like she wouldn't be able to finish. Leon had already been through two cars, each lasting only one month, leaving the Boynton Beach resident stranded. When the school required she fulfill a practicum in a Belle

In just 2 years, the charity has donated 62 cars. The cars they give away are donated by individuals or purchased at auction. They repair them, make them road-ready, and detail them. They also provide the cost of tax, tags, partial insurance and limited maintenance for up to 2 years. For more information, visit Wheelsfromtheheart.org. or contact Steve at sfmwheels@aol.com.



Visit our Website:

www.delraybeachkiwanis-sunrise.org





50/50 Winners:

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



October 5 - Hurricane Matthew!

October 13 - Carol Bassford

October 19 - Ezra (What??) Krieg

October 26 - Jay (Mr. Winning Ticket) Alperin

Children: You spend the first 2 years of their life teaching them to walk and talk.

Then you spend the next 16 years telling them to sit down and shut-up.

A Letter From Susan

Susan Ruby wasn't able to make the recent Past-President's breakfast, but left this letter to be read at the meeting. Well, your esteem Past-Prez blew it by forgetting to read it. Here's the letter so eloquently written:

"Scott we are so sorry to miss it, but we have family responsibilities in Clearwater the week of the President's Breakfast. I want to congratulate Peggy, she will be an awesome president, although following you is no easy task, I know she will be terrific.

I enjoyed being President, many years ago. Our board met at the City attorney's office during my term. We had a great board and Arthur Antin was responsible for the newsletter. Because of his joyful personality we created the "Arthur Antin Heart of the Club Award" then. I know his wife Jean will remember that. She will be moving soon, but has done so much for the club through the years with AVDA especially.

We have had some outstanding presidents, some who have served multiple terms like you. Doug Martin comes to mind. I might have tricked him into it, but I am so glad he kept the club going!

I wish you all the best.....and I also want to recognize our longstanding secretary, Barbara Schooler, and our treasurer Dale Morrison and previous to Dale, Ben Ruby. They always make the President look good!(plus in mentioning Ben, I prove I am certainly no fool !)

Congratulations to everyone!"

Susan A. Ruby



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



Upcoming Important Dates:

Upcoming Birthdays:

November 7 - Betty Galinis

November 27 - Jeff Goldman

Wedding Anniversaries:

November 20 - Ben & Susan Ruby

Membership Anniversaries:

November 10 - Ben Ruby, 12 Years

November 13 - Alberta Gaum Rickard, 10 Years

November 29 - Jay Alperin, 43 Years!!!

October 5th : This was **Peggy Kelleher's** first meeting, and what a meeting!! BING-Bam! And it was over before it even started. What a President! Actually, we all arrived to a closed club house. Something about a hurricane coming....Lame! Oh Well.....

October 13th Meeting "Finnegan's": **Larry Kristiansen** filled in for President Peggy tonight, ringing the bell so loud the whole restaurant stood up! (He's a natural folks...). **Scott Youngberg** was happy FSU is back in the polls ranked higher than those other Fla schools. **Jay Alperin** went to the FAU game delayed until Sunday by Hurricane Matthew. Fau had two Hail-Mary's at the end of the game to catch up and still lost on the extra points. **Ben Ruby** is happy the Golf Tourney is almost over and **Susan Ruby** is happy that Ben is happy. **Steve Rubin** said congrats to FSU and **Barbara Schooler** liked the way Larry started us off. **Carlene Laseter** was happy for a "Peaceful Hurricane Matthew" and **Dale Morrison** echoed that saying "Matthew's lousy steering saved us!" Everyone else was "Just Happy."

October 19th : **Jay Alperin** was happy to have survived his recent knee surgery and that FAU won't be losing a game this week....They're not playing! **Carlene Laseter** thought we had a great golf tournament. **Ezra Krieg** celebrated his 19th wedding anniversary and **Ernie Galinis** congratulated Ezra on a long happy marriage. **Scott Youngberg** was happy the Miami Dolphins beat up Ernie's Pittsburgh Steelers and the Buffalo Bills are next!. **Peggy Kelleher** was happy that the Gators are in 1st place in the SEC East and she said "Watch out for those Bills". Everyone else was "Just Happy."

October 26th : **Jay Alperin** started us off by telling us the "Pain is Subsiding" (knee surgery). **Ezra Krieg** said "Go Dolphins!". **Scott Youngberg** put in for the Dolphins victory over Peggy's Bills and for FSU's tough game this weekend vs Clemson. **Reeve Bright** had a Birthday dollar and **Steve Rubin** contributed for that as well. **Ernie Galinis** is happy to still be here. **Carlene Laseter** is happy Kentucky and Louisville won and **Bob Barcinski** is cheering on the Cubs in the World Series. Finally, **Peggy Kelleher** said she didn't have any money left..."All my money went into Bras"....(That's a fund-raising event).



PUBLIC SERVICE ANNOUNCEMENT

Stress Management

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'..... she fooled them all... "How heavy is this glass of water?", she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow. Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"

- 1 * Accept the fact that some days you're the pigeon, and some days you're the statue!
- 2 * Always keep your words soft and sweet, just in case you have to eat them.
- 3 * Always read stuff that will make you look good if you die in the middle of it.
- 4 * Drive carefully... It's not only cars that can be recalled by their Maker.
- 5 * If you can't be kind, at least have the decency to be vague
- 6 * If you lend someone \$20 and never see that person again, it was probably worth it.
- 7 * It may be that your sole purpose in life is simply to serve as a warning to others.
- 8 * Never buy a car you can't push.
- 9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- 10 * Nobody cares if you can't dance well. Just get up and dance.
- 11 * Since it's the early worm that gets eaten by the bird, sleep late.
- 12 * The second mouse gets the cheese.
- 13 * When everything's coming your way, you're in the wrong lane.
- 14 * Birthdays are good for you. The more you have, the longer you live.
- 15 * You may be only one person in the world, but you may also be the world to one person.
- 16 * Some mistakes are too much fun to make only once.
- 17 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- 18 * A truly happy person is one who can enjoy the scenery on a detour.
- 19 * Have an awesome day and know that someone thought about you today.
- 20 * It was I, your friend!

Save the earth.....

It's the only planet with chocolate !*

Calendar Of Events

November 17.....Delray Reads, Orchard View Elem.

November 24.....Deliver Thanksgiving Dinners to needy

December ??? Adopt-A-Family

February 11, 2017 Glo-Ball Night Golf Tourney

April 7-9, 2017..... Delray Affair

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)



"Sometimes the very things that we're expending our lives to sustain are the very things that are killing our ability to live. And against our blind and frequently raging protests, these are the very things that God let's die so that we can live."

— Craig D. Lounsbrough



Blondes..... Gotta Love'Em

A young blonde secretary was describing her blind date to a friend.

"After dinner," she said, "he wanted to come back to my apartment, but I refused. I told him my mother would worry if I did anything like that."

"That was smart," her friend said, approvingly. "Then what happened?"

"He kept insisting, and I kept refusing," the secretary said.

"You didn't weaken your resolve, did you?" asked the friend.

"Not one bit. In the end, we went to his apartment. I figured, let his mother worry."

Upcoming Meeting Programs

- 11/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 3rd, at 6:00 pm.
 11/9 Tentative: Shore Chiropractic
 11/16 Travels to Greece
 11/23 *Looking for Speaker*
 11/30 Tentative: At Side Project
- 12/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 8th, at 6:00 pm.
 12/14 Be Like Brit Orphanage
 12/21 Prepare for Adopt A Family
 12/28 Dol4Tic Scholars
- 1/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 5th, at 6:00 pm.
 1/11 Tentative: Our Rock
 1/18 Student Aces for Leadership
 1/25 Educational Foundation
- 2/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, February 2nd, at 6:00 pm.
 2/8 Opportunity PBC
 2/15 Tentative: Barky Park
 2/22 Old School Square
- 3/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 2nd, at 6:00 pm.
 3/8 **Police Appreciation Day**

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

Membership

Carlene Laseter - 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 "We Are Kiwanis" Flyer & club brochure

Educate your prospect with a "We are Kiwanis" Flyer and 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 1 minute elevator speech if someone asks about Kiwanis.



THE   
FORMULA
 LOVE IT. SHARE IT. LIVE IT.

Remember, This is The Formula:

**Love being a Kiwanian. Love your club.
 Share it with others. Live it.**

When turkeys
 revolt...

You want
 a piece of
 ME?





Break the late-night eating habit

Does the refrigerator call your name after dark? Chances are, you satisfied your hunger at dinner, so these late-night munchies are not about being hungry. Instead, they're a

result of habit, boredom, stress, or fatigue after a long, hard day. No matter what the cause, eating at night usually leads to overeating, and can wreak havoc on your weight-loss diet.

For many people, late-night eating is just a habit -- it's quiet at night, no one is around to see you eat, and it's a peaceful time to enjoy your favorite foods. Unfortunately, this habit has got to go if you are going to lose weight permanently. If you eat more calories at times of day when you're not expending much energy, you're likely to gain weight.

But keep in mind that it's not necessarily the time you eat that leads to weight gain, but the type of foods you tend to eat late at night. Favorite foods for after-dark munching include ice cream, potato chips, chocolate, desserts -- you get the picture. Your body does not process food differently after dark, but nighttime tends to be the most sedentary time of the day, when your calorie needs are minimal. The bottom line: Eating after dinner tends to pack on the pounds.

So what's a dieter to do? The ideal solution is to eat three square meals a day and avoid all between-meal eating. Because that is not so easy to do, here are 10 tips to help you get over midnight munching:

Resolve not to eat late in the day or after dinner.

Distract yourself -- take the dog for a walk, curl up with a good book, or relax in a hot bath.

Satisfy your cravings with a low calorie alternative like herbal tea, a handful of veggies, or a piece of fruit.

Increase the fiber in your diet, especially at dinner. Try adding beans or whole grains to keep you feeling full.

Increase the protein in your dinner. Recent research suggests that protein has the greatest staying power to keep hunger at bay.

Limit all eating to the kitchen or dining room, and always eat while sitting down at the table. This helps curb "eating amnesia," that mindless munching in front of the television.

Eat slowly and savor the taste of your food. Give yourself 15 to 20 minutes for your brain to get the signal that you have had enough.

Start your day with breakfast. People who skip breakfast are more likely to snack impulsively on calorie-laden foods.

Let your journal be your friend. Use your diet journal to help you track your meals and keep you on target with your eating plan.

Drink plenty of water. Not only will it help you stay hydrated, it will give you something to do with your hands and mouth.

So if you're plagued by midnight munchies, do your best to get yourself into a regular meal routine. Keep it simple, and remember that your main goal is to get into the habit of not eating after dinner.

"Old" is When...

... your only problem with retirement is that you never get a day off.

... you get into heated arguments about pension plans.

... you stop searching for the meaning of life to focus on searching for your car keys.

... you just smile and nod after asking, "What?"

... you look down at your watch three consecutive times and still don't know what time it is.



DID YOU KNOW?

Partnership opportunities

Ready to work with you

For nearly 100 years, Kiwanis International has been an organization of members

dedicated to serving children. Today we have nearly 600,000 members in 80 countries, and our members have made a positive impact in millions of lives.

Now we're ready to work with you to serve the children of the world. Our vision is to create long-term strategic partnerships with corporations—and our corporate relations team is eager to get the conversation started.

Let's work together to develop revenue and resource streams that help the Kiwanis family continue its service in local communities around the globe.

The right mission, the right partner

For Kiwanis International, partnerships are an exciting opportunity—and the right partnerships are paramount. We welcome corporate partnerships that align with our mission and preserve the trust of our members and the communities, children and families we serve. Our partners' products, services and reputation must:

- be compatible with and complementary to Kiwanis' mission and values
- reflect a high degree of integrity & demonstrate a track record of high-quality products or services

Kiwanis International offers you opportunities to reach people where they live, work, play and serve. Each partnership features a unique activation campaign. We have structured our partnerships to include positioning and visibility, turn-key promotional rights, access and networking, and high-caliber service.

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:

October 5:

- 1947 President Harry S. Truman delivered the first televised address from the White House.
- 1962 The Beatles' first hit, "Love Me Do," was released in the United Kingdom.
- 1962 The first James Bond theatrical feature, "Dr. No" starring Sean Connery as Agent 007, premiered in London.
- 1969 "Monty Python's Flying Circus" debuted on BBC Television.
- 1988 Democrat Lloyd Bentsen lambasted Republican Dan Quayle during their vice-presidential debate, telling Quayle, "Senator, you're no Jack Kennedy."
- 1989 A jury in Charlotte, N.C., convicted former PTL evangelist Jim Bakker of using his TV show to defraud followers.
- 2005 Defying the White House, the Senate voted 90-9 to approve an amendment that would prohibit the use of "cruel, inhuman or degrading treatment or punishment" against anyone in U.S. government custody.

Birthdays:

- Brian Johnson, Rock singer (AC/DC), 69
- Karen Allen, Actress, 65
- Clive Barker, Writer, director, 64
- Bob Geldof, Rock singer, activist, 62
- Daniel Baldwin, Actor, 56
- Michael Andretti, Auto racer, 54
- Mario Lemieux, Hockey Hall of Famer, 51
- Kate Winslet, Actress, 41

October 13:

- 1775 The Continental Congress ordered the construction of a naval fleet.
- 1843 The Jewish organization B'nai B'rith was founded in New York City.
- 1845 Texas ratified a state constitution.
- 1903 The Boston Americans beat the Pittsburgh Pirates 3-0 to win the first World Series five games to three.
- 1960 Richard M. Nixon and John F. Kennedy participated in the third televised debate of the presidential campaign, with Nixon in Hollywood, Calif., and Kennedy in New York.
- 1960 The World Series ended with a home run for the first time as Bill Mazeroski of the Pittsburgh Pirates hit a round-tripper in the ninth inning of Game 7 against the New York Yankees.
- 1962 "Who's Afraid of Virginia Woolf?" by Edward Albee opened on Broadway.
- 2008 The Dow Jones industrial average soared 936.42 points - its largest one-day increase - ending eight consecutive days of stock market declines.
- 2010 Rescuers in Chile pulled 33 men one by one to freedom 69 days after they were trapped in a collapsed mine a half-mile underground.

Birthdays:

- Paul Simon, Singer-songwriter, 75
- Demond Wilson, Actor ("Sanford and Son"), 70
- Marie Osmond, Singer, 57
- Doc Rivers, Basketball coach, executive, 55
- Kelly Preston, Actress, 54
- Jerry Rice, Football Hall of Famer, 54
- Kate Walsh, Actress ("Grey's Anatomy," "Private Practice"), 49
- Nancy Kerrigan, Figure skater, 47
- Sacha Baron Cohen, Actor ("Borat"), 45
- Paul Pierce, Basketball player, 39



October 19:

- 1765 The Stamp Act Congress, meeting in New York, drew up a declaration of rights and liberties.
- 1781 British troops under Lord Cornwallis surrendered at Yorktown, Va., as the American Revolution neared its end.
- 1950 United Nations forces entered the North Korean capital of Pyongyang.
- 1960 The United States imposed an embargo on exports to Cuba.
- 1987 The stock market crashed as the Dow Jones Industrial Average plunged 508 points, or 22.6 percent in value - its second biggest percentage drop.
- 2003 Pope John Paul II beatified Mother Teresa during a ceremony in St. Peter's Square.
- 2006 The Dow Jones industrial average closed above 12,000 for the first time, finishing the day at 12,011.73.
- 2008 Retired Gen. Colin Powell, a Republican who was President George W. Bush's first secretary of state, broke with the party and endorsed Democrat Barack Obama for president.

Birthdays:

- Michael Gambon, Movie Actor, 76
- John Lithgow, Actor, 71
- Floyd Mayweather Sr., Boxer, 64
- Evander Holyfield, Boxer, 54
- Trey Parker, Director, 47
- Desmond Harrington, TV Actor, 40
- Jose Bautista, Baseball Player, 36
- Gillian Jacobs, TV Actress, 34

October 26:

- 1774 The First Continental Congress adjourned in Philadelphia.
- 1825 The Erie Canal opened, connecting Lake Erie and the Hudson River in upstate New York.
- 1881 Wyatt Earp, his two brothers and "Doc" Holliday confronted Ike Clanton's gang in a gunfight at the OK Corral in Tombstone, Ariz. Three members of Clanton's gang were killed; Earp's brothers were wounded.
- 1962 In one of the most dramatic verbal confrontations of the Cold War, American U.N. Ambassador Adlai Stevenson asked his Soviet counterpart during a Security Council debate whether the USSR had placed missiles in Cuba.
- 1984 A newborn with a severe heart defect was given the heart of a baboon in an experimental transplant in Loma Linda, Calif. She lived for 21 more days.
- 1994 Israel and Jordan signed a peace treaty.
- 2005 The Chicago White Sox won their first World Series since 1917 by defeating the Houston Astros 1-0 in Game 4.

Birthdays:

- Hillary Rodham Clinton, Former secretary of state and first lady, 69
- Pat Sajak, TV game show host ("Wheel of Fortune"), 70
- Dylan McDermott, Actor ("The Practice"), 55
- Keith Urban, Country singer, 49
- Tom Cavanagh, Actor ("Ed"), 48
- Rosemarie DeWitt, Actress ("The United States of Tara"), 45
- Seth MacFarlane, Writer, producer ("Family Guy"), 43
- Sasha Cohen, Figure skater, 32

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Jaclyn Smith, Actress ("Charlie's Angels") comes in, we hope that you will buy her a "Hubba-Hubba" drink, as she is 71 years old today.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



WE VOLUNTEER more than 18.5 million hours of service every year.





KIWANIS CLUB OF DELRAY BEACH – SUNRISE

PRESENTS THE 34th ANNUAL ED LONIE & HY SEIGEL MEMORIAL GOLF TOURNAMENT



Our annual golf tournament was again a huge success! We raised \$3,000 for our programs. Thanks to everyone who participated and supported the event, and a **GREAT BIG Thanks** to **Ben Ruby** who did a magnificent job in bringing this event together. **Job Well Done!**

* * * Pictures * * *



EVENT 2016 KIWANIS		DATE		TEAM SCORE
BEN RUBY				66
BOB BARCINSKI				
BEN RUBY JR				
BRIAN MORRIS				
JAY ALPERIN				64
BOB TAVERETTE				
PAUL ZACKS				
MIKE SCHULT				
DOUG MARTIN				68
SHELDON				
JOHN WHITE				
BARBY WHITENBERG				
PALE MORRISON				69
DAVID SCHMIDT				
CARRY FARRER				
CHUCK HALBERG				69
STEPHEN GREENE				
JIM NOLAN				
JIM EATON				
SCOTT YOUNGBERG				63
SCOTT YOUNGBERG				
LUCAS YOUNGBERG				
JOHN THOM				
BLINCINKOFF				66
BLINCINKOFF				
BLINCINKOFF				
FRANK BLONES				61
SAM CHOPES				
ANTHONY DOMINICIS				

EVENT 2016 KIWANIS		DATE		TEAM SCORE
SCOTT FISKE				65
SAM BLONES				
STEVE CLARK				
ROB MICHAELSON				

CLOSEST TO THE HOLE:

- #3: ROALD OSVOLD 58"
- #6: ROALD OSVOLD 71"
- #13: ANTHONY DOMINICIS 169"
- #17: JOHNNY THOM 410"



"The Winners"





Here Comes "Little Johnny"

A teacher was teaching her second grade class about the government, so for homework that one day, she told her her students to ask their parents what the government is.

When Little Johnny got home that day, he went up to his dad and asked what the government was.

His dad thought for a while and answered, "Look at it this way: I'm the president, your mom is Congress, your maid is the work force, you are the people and your baby brother is the future."

"I still don't get it" responded Little Johnny.

"Why don't you sleep on it then? Maybe you'll understand it better," said the dad.

"Okay then...good night" said Little Johnny and went off to bed.

In the middle of the night, Little Johnny was awakened by his baby brother's crying.

He went to his baby brother's crib and found that his baby brother had taken a crap in his diaper.

So Little Johnny went to his parent's room to get help.

When he got to his parent's bedroom, he looked through the keyhole to check if his parents were asleep.

Through the keyhole he saw his mom loudly snoring, but his dad wasn't there.

So he went to the maid's room.

When he looked through the maid's room keyhole, he saw his dad having sex with his maid.

Little Johnny was surprised, but then he just realized something and thinks aloud,

"OH!! Now I understand the government!

The President is screwing the work force, Congress is fast asleep, nobody cares about the people, and the future is full of shit!"



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

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

Last Month's Answers:

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

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

2016-17 Kiwanis Int'l President:
Jane Erickson

2016-17 Florida Kiwanis Governor:
Gary Frechette
E-mail: gfrechette@thegardensmall.com

2016-17 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:

2016-17 President: James Meyer
Div. 21 Trustee: Tom Ramiccio
E-mail: Tramiccio@aol.com

Governor's Message

by Gary Frechette, Florida Kiwanis Governor



Cruising On The Love Boat

To be sure, humankind faces challenges. As Kiwanians of the Florida District, we recognize the challenges but make the effort to improve conditions everywhere-especially for children. Today we have the opportunity to make this a truly wonderful world as Kiwanians. To Shine a Light and Make some Noise as we Sail into Service. We will cruise all year long on the LOVE BOAT!

To make sure our cruise is a memorable one, we will use the I-Plan. It's a strategic plan for the future of our district. It's a plan that will be carried on by future leadership teams, so that our course stays steady and strong. From the bridge of the LOVE BOAT are the following:

INSPIRATION: Just one under ten.....I am asking each Kiwanian in the Florida District to invite just one new member 10 weeks, months or years their younger in to their club. And you have 365 days to do this. If you can't then ask yourself why I'm I here. I know this is attainable. The Formula is in place for your use to be successful.

IMPACT: Young Children Priority One.....These four words were introduced in 1990, crystallizing the main focus of Kiwanis service direction for a decade and beyond by International Past President Dr. Wil Blechman, MD. This program concentrated on four basic areas of need: maternal and infant health: childcare and development; parent education and support; and safety and pediatric trauma. These four areas have not changed and need more attention than ever. Dr. Wil stated "We can make a major difference in the lives of those who are truly innocent victims, who presently have few advocates speaking on their behalf. We in the Florida District are those voices.

IMAGE: Shine a Light Make some Noise....We are the greatest service organization in the world, yet no one knows who we are. We must take every opportunity to *Shine a Light and Make some Noise* on all the good we do for our communities and children we serve. It's OK to take pride and brag about us.

INVESTMENT: Best Bang for Our Buck.....Lets all strive to make sure our investments are tailored to the children who we serve. #KIDS NEED KIWANIS!!! Sometime we can't be there for everything, but when we do it's directed in the right place for the right reason. Don't forget your commitment to the Eliminate Project we are still saving babies and their Moms.

I have a great LOVE BOAT crew who have committed to the above I Plan. Please join us as we sail into service for the children in our district. Next month I will discuss the First Lady's Project " Hats A Yard".



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



From Our Photographer's Camera.....

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



Kiwanis
Florida District

A way to serve.
A place to connect.