



# The Sunriser



## The Kiwanis Club of Delray Beach - Sunrise

*Where Ordinary People Provide Extraordinary Service" - Celebrating 42 Years of Service*

Meets for Breakfast Wednesday's (except the 1st Week), 7:30 a.m., Delray Beach Golf Club, 2200 Highland Ave, Delray Beach, FL. And the 1st Thursday, 6:00 pm, Tim Finnegan's Irish Pub, 2885 S. Federal Hwy (South of Linton), Delray Beach, FL.

**Volume 2015, Issue 9**

**September, 2015**

- 2014-2015 Officers**
- President:** Scott Youngberg  
561-386-5237
- Vice-President:** Susan Ruby
- Secretary:** Barbara Schooler  
561-271-6649
- Treasurer:** Dale Morrison  
561-278-1002
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Doug Martin
- 2013-2014 Bd. of Directors**  
Carlene Laseter, Susan Ruby,  
Ben Ruby, Rosalie Rhodes,  
Alberta G. Rickard
- 2013-2014 Committee Chairs**
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**Thanksgiving**- Alberta G. Rickard  
Jeff Goldman  
**Police Appreciation** - Ezra Krieg,  
Peggy Kelleher
- \*Club Meetings:** Jay Alperin
- \*Fund Raising:**  
**Delray Affair**- Carlene Laseter  
**Golf Tourney**- Ben Ruby  
**Glo-Ball**- Bob Barcinski  
**Garlic Festival**- Jeff Goldman
- \*Interclubs:** Steve Rubin
- \*Membership:** Carlene Laseter  
Kim Hale, Peggy Kelleher
- \*Newsletter/Website:**  
Scott Youngberg
- \*Programs:** Ezra Krieg
- \*Social Activities:**  
President & President Elect
- \*Spiritual Aims:** Doug Martin
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**Scholarship** - Doug Martin  
**Key Club/Builders Club** -  
American Heritage - Tony Marazita  
Atlantic High School- Ronnice White  
Unity School - Stacy Brookman  
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### How To Get The Best Price & Service For Your Car



Earl Stewart

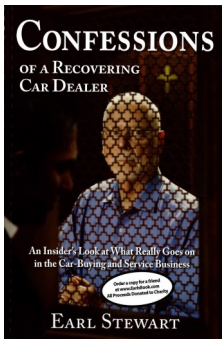
If you missed our program on August 19th, well, you should have been here. Our speaker was Earl Stewart, renowned car dealer, author and philanthropist.

He gave a brief overview of the car business, answered a lot of great questions about what to do and not do when dealing with car dealers. His book "Confessions of a Recovering Car Dealer" tells all and gives you an insider's look at what really goes on in the car buying and service business.

Some of the advice included using TrueCar.com to get an accurate price for your car, don't be bullied or

rushed, discounts that really are not discounts, you can get better prices at the end of the month, the difference between leasing & buying and some of the biggest scams out there.

Go to [www.earlstewartoncars.com](http://www.earlstewartoncars.com) for more information on how to get the best price and service for your car. You can buy a copy of his book at [amazon.com](http://amazon.com). All money from the sales of his book goes to charity.



### The Big Give-Become A Living Kidney Donor



Our program on August 26th was presented by Jeff States, a Living Kidney Donor Advocate. In 2012, Jeff donated a kidney to his brother-in-law, saving his life. Both are doing fine.

Living donation takes place when a living person donates an organ (or part of an organ) for transplantation to another person. The living donor can be a family member, such as a parent, child, brother or sister (living related donation). Thanks to improved medications, a genetic link between the donor and recipient is no longer required to ensure a successful transplant. In some cases, living donation may even be from a stranger, which is called anonymous or non-directed donation.

People can live normal lives with only one kidney. As long as the donor

is evaluated thoroughly and cleared for donation, he or she can lead a normal life after the surgery. When the kidney is removed, the single normal kidney will increase in size to compensate for the loss of the donated kidney. Living donation does not change life expectancy, and does not appear to increase the risk of kidney failure. In general, most people with a single normal kidney have few or no problems; however, you should always talk to your transplant team about the risks involved in donation.

When you donate an organ to someone else, you are providing a life-sustaining gift. But there are many things you should consider carefully before you make the decision to become a living donor. For more information, go to [www.kidney.org](http://www.kidney.org).

**Visit our Website:**  
[www.delraybeachkiwanis-sunrise.org](http://www.delraybeachkiwanis-sunrise.org)

## Bernard is running for County Commission

Our program on August 12th was presented by Mack Bernard, who is running for County Commission. As a former State Representative, Bernard has filed to run in District 7, an open seat. District 7 runs from Lake Park in the north to Delray Beach in the South.



Mack Bernard

Bernard's experience as an attorney, small business owner and former elected official make him uniquely qualified for the county commission. Bernard served on the Delray Beach City Commission from 2008 until 2009. As a lawmaker, Bernard served on the Health and Human Services Committee; the Military and Local Affairs Policy Committee; the Public Safety and Domestic Security Policy Committee; the Insurance and Banking Subcommittee; the Transportation and Economic Development Appropriations Subcommittee and the Civil Justice Subcommittee. Mack will bring that experience to the county commission.

Bernard obtained a Bachelor of Science Degree, Cum Laude, in Political Science and Criminal Justice from Florida State University, a Law Degree, with Honors, from the University of Florida and a Master of Laws (LL.M.) in Taxation also from the University of Florida.

Bernard has also been active in the community. Bernard currently serves as Board Chair of the Toussaint L'Ouverture High School for Arts and Social Justice. Bernard is also a former Board Member of the Greater Delray Beach Chamber of Commerce and a Graduate of Leadership Delray.

"I am running for county commission to continue my commitment to public service and put my years of experience as a local elected official and state representative to work for the people of Palm Beach County to address the many important issues facing our county and District 7," said Bernard.

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



### Upcoming Important Dates:

#### Upcoming Birthdays:

September 7 - Terrill Pyburn

#### Wedding Anniversaries:

September 3 - Ernie & Betty Galinis (55 Years!)

September 6 - Jeff & Cindy Goldman (16 years)

September 8 - Larry & Denise Kristiansen

September 12 - Scott & Deborah Dalton

September 23 - Alberta & Kevin Rickard

September 29 - Doug & Jody Martin

September 30 - Scott & Sophia Youngberg (43 years)

#### Membership Anniversaries:

September 17 - Peggy Kelleher

September 20 - Scott Youngberg, 37 years

September 30 - Terrill Pyburn, 13 years

- Jean Antin, 14 years

**August 6th Meeting "Finnegan's"** : What a treat ...We had 3 kids visiting today. **Jack Foley** had his daughter along who will be attending Atlantic's IB program. **Ben & Carole Bassford** brought their two grand-daughters visiting from up north. **Jay Alperin** was happy to entertain 3 potential new Kiwanians! **Ben Bassford** mentioned how bright the kids are, they get their brains from their grandparents, Hah! **Peggy Kelleher's** son is going to a new school on scholarship in Georgia. **Bob Barcinski** was happy to be off grandparent duty, the kids are on vacation with their mother. **Larry Kristiansen** was happy to see all the young faces. **Ezra Krieg** put in \$2, 12 days for son Max to go to college and \$1 to start a Peggy for Club VP campaign. **Scott Youngberg** and **Jack Foley** were happy for Peggy becoming the new VP. (Wait-it's just a campaign, right? All in Favor....). **Carlene Laseter** drove to Kentucky both ways by herself, 300 miles -Yikes! **Barbara Schooler's** son and granddaughter are coming for a visit. Everyone else was "Just Happy".

**August 12th Meeting: Steve Rubin** was late today, he was happy to keep his streak alive. **Jay Alperin** was happy to put in for his wedding anniversary and **Jean Antin** was happy her granddaughter is back from Hong Kong and missed the typhoon. **Carlene Laseter** was happy her husband survived another Motorcycle Rally at Sturgis, SD. **Scott Youngberg** was happy football is back—Go Dolphins & Packers! **Ezra Krieg** was happy Geno Smith was hurt, so now maybe the Dolphins can beat the Jets. He also put a dollar in for the late **Steve Rubin**. Our speaker, **Mack Brown** put a dollar in for the kids going back to school. **Larry Kristiansen** was Just Happy and **Doug Martin** "Another Day in Paradise".

**August 19th Meeting: Jay Alperin** put in for his wife Diane's birthday on Friday. **Doug Martin** "ADIP", **Ernie Galinis** went to the Keys over the weekend and had a wonderful time. He didn't say if he got any lobster though.. **Bob Barcinski** was happy the grandkids are back in school. **Jack Foley's** daughter started school this week at ACHS and was happy to see our speaker Earl Stewart. **Scott Youngberg** was happy for the 90 degree Florida weather. What? His son Greg is living in Yuma, Az, temperature 119 degrees..Yikes! Everyone else was "Just Happy".

**August 26th Meeting: Jay Alperin** let it slip that he won't be at this year's Charter Night Installation Party. He's going to be in Australia. Well, the following members wished him good luck in Australia: **Jean Antin, Doug Martin, Carlene Laseter, Larry Kristiansen, Ernie Galinis** said "Have a safe trip" and **Jack Foley** said "Bon Voyage". Jay Alperin put a dollar in for **Bob Barcinski**, who was here earlier, but has just teed off! And **Scott Youngberg** was happy FSU has their star running back re-instated. Watch out Miami & those Gators.



History is  
waiting.  
Time is not.

Give now

ELIMINATE

maternal/neonatal tetanus

Kiwanis | Unicef

## Calendar Of Events

- September 26.....** Charter Night-  
Installation Banquet -  
Finnegan's Irish Pub, 6:00 pm
- October 10.....** 33rd Annual  
**Delray Kiwanis Golf Tournament,**  
Delray Beach Golf Club, 8 am.
- October 21.....** Police Appreciation Breakfast  
Delray Beach Golf Club
- November 26.....** Thanksgiving Turkey Dinner  
deliveries to the needy.
- December ??? ....** Holiday Party
- January 29-31.....**17th Annual Garlic Fest (Fund Raiser)
- February ??? .....** Glo-Ball Golf Tourney  
Delray Beach Golf Club, 6:00 PM

## Other Doings.....



A dues increase, which passed during the 2015 Kiwanis International House of Delegates, will go into effect October 1, 2015. Invoices for 2015-16 will reflect the new dues amount of \$52, a \$10 increase.



The Reading Oasis is moving ahead. Our plans are to install the Reading Room at Orchard View Elementary, a Title One school in Delray Beach. Total cost for the project is \$10,000. Our club needs to raise \$5,000 and the remainder will be matched by Scholastic Books, our partner in this endeavor.

We plan to request a grant from the Florida Foundation. However, they won't make a decision until later this year or early next year. So, we have started a separate account for donations and will be adding to it from our fundraisers and special requests to corporations, government agencies and individual donations.



## Eating Well on the Cheap

In the current economy, many of us are living on a budget and looking for ways to

reduce food expenses while still enjoying tasty, nutritious meals. With the right tips and a little planning, it is possible to enjoy healthy food on the cheap. The more you focus on purchasing local, unprocessed food and preparing meals at home, the healthier and tastier your meals will be, the better you'll feel, and the more money you'll save.

Making smart choices saves money. Evaluate how you spend your money on food. What unnecessary items do you purchase? Do you eat out often? The first way to save money on food is to limit or cut out unnecessary food spending. Some specific ways to do this:

- Cut the junk. Evaluate how much money you are spending on items such as soda (regular or diet), cookies, crackers, prepackaged meals, processed foods, etc. Limit or completely cut out these unhealthy foods. Your wallet and your body will thank you.
- Eat out less. Even just reducing your meals out by 1 or 2 times per week can save you about \$15 - \$25 per week. This is an easy way to save money and even have some extra to spend on higher quality foods.
- Stick to your grocery list. The more prepared you are when you get to the store the less impulse purchases you will make.

So write out a grocery list and stick to it!

- Shop the perimeter of the store first. This way you will fill your cart with healthy whole foods like fresh produce and meat, leaving less room for the "junk food fillers" and thus saving money.
- Cook large portions. It saves time to cook once and eat multiple times. One idea is to make a big pot of soup at the beginning of the week or whenever you go food shopping. When you don't feel like cooking, help yourself to a hearty bowlful along with a green salad. This makes a nutritious but inexpensive lunch or dinner anytime.
- Beware of hidden sugars. Many packaged or processed foods contain high levels of hidden sugar. They may be easy to prepare and fill your family up for cheap, but too much sugar causes rapid swings in energy and blood sugar, and can contribute to many serious health problems. Hidden sugar may be listed as corn syrup, molasses, brown rice syrup, cane juice, fructose, dextrose, or maltose. Avoid foods such as instant mashed potatoes, white bread, canned soups and vegetables, refined pasta, and sugary cereals. Satisfy your sweet tooth with naturally sweet food such as fruit, peppers, and sweet potatoes.

When eating on the cheap it is still important to think about the quality/purity of the food you purchase. How foods are grown or raised has an impact on their quality and an impact your health. Organically grown food reduces the potential health and environmental hazards posed by pesticides, genetically modified food, irradiation, and additives. An investment in your food now could save you money on health bills later.

## HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"No matter who you are, do not be a fanatic. Do not be a fanatic neither religious, nor ideological, nor political, neither positive nor negative, neither any look nor lifestyle. Fanatic one has an image of a goner."



— Ilkin Santak

## Upcoming Meeting Programs

- 9/3 Finnegan's- See You at the "Happy Hour" meeting, Thursday, Sept. 3rd, at 6:00 pm.
- 9/9 SAFE
- 9/16 How Foundation
- 9/23 Tentative: Hounds and Heros
- 9/30 Tobacco Free Florida
- 10/1 Finnegan's- See You at the "Happy Hour" meeting, Thursday, Oct. 1st, at 6:00 pm.
- 10/14 Representative Bill Hager
- 10/21 Police Appreciation
- 10/28 Dorothy Jacks

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

"He who drinks Beer, sleeps well....  
He who sleeps well cannot sin....  
He who does not sin goes to heaven...  
AMEN!"

- German Monk

## How's this for a Thought for the Day.....

"The Constitution is not an instrument for the government to restrain the people, it is an instrument for the people to restrain the government – lest it come to dominate our lives and interests."  
— Patrick Henry

## Visit our Website:

[www.delraybeachkiwanis-sunrise.org](http://www.delraybeachkiwanis-sunrise.org)



## Membership

Carlene Laseter - Chairperson



## Why Kiwanis?

At the Centennial Celebration of Kiwanis International this past June in Indianapolis, many members visited The Formula booth and told the organizers why Kiwanis matters to them. They stopped by to chat. They wrote on the whiteboards. They spread the word about Kiwanis and the individual clubs.

Here's a sampling of the messages that were left behind about the best service organization since before sliced bread:

"I want to make a difference."

"The Kiwanis family changed my life."

"Kiwanis is a big family."

"My car wears a Kiwanis bumper sticker. (I drive courteously.)"



**THE FORMULA**  
LOVE IT. SHARE IT. LIVE IT.

**Don't Forget:** If you bring in 2 New Members, you'll receive a \$25 gas card. Bring in 2 more, you'll receive another \$35 gas card.



## Blondes..... Gotta Love 'Em

Q: Why do Blondes have TGIF written on their shoes?

A: Toes Go In First.

Q: Why do Blondes always smile during lightning storms?

A: They think their picture is being taken.

Q: What happens when a blonde gets Alzheimers disease?

A: Her IQ goes up!

Q: How can you tell a blonde has used your computer?

A: There is white out on the screen.



## 50/50 Winners:

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



**August 6 - Jay Alperin**

**August 12 - Doug Martin**

**August 19 - Doug (Not Again?) Martin**

**August 26 - Doug (What the #\*&%!...) Martin**



*Dentists make money off of people with bad teeth. Why should I trust the toothpaste they recommend?*

## **PUBLIC SERVICE ANNOUNCEMENT**

### **Is your smartphone causing high blood pressure, diabetes and depression?**

by Brad Lemley

#### **Avoid the Blue Light**

There's now a device on nearly every nightstand in America. And these devices are causing a national health epidemic... Sleep Deprivation. One in three Americans sleeps less than six hours a day, raising the risk for an entire gamut of health problems.

What's the biggest contributing factor to this health epidemic? Any device that emits blue light... computers, televisions, tablets, and, yes, even smartphones. You see, before the invention of electric lighting, the sun was our major source of light. People spent their evenings in relative darkness, maybe with candles for light for a few hours after sundown.



Now, in just about every corner of the world, our evenings are glaring as bright as midday. But we're paying a price for basking in all that light. At night, light throws the body's biological clock -- known as the circadian rhythm -- out of sync. And the No. 1 thing that suffers is your sleep.

But here's the good news: Not all light is the same. Which means you can still keep the lights on at night, as long as they're the right kind. Blue wavelengths are good during the day hours because they amp up our attention,

reaction times, and mood. But this same blue light is the most disruptive at night. With the increased popularity of portable electronics -- smartphones, tablets, and laptops -- as well as energy-efficient lighting, most Americans now have more exposure to blue light at night than ever.

Any light can hold back your secretion of melatonin, the sleep hormone. But blue light suppresses it more powerfully. As Harvard researchers reported: "Harvard researchers and their colleagues conducted an experiment comparing the effects of 6½ hours of exposure to blue light to exposure to green light of comparable brightness. The blue light suppressed melatonin for about twice as long as the green light and shifted circadian rhythms by twice as much (three hours versus 1.5 hours)."

Think losing a few hours of sleep here and there is no big deal? Think you can get by and function OK with occasional nights of poor sleep... or not enough sleep? Think again. Sleep is one of the KEYS to optimal health. It's just as important as diet and exercise. In fact, research from Harvard

Health shows that lack of sleep can cause cancer, diabetes, heart disease, depression, and obesity.

So what's the big takeaway? If you want to stay healthy and get enough sleep, stay away from devices that emit blue light at least two hours prior to bedtime. Dim red lights are the best for preserving melatonin levels. Pop a red Christmas bulb into your bathroom's nightlight. You can also purchase special glasses that block blue wavelengths. And keep your bedroom as dark as possible.



### Dear Editor,

According to Kiwanis International, the name "Kiwanis" was coined from an expression in an American Indian language of the Detroit area, "Nunc Kee-wanis," which means, "we trade" or "we share

our talents." However, in the August 2015 Kiwanis Magazine, at page 4, in the Kiwanis Executive Director's column, the Executive Director states that the name "Kiwanis" "has no meaning as it was made up of fragments of two or three words. It's a word coined for its euphony and, at the time of its selection, had no more meaning than any other agreeable sounding syllables assembled..."

So, was "Kiwanis" derived from a mythical American Indian word, or, as the Executive Director explained, is "Kiwanis" just a bunch of syllables which sound good together but have no meaning, like "rotary club", "miami dolphins", or supercalifragilisticexpialidocious"? I look forward to reading your thoughts on this important issue.

Yours in Kiwanis,

Richard Stanton

**Dear Mr. Stanton,** Thank you for your comments. I was so moved by this correspondence that yes, indeed, we have an answer for you. In fact, we have in-depth analysis from our best investigative reporters.

Frankly, I'm blown away with the fact that you actually read the Kiwanis magazine. Our numbers are growing! .... Now, on to the question....

The official version is: *Two natives of Detroit, Michigan, Allen S. Browne, a professional organizer, and Joseph C. Prance, a tailor, first constructed this group as a strictly fraternal club that only young professional businessmen could join. The name that Browne had chosen for the group was truly in the spirit of the times: The Supreme Lodge Benevolent Order Brothers. They quickly grew tired of belonging to an organization known as "BOB". With a helping hand from Detroit's official historian, The name "Kiwanis" was adapted from the expression "Nunc Kee-wanis" in the Otchipew (Native American) language, meaning "We have a good time," "We make a noise," or, under another construction, "We trade or advertise."*

So, there you go, it does have meaning. Now if you try putting your glasses on and carefully read the Executive Director's column again, you will see that it was actually the *lousy* Editor of the March 1920 issue of Kiwanis Magazine that said the word "Kiwanis had no meaning." I have it on good authority that Stan Soderstrom, our Executive Director, sleeps with the official version under his pillow every night as he sings himself to sleep with a rousing version of "Nunc Kee-wanis."

Oh, by the way, descendants of the 1920 Editor's family have applied to this publication for work and have been resoundingly thrown out on their "BOB's". Perhaps they could find employment with Rotary or the Water-Buffalos.

Keep those letters coming!

## These 16 Police Comments were taken off actual police car videos around the country:

16 "You know, stop lights don't come any redder than the one you just went through."

15 "Relax, the handcuffs are tight because they're new. They'll stretch after you wear them a while."

14 "If you take your hands off the car, I'll make your birth certificate a worthless document."

13 "If you run, you'll only go to jail tired."

12 "Can you run faster than 1200 feet per second? Because that's the speed of the bullet that'll be chasing you."

11 "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"

10 "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"



9 "Warning! You want a warning? O.K., I'm warning you not to do that again or I'll give you another ticket."

8 "The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"

7 "Fair, You want me to be fair? Listen, fair is a place where you go to ride on rides, eat cotton candy and corn dogs and step in monkey poop."

6 "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."

5 "In God we trust, all others we run through NCIC."

4 "How big were those 'two beers' you say you had?"

3 "No sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."

2 "I'm glad to hear that the Chief (of Police) is a personal friend of yours...so you know someone who can post your bail."

### AND THE WINNER IS...

1 "You didn't think we give pretty women tickets? You're right, we don't. Sign here."

## 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:

#### August 6:

**1825** Upper Peru became the autonomous republic of Bolivia.

**1890** The electric chair was used for the first time, to execute a convicted murderer at Auburn State Prison in New York.

**1890** Hall of fame pitcher Cy Young made his major league debut with the Cleveland Spiders of the National League.

**1914** Austria-Hungary declared war against Russia, and Serbia declared war against Germany at the outbreak of World War I.

**1945** The United States dropped an atomic bomb on Hiroshima, Japan, that instantly killed an estimated 66,000 people in the first use of a nuclear weapon in warfare.

**1962** Jamaica became an independent dominion within the Commonwealth of Nations.

**1965** President Lyndon B. Johnson signed the Voting Rights Act.

**2009** Sonia Sotomayor was confirmed as the first Hispanic Supreme Court justice by a Senate vote of 68-31.

#### Birthdays:

Catherine Hicks, Actress ("7th Heaven"), turns 63

Stephanie Kramer, Actress, turns 58

David Robinson, Basketball Hall of Famer, turns 49

Geri Halliwell, Singer (Spice Girls), turns 42

Soleil Moon Frye, Actress, turns 38

#### August 12:

**1851** Isaac Singer was granted a patent on his sewing machine.

**1898** The peace protocol ending the Spanish-American War was signed.

**1898** Hawaii was formally annexed to the United States.

**1953** The Soviet Union conducted a secret test of its first hydrogen bomb.

**1960** The first balloon satellite, Echo 1, was launched by the United States from Cape Canaveral, Fla.

**1977** The space shuttle Enterprise passed its first solo flight test by taking off atop a Boeing 747, separating and then touching down in California's Mojave Desert.

**1981** IBM introduced its first personal computer, the model 5150.

**2004** New Jersey Gov. James E. McGreevey announced his resignation and proclaimed himself "a gay American."

#### Birthdays:

George Hamilton, Actor, turns 75

Mark Knopfler, Rock singer, musician (Dire Straits), turns 65

Kid Creole, Singer, turns 64

Sir Mix-A-Lot, Rapper, turns 51

Peter Krause, Actor ("Six Feet Under"), turns 49

Yvette Nicole Brown, Actress ("Community"), turns 43

Pete Sampras, Tennis player, turns 43



#### August 19:

**1929** The comedy "Amos 'n' Andy" made its network radio debut on NBC.

**1934** A plebiscite in Germany approved the vesting of sole executive power in Adolf Hitler as Fuhrer.

**1960** A tribunal in Moscow convicted American U-2 pilot Francis Gary Powers of espionage.

**1969** Jazz trumpeter Miles Davis began three days of recording sessions that yielded the album "Bitches Brew."

**2004** The Internet search engine Google went public.

**2005** A Texas jury found pharmaceutical giant Merck & Co. liable for the death of a man who'd taken the once-popular painkiller Vioxx.

**2010** The last American combat brigade exited Iraq, seven years and five months after the U.S.-led invasion began.

#### Birthdays:

Ginger Baker, Rock musician (Cream, Blind Faith), turns 75

Jill St. John, Actress, turns 74

Fred Thompson, Actor, former U.S. senator, turns 72

Bill Clinton, Former president, turns 68

Jim Carter, Actor ("Downton Abbey"), turns 66

Tipper Gore, Wife of former VP Al Gore, turns 66

Gerald McRaney, Actor ("Major Dad"), turns 66

Adam Arkin, Actor, turns 58

Morton Andersen, Football player, turns 54

John Stamos, Actor ("Full House"), turns 51

Kevin Dillon, Actor ("Entourage"), turns 49

Kyra Sedgwick, Actress ("The Closer"), turns 49

Lee Ann Womack, Country singer, turns 48

Matthew Perry, Actor ("Friends"), turns 45

#### August 26:

**1847** Liberia was proclaimed an independent republic.

**1910** Mother Teresa was born Agnes Gonxha Bojaxhiu in Skopje, Macedonia.

**1920** The 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote, was declared in effect.

**1939** Major league baseball was televised for the first time when experimental station W2XBS broadcast a doubleheader between the Cincinnati Reds and the Brooklyn Dodgers at Ebbets Field.

**1957** The Soviet Union announced that it had successfully tested an intercontinental ballistic missile.

**1961** The Hockey Hall of Fame opened in Toronto.

**2003** Investigators concluded that NASA's overconfident management and inattention to safety doomed the space shuttle Columbia as much as damage to the craft did.

#### Birthdays:

Tom Heinsohn, Basketball Hall of Famer, turns 80

Valerie Simpson, R&B singer (Ashford and Simpson), turns 68

Branford Marsalis, Jazz saxophonist, turns 54

Chris Burke, Actor ("Life Goes On"), turns 49

Adrian Young, Rock musician (No Doubt), turns 45

Melissa McCarthy, Actress ("Mike and Molly"), turns 44

Macaulay Culkin, Actor ("Home Alone"), turns 34

**AND.....**"If you're sitting in a bar this afternoon, like Jay and his friends will be doing....." and Chris Pine, Actor ("Star Trek"), comes in, we hope that you will "Beam Him Up" a drink, as he is 34 years old today.

## Did You Know.....?

### Kiwanis International celebrates US\$100 million

During Kiwanis International's centennial year, we have celebrated the power of 100. That number represents more than just a look back at our past - it's also a big step forward.

We reached another "100" milestone this month. The Eliminate Project: Kiwanis eliminating maternal and neonatal tetanus has reached US\$100 million in cash and pledges. Our new total includes a matching grant from the Canadian government and more than US\$8.3 million raised during district Kiwanis conventions—a record US\$7.5 million in one weekend.

"A world free of maternal and neonatal tetanus will soon be a reality," says Kiwanis International President John Button. "It is a

great accomplishment to pass the US\$100 million fundraising mark. It is because of our Kiwanis members' devotion to the children of the world that families will no longer know the anguish and pain of losing a mother or baby to tetanus."

Since 2010, the Kiwanis family has raised enough money to help save or protect more than 55 million women and babies from maternal and neonatal tetanus. It leaves just US\$10 million to reach our fundraising goal of US\$110 million.

Five years ago, the Kiwanis family made a commitment. Now we are on the verge of making history. Make sure you are part of it! Give today. Then share our big news—and this big opportunity—with family, friends and others.



In every face, a reason to make history.

**ELIMINATE**  
maternal/neonatal tetanus  
Kiwanis | unicef

Give now



# KIWANIS CLUB OF DELRAY BEACH – SUNRISE

## PRESENTS THE 33rd ANNUAL ED LONIE & HY SEIGEL MEMORIAL GOLF TOURNAMENT



The event is fast approaching for our October 10th Golf Tournament, the following is a status report:

I have begun working on our annual golf tournament and have acquired 2 hole sponsorships and 4 teams . As you know, we will need each Kiwanis member to acquire at least one hole sponsorship each to create a successful result. In addition, any prize or certificate collected to be awarded to our golfing participants would be greatly appreciated. Once again, the date for the tournament is Oct. 10th, which is only 6 weeks away.

Sincerest Regards,  
Ben Ruby

**We need YOUR help!**  
**Please Find Golf Teams, Prizes & Sponsors**



Cut out and use this form for entries & sponsors



### KIWANIS CLUB OF DELRAY BEACH – SUNRISE

#### PRESENTS THE 33rd ANNUAL ED LONIE AND HY SEIGEL MEMORIAL GOLF TOURNAMENT

SATURDAY – October 10, 2015 – 8:00 AM  
RAIN DATE SUNDAY – October 11, 2015 – 8:00 AM  
SHOTGUN START – FOUR PERSON SCRAMBLE FORMAT  
DELRAY BEACH GOLF CLUB

Entry Fee of \$75.00 Per Player  
Includes Refreshments on the Course, Great Lunch and Cash Prizes.  
Loads of FUN & Great Prizes including Closest to the Pin, Longest Drive, and a \$ 10,000.00 Hole-in-One Cash Prize + 3 additional Hole-in-One Prizes

Name	Phone #
Player #1 _____	_____
Player #2 _____	_____
Player #3 _____	_____
Player #4 _____	_____

The Fee to sponsor a hole is \$ 100.00. Please attach your Business Card with payment. All sponsors' business cards will be displayed on our Sponsor's Board at the Golfer's sign-in desk, and a list of sponsor names will be placed on each table at the luncheon denoting your support. Rather than sponsoring a hole, perhaps you could donate a prize to go to the golf participants, which would be greatly appreciated.

Sponsor's Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Prize Donation Name \_\_\_\_\_ Phone # \_\_\_\_\_

**PROCEEDS FROM THIS EVENT ALLOW THE KIWANIS CLUB OF DELRAY BEACH-SUNRISE TO DONATE MUCH NEEDED MONIES TO OUR CHILDREN'S CHARITIES AND TO LOCAL SCHOOLS FOR SCHOLARSHIPS, SUPPLIES, ETC.**

Please make checks payable to: "Delray Beach Kiwanis-Sunrise," and they can be mailed to: P.O. Box 7083, Delray Beach, Fl 33482-7083.



For more information, please call **Ben Ruby at (561) 251-1912**, or Delray Beach Golf Club at 243-7381. **Thank you for your support!**





As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goats milk was used.

She showed the group a lovely hillside where many goats were grazing. "These", she explained, "are the older goats put out to pasture when they no longer produce."

She then asked, "What do you do in America with your old goats?"

A spry old gentleman answered, "They send us on bus tours."

## Yogi's words are for the ages.



Yogi Berra's second claim to fame is for being one of the most quoted figures in the sports world. He is credited with coining the deceptively simplistic observation, "It ain't over till it's over." But he's also known for his flubs. Here are more of the most notorious of these:

- "When you come to a fork in the road, take it."
- "You give 100 percent in the first half of the game, and if that isn't enough in the second half you give what's left."
- "90% of the putts that are short don't go in."
- "I made a wrong mistake."
- "Texas has a lot of electrical votes." -- During an election campaign, after George Bush stated that Texas was important to the election.
- "Thanks, you don't look so hot yourself." -- After being told he looked cool.
- "I always thought that record would stand until it was broken."
- "Yeah, but we're making great time!" -- In reply to "Hey Yogi, I think we're lost."
- "If the fans don't come out to the ball park, you can't stop them."
- "Why buy good luggage? You only use it when you travel."



## 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.

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

### Last Month's Answers:

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

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

**2014-15 Kiwanis Int'l President:**  
Dr. John Button

**2014-15 Florida Kiwanis Governor:**  
Charles R. Gugliuzza  
Email: [gugliuzzac@gmail.com](mailto:gugliuzzac@gmail.com)

**2014-15 Division 21 Lt. Governor:**  
Carol Ramiccio  
Email: [car5915@aol.com](mailto:car5915@aol.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

**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:**

**President:** David Liddell

**Div. 21 Trustee:** James Banaeian  
Email: [james@cometoflorida.com](mailto:james@cometoflorida.com)



## International President's Corner

Dr. John Button, *President of Kiwanis International*

### SUMMING UP

It seems like only yesterday that we were in Tokyo and I was sharing my plans with you: The Eliminate Project, The Formula and celebrate our centennial anniversary. Now it's time for summing up and putting the experiences of the past year into context.

We celebrated. From January 1, on our "birthday cake" float in the Tournament of Roses Parade, we celebrated with the entire Kiwanis family. The gala weekend in Detroit set the tone for all that has come after, celebration and service in equal measure. There was birthday cake in Taichung, Taiwan; Gurnee, Illinois; Milan, Italy and Barrie, Ontario. There were communities reborn and reunited around playground builds in places such as Redmond, Oregon; Troy, Missouri; Island Park, New York; Mableton, Georgia and Johor Bahru, Malaysia. There's a centennial splash pad in Ridgetown, Ontario. What a birthday celebration this has been with Kiwanians giving the gift of play to the children of their communities.

During the second year of The Formula, we have celebrated success to success. As of this past June 30, we have added 8,355 enthusiastic new members and opened 119 new clubs, far outpacing the past year's remarkable pace. Yes, The Formula is working—all because of you.

From the 2014 Kiwanis International convention to the 2015 ICON, we raised more than US\$37 million to end maternal and neonatal tetanus. We're on the threshold of victory, and that victory will be so sweet.

The Kiwanis I-Plan—our strategic plan with its emphasis on growth, service, image and financial stewardship—has been launched. I believe the deliberations and decisions of the Kiwanis International Board and the House of Delegates have furthered the plan.

All of this and so much more. But we cannot rest. As our centennial celebrations wind down and the backslapping comes to an end, we cannot forget the millions of children around the world whom we have not reached, those for whom life is no better. They are waiting. Let's get on with it.

Debbie and I have been truly blessed. Your achievements have humbled us and made us so very proud to serve you. From the bottom of our hearts, thank you.



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

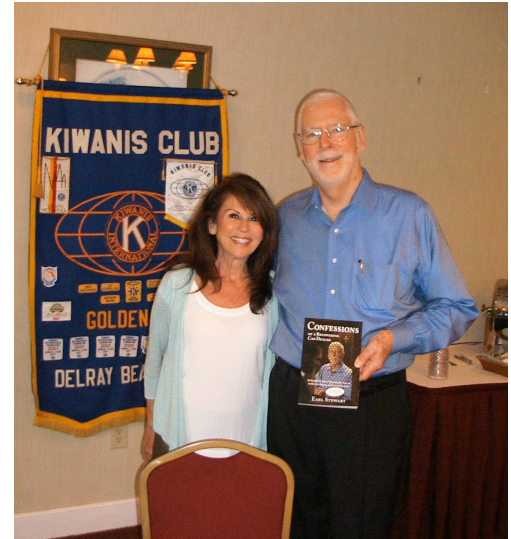


### From Our Photographer's Camera.....

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



Ben Bassford



A way to serve.  
A place to connect.

**Do Good. Feel Good.**



**Kiwanis**