

**Be A Sponsor/
Play In Our Golf
Tournament**
Details P.5

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.

Volume 2017, Issue 9

September, 2017

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 - Dianie Alperin, 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- Scott Youngberg
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 -Jack Foley,
Dale Morrison
Key Club/Builders Club -
American Heritage - Tony Marazita
Atlantic High School- Erica McFarlane
Unity School - Stacy Brookman
Atlantic PTSA -

The Only Children's Garden in Palm Beach



For now.....Our program on August 16th was presented by Jeannie Fernsworth, co-Founder of the Delray Beach Children's Garden.

an integral part of creating what the garden has to offer today, from serving as judges at their design charrette, to working as volunteers throughout the build. Garden Features include Veggie Garden Labyrinth, Rare and Tropical Fruit Trees, Giant Storytelling Chair with a Treasure Chest of books, Fish and Turtle pond, Twig Tunnel, Banana Forest, Well Wishes Healing Garden, Interactive weather and solar power stations, Dream Boat, Cotton the Albino Bunny, and the Simon Grass River Hut for classes, celebrations and gatherings.

Children's Garden was created to nurture eco-consciousness in children. They believe that given the opportunity to learn, play and explore in nature, children will grow up wanting to be environmental stewards.

The garden is located at 137 SW 2nd Avenue, Delray Beach. They offer weekly classes and special events. To Donate, Volunteer and for more information, go to www.delraybeachchildrensgarden.org. There are currently plans for several more gardens throughout Palm Beach County.

From the start, the founding committee believed that a garden for children should include children in the design and build. Children have been



Fall-2017 Police Appreciation Awards

Twice a year, our club recognizes the outstanding performance of the Officers and Civilian Employees of the Delray Beach Police Department. On August 30th, we presented the Fall 2017 awards to Field Training Officer Gina Gallina, Communications Supervisor Jennifer Brown and Communications Specialist Kevin Bascomb.



Continues—See **Awards**, Page 5 ▶

Visit our Website:
www.delraybeachkiwanis-sunrise.org

Commissioner Bernard Talks About County Issues

Our speaker on August 23rd was Mack Bernard, County Commissioner, District 7. Mack gave a very interesting update on the main issues at hand for the Palm Beach County Commission. At the forefront is GL Homes coming request to change the rules of the Ag Reserve so it can build more homes on land it owns there, a 22,000-acre farming zone located west of Boynton Beach and Delray Beach. There is plenty of opposition to this and Commissioner Bernard wants to know how you feel about it.



Sober homes, the environment and homelessness are the other issues Palm Beach County officials want to address. Halfway homes for drug addicts, called sober homes, have proliferated throughout South Florida, but especially in Delray Beach and other parts of Palm Beach County. They also need to address the opioid epidemic roaring through the county and across the state.

At the Board of County Commissioners meeting on Aug. 15, 2017, Commissioner Mack Bernard presented a proclamation declaring July 31 to November 7, 2017 as the 100-Day Challenge to End Youth Homelessness.

Mack Bernard is a former Democratic member of the Florida House of Representatives, representing District 84 from August 25, 2009, to 2012. He also served as Deputy Vice-Mayor of the Delray Beach City Commission. For more information, go to <http://discover.pbcgov.org/countycommissioners/district7>.

"If God is watching us, the least we can do is be entertaining."

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



Upcoming Important Dates:

Upcoming Birthdays:

September 7 - Terrill Pyburn

Wedding Anniversaries:

September 3 - Ernie & Betty Galinis (57 Years!)

September 6 - Jeff & Cindy Goldman (18 years)

September 8 - Larry & Denise Kristiansen

September 23 - Alberta & Kevin Rickard

September 29 - Doug & Jody Martin

September 30 - Scott & Sophia Youngberg (45 years)

Membership Anniversaries:

September 17 - Peggy Kelleher

September 20 - Scott Youngberg, 39 years

September 30 - Terrill Pyburn, 15 years

August 3rd Meeting "Finnegan's": **Bob Barcinski** did the honors of greeting & collecting tonight. He was happy his granddaughter was out of the hospital from having her wisdom teeth pulled. **Dale Morrison** said **Jay Alperin** was ducking him after beating him in golf 16-11 (Jay wasn't here tonight). **Lisa Lee** put \$5 in for her school Orchard View raising their grade from a D to a C, gaining over 50 points. Way to go Lisa! **Scott Youngberg** put in for Lisa's great work. Lt. Governor **Tom Thayer** was happy to be here and **Carlene Laseter** is going to visit the kids in Lady Lake. **Peggy Kelleher** was happy for the start of football. **Susan Ruby** said "here's to not watching football". **Ben Ruby** likes football...Uh-Oh...**Carol Bassford** was happy to see the Ruby's. Finally, **Ben Bassford** and **Ernie Galinis** contributed for the energy that Scott is putting in to the golf tournament. (Shameless plug....Thanks.)

August 9th Meeting: Today we welcomed guest **Randy Alves**. **Larry Kristensen**, **Ezra Krieg**, and **Peggy Kelleher** all put in for Randy. **Scott Youngberg** cheered on the Miami Dolphins in tomorrow's 1st pre-season game, echoed by Ezra as well. **Reeve Bright** is going back to Maine to enjoy 50's weather, lobster, clams, sailing...you get the idea. **Jay Alperin** is celebrating his 48th wedding anniversary. **Doug Martin** had his usual ADIP dollar. Everyone else was just happy.

August 16th Meeting: Today we had a lot of birthdays to celebrate and we installed a new member—**Randy Alves**. Just about everyone put in for the birthdays and to welcome Randy into our club. Randy is counting down for College Football—Go FSU! **Jay Alperin** put in for his wife's birthday and that he is going on vacation to Europe for the next two weeks.

August 23rd Meeting: **Larry Kristiansen** filled in for Jay while he's on vacation. **Doug Martin** put in for Larry doing a great job. **Ben & Carol Bassford's** son turns 47. **Ernie Galinis** recently celebrated the birth of his 3rd GREAT Grandchild. **Ezra Krieg** put in for his birthday and for **Randy Alves** becoming our next President (C'mon Ezra, don't scare him away). Randy is celebrating his 4 year anniversary with his girlfriend. Prospective member **Mack Bernard** put in for his 12 year wedding anniversary. **Scott Youngberg** is revving up his "Chop" for FSU and **Peggy Kelleher** is getting her "Chomp" going for UF and the beginning of football. **Gina Sablo's** son got a job and **Steve Rubin** was "Just Late". Well, everyone else was "Just Happy!".

August 30th Meeting: Today was our Police Appreciation breakfast and we had a great turnout, filling up the big room. Everybody thanked the men and women for their service and for the safety they give us.



HAVE YOU SEEN THE INTERNET LATELY?



KIDS NEED KIWANIS



50/50 Winners:

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



August 3 - Susan Ruby

August 9 - Gene Sapino

August 16 - Ezra Krieg

August 23 - Larry Kristiansen

August 30 - Guest **Chuck Hallberg** (Gave back to the club....Thanks Chuck!)

Upcoming Meeting Programs

- 9/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, September 7th, at 6:00 pm.
9/13 Tentative: Jim Chard
9/20 Office of the Inspector General
9/27 **Past Presidents**
- 10/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, October 5th, at 6:00 pm.
10/11 Shirley Johnson
10/18 Homeless Coalition
10/25 Spirit of Giving
- 11/2 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, November 2nd, at 6:00 pm.
11/8 Sweet Dreams
11/15 Tentative: PACE
11/22 Stand Up Foundation
11/29 Jack the Bike Man
- 12/7 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, December 7th, at 6:00 pm.
12/13 **Police Appreciation**
12/20 **Adopt a Family—Gift Wrapping**
12/27 Tentative: Lord's Place Reentry Program
- 1/4 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, January 4th, at 6:00 pm.
1/10 Golden Parents
1/17 Above & Beyond
1/24 Achievement Centers
1/31 Habitat for Humanity
- 2/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, February 8th, at 6:00 pm.
2/14 Need Speaker
2/21 Tentative: Milagro Center
2/28 Delray Beach Housing Authority
- 3/8 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, March 8th, at 6:00 pm.
3/14 Need Speaker
3/21 Palm Beach Metropolitan Planning Organization
3/28 Philanthropy Tank
- 4/5 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, April 5th, at 6:00 pm.
4/11 **Delray Beach Hall of Fame**
4/18 Bike Florida
4/25 InSpirit
- 5/3 **Finnegan's**- See You at the "Happy Hour" meeting, Thursday, May 3rd, at 6:00 pm.
5/9 Community Greening

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

Membership

Carlene Laseter - Chairperson



**Meet our
Newest Member**

"Randy Alves"



Randy was born in California on a military base. His father was a Marine, and when he retired they moved to Jacksonville. Randy graduated from Florida State University and was highly involved on campus, including being the treasurer of his graduating class. He is currently a Financial Advisor with Merrill Lynch in Delray Beach. Randy enjoys helping clients pursue their financial goals. More importantly, he lives to serve others and has built his life around community service. On the weekends, you can find Randy surfing and soaking up the sun at the beach, or playing guitar with friends.

Welcome Randy!

**Remember, This is The Formula:
Love being a Kiwanian. Love your club.
Share it with others. Live it.**

Doing Good....Feeling Good!

HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Don't let your special character and values, the secret that you know and no one else does, the truth - don't let that get swallowed up by the great chewing complacency."

— Aesop



Calendar Of Events

September 27..... Past President's Breakfast

October 14 Delray Beach Kiwanis 35th Annual Charity Golf Classic Fundraiser

November 23..... Deliver Thanksgiving Dinners to needy

December 20 Adopt-A-Family



"If I agreed with you we'd both be wrong."



Kiwanis Marketplace

You joined our club for service and friendship. Thanks to Kiwanis International's partnerships, your membership has even more value. And you'll find those new benefits at Kiwanis Marketplace.

Kiwanis Insurance: Exclusive insurance and travel assistance plans at group rates.

Kiwanis Travel: A partnership for premium global adventures at competitive rates.

Kiwanis Visa Rewards: A branded rewards credit card that supports the Kiwanis Children's Fund.

Coverage. Travel. Rewards. They're all available at Kiwanis Marketplace.

Learn more about each program at Kiwanis.org/marketplace.



Kiwanis

MARKETPLACE

Blondes.... Gotta Love'Em

Three women were about to be executed by a firing squad. One was a brunette, one a redhead, and the other a blonde.

The guard brought the first woman, the brunette, forward and the executioner asked if she had any last requests.

She said no, and the executioner shouted: "... Ready ... Aim ... !! and suddenly the brunette yelled, "EARTHQUAKE!". Everyone was startled and looked around. She escaped.

So they brought up the redhead and asked if she had any last requests. She said no, and the executioner shouted: "... Ready ... Aim ...!! and suddenly the redhead yelled "TORNADO!" Everyone was startled and looked around. She escaped.

By now, the blonde had it all figured out. They brought her forward and the executioner asked if she had any last requests. She said no and the executioner shouted: "... Ready ... Aim ... !! and the blonde yelled, "FIRE!"





The Kiwanis Club of Delray Beach

Presents their

35th Annual Charity Golf Classic

"Fun for Everyone"

October 14th, 8:00 am, Delray Beach Golf Club

It's that time again for our Annual Charity Golf Tournament, and it's going to be better than ever!

New for this year we will have the "Tee Shot Blaster" that launches your ball up to 500 yards, Super-Ticket that includes gift cards and Golf Scratch-off game, Increased cash prizes for first and second placed teams, Guaranteed Par for everyone and much, much more. It's going to be "Fun for Everyone".



**We need YOUR help! To date, we only have
3 Teams Registered to play and 14 Sponsors Signed up!
Please Help Us Find Golf Teams, Prizes & Sponsors**

******* "Only 6 Weeks To Go" *******

Go to our dedicated website for the tournament at: <https://www.planmygolfevent.com/31048-DelrayKiwanis> to register to play as well as information on becoming a sponsor, or both. Super easy to sign up!

So, please set aside the day of the 14th of October and spread the word! Feel free to contact Scott Youngberg at 561-386-5237 any time with questions or requests regarding the sponsorship packages.

Thank you for your generosity and support.

► Awards, from Page 1

FTO Gina Gallina was recognized for her commitment to not only the recruit, but to the Field Training Program as a whole. Officer Gallina exposes her recruits to a variety of calls and situations ensuring they are better prepared to face today's ever changing law enforcement environment. She also constantly looks for ways to improve the program, update it and modify it so that it runs efficiently.

Supervisor Jennifer Brown and CS Kevin Bascomb were recognized for their willingness to put their needs aside for covering the Call Center during Officer Christine Braswell's Memorial Service in April, 2017.

We had a great turnout of members and guests, including Mayor Cary Glickstein and City Councilwoman Shirley Johnson. CONGRATULATIONS to our winners, and THANKS

FOR YOUR SERVICE! Each received a certificate, a \$50 gift card and their names added to the Kiwanis



commemorative plaque hanging in the Police station.

PUBLIC SERVICE ANNOUNCEMENT

Don't fall victim to Internet scams

If something you receive sounds too good to be true or is questionable, **STOP** and get the facts before you proceed. Fraudsters are utilizing various methods and channels to trick unsuspecting victims. **Phishing** is the practice of using cleverly disguised emails and website pages to capture password, PIN and other private information. Fraudsters use phishing scams to gain access to other people's personal information for their own financial gain. In addition to phishing, thousands of people are now falling prey to tax scams, online dating, and money mules schemes.

What are some common online scams?

Tax Scams/Refund Fraud

The Internal Revenue Service (IRS) has seen a significant increase in refund fraud that involves identity thieves who file false claims for refunds by stealing and using someone's Social Security number.

Internet Dating/Romance Scam

Internet dating/romance scams usually involve an international online dating site but can be performed on domestic websites as well. Dating and romance scam artists try to play on emotional triggers to get a person to provide money, gifts or personal details.

Money Mules

A money mule is a person who transfers stolen money in person, electronically, or through a courier service on behalf of others. Money mules are often innocent people recruited online for what they think is legitimate employment, not aware that the money they are transferring is the product of a crime.

Protect yourself.

Take a proactive stance. It is important to be cautious and do research before divulging personal information. Familiarize yourself with some of the most prevalent online schemes and when in doubt, contact a person of authority.

Other Doings.



Our new Terrific Kids Program at Orchard View Elementary is all set to go. Thanks to **Lisa Lee, Peggy Kelleher** and **Carlene Laseter** for organizing.



Ready To Putter Around???

The Putt-Putt Challenge between our club and Rotary is going to happen, sometime in the fall. Proceeds will go to a charity to be named later. Thanks to **Reeve Bright** for putt-ing this together.



We will soon have a new Builders Club at Carver Middle School. **Ezra Krieg** is battling with **Peggy Kelleher** for directorship of this project. Ezra got things started. He's hoping Peggy will take over after they sign the paperwork.



Lt. Governor Tom Thayer paid a visit at our Finnegan's Meeting on August 3rd. He presented the remaining banners from the Delray Noon-Time club. Thanks Tom!



Our club recently made a \$100 donation to the West Boynton Little League team going to Georgia to compete for the Little League World Series and representing Florida.



At our August 9th meeting, **Peggy Kelleher** had to borrow a buck from **Gene Sapino** for Happy Dollars. Gene said "don't worry about it since I'm going to win the 50/50 anyway". Well, you guessed it, he won! See, it pays to be generous.



At our Police Appreciation meeting on August 30th, we had an extra prize to award as part of the 50/50 drawing. **Ben Bassford** had 50 yard line tickets that were given to him by **Reeve Bright** for the UM-Bethune Cookman Football game on Saturday, September 2nd. One of the officers won the prize and was really excited. Thanks Ben and Reeve!

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 3:

1914 At the outbreak of World War I, British Foreign Secretary Edward Grey remarked: "The lamps are going out all over Europe; we shall not see them lit again in our lifetime."

1914 Germany declared war on France.

1923 Calvin Coolidge was sworn in as the 30th president of the United States, one day after President Warren G. Harding died of a heart attack.

1943 Gen. George S. Patton slapped a private at an army hospital in Sicily, accusing him of cowardice.

1949 The National Basketball Association was formed.

1958 The nuclear-powered submarine Nautilus became the first vessel to cross the North Pole underwater.

1994 Stephen G. Breyer was sworn in as a Supreme Court justice.

Birthdays:

Tony Bennett, Singer, 91
 Marv Levy, Hall of Fame football coach, 92
 Martin Sheen, Actor ("The West Wing"), 77
 Martha Stewart, Lifestyle guru, 76
 Marcel Dionne, Hockey Hall of Famer, 66
 Jay North, Actor ("Dennis the Menace"), 66
 Randy Scruggs, Country musician, 64
 John C. McGinley, Actor ("Scrubs"), 58
 James Hetfield, Rock musician (Metallica), 54
 Isaiah Washington, Actor, 54
 Tom Brady, Football player, 40
 Evangeline Lilly, Actress ("Lost"), 38

August 9:

1854 Henry David Thoreau published "Walden," which described his experiences living near Walden Pond in Massachusetts.

1936 Jesse Owens won his fourth gold medal at the Berlin Olympics as the United States took first place in the 400-meter relay.

1945 The United States exploded a nuclear device over Nagasaki, Japan, instantly killing an estimated 39,000 people. The explosion came three days after the atomic bombing of Hiroshima.

1969 Actress Sharon Tate and four other people were found murdered in Los Angeles; cult leader Charles Manson and a group of his followers were later convicted of the crime.

1974 Gerald R. Ford was sworn in as the 38th president of the United States following the resignation of Richard M. Nixon.

2002 Barry Bonds of the San Francisco Giants hit his 600th home run, becoming the fourth major leaguer to reach the mark.

2004 Terry Nichols was sentenced to 161 consecutive life sentences on state murder charges in the Oklahoma City bombing.

Birthdays:

Bob Cousy, Basketball Hall of Famer, 89
 Rod Laver, Tennis Hall of Famer, 79
 David Steinberg, Comedian, 75
 Sam Elliott, Actor, 73
 Melanie Griffith, Actress, 60
 Deion Sanders, Football Hall of Famer, 50
 Gillian Anderson, Actress ("The X Files"), 49
 Eric Bana, Actor, 49
 Anna Kendrick, Actress ("Up in the Air," "Twilight" movies), 32

August 16:

1858 A telegraphed message from Britain's Queen Victoria to President James Buchanan was transmitted over the recently laid trans-Atlantic cable.

1954 Sports Illustrated was first published by Time Inc.

1960 Britain granted independence to Cyprus.

1977 Singer Elvis Presley died at Graceland Mansion in Memphis, Tenn., at age 42.

2007 Jose Padilla, a U.S. citizen held for 3-1/2 years as an enemy combatant, was convicted in Miami of helping Islamic extremists and plotting overseas attacks. (He was sentenced to 17 years, four months in prison.)

2008 Michael Phelps won the 100-meter butterfly by a hundredth of a second for his seventh gold medal of the Beijing Olympics, tying Mark Spitz's 1972 record.

2010 China eclipsed Japan as the world's second biggest economy after three decades of blistering growth.



Birthdays:

Ann Blyth, Actress, 89
 Tony Trabert, Tennis Hall of Famer, 87
 Eydie Gorme, Singer, 86
 Julie Newmar, Actress ("Batman"), 84
 Lesley Ann Warren, Actress, 71
 Kathie Lee Gifford, TV host ("Today"), 64
 James Cameron, Director ("Titanic"), 63
 Madonna, Singer, 59
 Timothy Hutton, Actor, 57
 Steve Carell, Actor ("The Office"), 55
 Emily Robison, Country singer(The Dixie Chicks), 45

August 23:

1775 Britain's King George III proclaimed the American colonies in a state of open rebellion.

1979 Soviet dancer Alexander Godunov defected while the Bolshoi Ballet was on tour in New York.

2000 The first season finale of the reality show "Survivor" aired on CBS, with contestant Richard Hatch winning the \$1 million prize.

2005 Israeli forces evicted militant holdouts from two Jewish settlements, completing a historic withdrawal from the Gaza Strip and part of the West Bank.

2011 Judges in New York put an end to the sensational sexual assault case against Dominique Strauss-Kahn, setting him free after prosecutors questioned the credibility of the hotel housekeeper who'd accused the French diplomat.

Birthdays:

Vera Miles, Actress, 87
 Barbara Eden, Actress ("I Dream of Jeannie"), 86
 Mark Russell, Comedian, 85
 Sonny Jurgensen, Football Hall of Famer, 83
 Richard Sanders, Actor ("WKRP in Cincinnati"), 77
 Shelley Long, Actress ("Cheers"), 68
 Rick Springfield, Actor, singer, 68
 Kobe Bryant, LA Lakers guard, 39

August 30:

1862 Union forces were defeated by the Confederates at the Second Battle of Bull Run in Manassas, Va.

1905 Baseball Hall of Famer Ty Cobb made his major league debut with the Detroit Tigers.

1941 Nazi forces began a siege of Leningrad during World War II that lasted nearly two and a half years.

1963 A hot-line communications link between Washington, D.C., and Moscow went into operation.

1967 The Senate confirmed the appointment of Thurgood Marshall as the first African-American justice on the Supreme Court.

1983 Guion S. Bluford Jr. became the first African-American astronaut to travel in space when he blasted off aboard the space shuttle Challenger.

1989 A federal jury in New York found "hotel queen" Leona Helmsley guilty of income tax evasion but acquitted her of extortion.

1993 "The Late Show with David Letterman" premiered on CBS.

2005 Hurricane Katrina struck the Gulf Coast with devastating force, killing more than 1,700 people and flooding New Orleans after the city's levees failed.

Birthdays:

Bill Daily, Actor ("I Dream of Jeannie," "The Bob Newhart Show"), 90
 Warren Buffett, Berkshire Hathaway chairman and CEO, 87
 Elizabeth Ashley, Actress, 78
 Jean-Claude Killy, Skier, 74
 Peggy Lipton, Actress ("The Mod Squad"), 70
 Timothy Bottoms, Actor, 66
 Michael Chiklis, Actor ("The Shield"), 54
 Andy Roddick, Tennis player, 35

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing.....and Cameron Diaz, Actress comes in, we hope that you will buy her a "Hubba-Hubba" drink, as she is 45 years old today.



The "Golden" Years ...



Q: Why should 60+ people use valet parking?

A: The valet won't forget where he parked your car.

Q: Is it a common problem for 60+ year olds to have trouble with memory storage?

A: No. Memory storage is not the problem. Memory retrieval is.

Q: Do people sleep more soundly as they get older?

A: Yes, but it's usually in the afternoon.

Q: Where should old people look for glasses?

A: On their forehead.



**Dear Justin Bieber haters
Please respect him..
I owe my life to Justin.
Last August 16, 2014 i was in coma
for 4 months due to a terrible car
accident.
One day my nurse turned the radio
to Justin's song,
So i got up..
And i turned off the radio.**



How to make vegetables tasty

While plain salads and steamed veggies can quickly become bland, there are plenty of ways to add taste to your vegetable dishes.

Add color. Not only do brighter, deeper colored vegetables contain higher concentrations of vitamins, minerals and antioxidants—but they can vary the flavor and make meals more visually appealing. Add color using fresh or sundried tomatoes, glazed carrots or beets, roasted red cabbage wedges, yellow squash, or sweet, colorful peppers.

Liven up salad greens. Branch out beyond lettuce. Kale, arugula, spinach, mustard greens, broccoli, and Chinese cabbage are all packed with calcium, magnesium, iron, potassium, zinc, and vitamins A, C, E, and K. To add flavor to your salad greens, try drizzling with olive oil, adding a spicy dressing, or sprinkling with almond slices, chickpeas, a little bacon, parmesan, or goat cheese.

Satisfy your sweet tooth. Naturally sweet vegetables—such as carrots, beets, sweet potatoes, yams, onions, bell peppers, and squash—add sweetness to your meals and reduce your cravings for added sugar. Add them to soups, stews, or pasta sauces for a satisfying sweet kick.

Cook green beans, broccoli, Brussels sprouts, and asparagus in new ways. Instead of boiling or steaming these healthy sides, try grilling, roasting, or pan frying them with chili flakes, garlic, shallots, mushrooms, or onion. Or marinate in tangy lemon or lime before cooking.

A young hot-shot pilot wanted to sound cool and show who was boss on the aviation radio frequencies.

So, this was his first time approaching an airfield during the nighttime.

Instead of making any official landing requests to the tower, he said: "Guess who?"

The tower controller switched the field lights off and replied:

"Guess where...!"

.....Submitted by Carlene Laseter



Here Comes "Little Johnny"

..... Little Johnny's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted

criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. "Yes," said the policeman. "The detectives want very badly to capture him." Little Johnny asked, "Why didn't you keep him when you took his picture?"

..... Five year old Little Johnny was lost, so he went up to a policeman and said, "I've lost my dad!" The policeman said, "What's he like?" Little Johnny replied, "Beer and women!"

..... Finding one of her students making faces at others on the playground, Ms. Smith stopped to gently reprimand the child.

Smiling sweetly, the Sunday school teacher said, "Johnny, when I was a little girl, I was told if that I made ugly faces, it would freeze and I would stay like that."

Johnny looked up and replied, "Well, Ms Smith, you can't say you weren't warned."

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

Visit our Website:

www.delraybeachkiwanis-sunrise.org



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.

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

Last Month's Answers:

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

**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

International President's Corner

Jane Erickson
President of Kiwanis International



MAKING THE CONNECTION

When my youngest daughter was a sophomore in college, she had to write a marketing paper about one word that described an organization. She asked me about Kiwanis. I thought about it and responded with "connection."

Kiwanis gives us a great opportunity to connect in three ways. Our first connection is to our most noble cause, serving the children of the world. Whether we're filling backpacks with school supplies or food, helping with immunization clinics, conducting reading programs or helping with our Service Leadership Programs, we have the opportunity to help children on a daily basis. When we connect with our heart and our mind we have the ultimate connection.

The second connection is to our clubs and members. Yes, this is where we improve our world one child and one community at a time. We connect with each member of our club and form a new Kiwanis family, working side-by-side to improve our communities for our kids. We love, share and live as Kiwanians, looking for ways to help, support and grow our clubs by inviting others to join us, both as members and as partners. And we open new clubs in new communities to grow our connection even stronger.

The third connection is to our global Kiwanis family. We're so much more than 8,000 adult clubs in more than 80 countries and nations. Connected with hundreds of thousands of youth through our Service Leadership Programs, we are powerful supporters of kids and communities. We've battled iodine deficiency disorders and won. Now, we're defeating maternal and neonatal tetanus. Together, we're creating a worldwide movement of hope and help.

What connections will you make today to ensure that all children are happy, healthy, safe and loved?



**A way to serve.
A place to connect.**



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!

