

Save the
DATE!

"Swing for Kids"
Charity Golf Classic
September 22nd

The Sunriser



The Kiwanis Club of Delray Beach

Where Ordinary People Provide Extraordinary Service" - Celebrating 44 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.

2017-2018 Officers

President: Peggy Kelleher
561-243-2226
Vice-President: (Please Volunteer)

Secretary: Barbara Schooler
561-271-6649

Treasurer: Dale Morrison
561-278-1002

Immediate Past President:
Scott Youngberg

2017-2018 Bd. of Directors

Carlene Laseter, Susan Ruby,
Ben Ruby, Doug Martin,
Alberta G. Rickard, Larry Kristiansen

2017-2018 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

Volume 2018, Issue 9

September, 2018



It's Like a Home Depot For Nerds

Our program on August 8th was presented by Karen Kough, the Executive Director of TechGarage. This is where kids walk in and innovators walk out. Basically, the kids form teams and build robots that compete against each other. The vision is to develop fun, engaging, STEM oriented programs focusing on robotics for students in the form of a unique, self-sustainable model that puts students and professionals under one roof.

The biggest obstacle to establishing

advanced robotics programs in local high schools is the lack of a permanent workspace. They aim to solve this problem by centralizing the workspace for local teams, offer technology focused summer camps and programs in one facility. By pooling resources and tools, and housing multiple robotics teams under one roof, they are able to maximize the number of students reached through these programs by eliminating barriers to entry (workspace, equipment, robotics kits) and maximizing avenues to success (collaboration, professional mentor access). For more information go to www.tech-garage.org.

Be A Powerful Voice For Children



Our program on August 22nd was presented by Christie Geltz, a Volunteer Recruiter for The Florida Guardian ad Litem (GAL) Program in Palm Beach County.

A Guardian ad Litem is a trained, court-appointed volunteer who advocates objectively and solely for the best interests of children who are abused, abandoned or neglected and who are involved in dependency court proceedings.

There are currently over 1,600 kids in foster care in Palm Beach County, many needing someone to speak up for them. GAL has a goal of 635 volunteers this year. Doesn't seem

like enough, does it? Their biggest recruitment tool is word of mouth, so they are asking those who are GAL's to please keep telling your friends and neighbors about the great and rewarding work you do every day for our kids.

Qualifications to become a GAL include being a minimum of 21 years old, A legal background is not required; and exhibit good communication skills and have basic computer skills. For more information, go to www.galpbc.org.

Visit our Website:

www.delraybeachkiwanis-sunrise.org



Like us on
Facebook



Other Doings.....



Hail! President of the Month!

Since no-one stood up to take over the Presidency, Our Club has voted to have a President of the month. The POTM will have the responsibility of running our weekly meetings, that's it. Easy-Peesy..... **Jay Alperin** will be our first POTM in October when the new Kiwanis Year starts. All other club business will be handled by the Board of Directors.

Want to help? Join the list of members who will be POTM this coming year. So far, this is who we have helping out:

- October - **Jay Alperin**
- November - **Dave Freeburn**
- December - **Ernie Galinis**
- January - **Bob Barcinski**
- February - **Carlene Laseter**
- March - **Ben & Carol Bassford**
- April - **Reeve Bright**
- May - **Doug Martin**
- June - open
- July - open
- August - open
- September - **Ezra Krieg**

Thank You!

Everyone else....PLEASE help support the club and Sign Up!



Through the efforts of **Scott Youngberg** and **Tom Thayer**, our club will finally receive \$1,000 a year from the Delray Noon-Time gift to the Florida Foundation for scholarships.

Thanks to **Matt Sheehan** for signing off on the re-writing of the stipulations regarding that gift.



Anybody know where this trophy is? This was our prize when we beat the Rotarians in Putt-Putt Golf last year. We have been challenged again!



(Continued on Page 4)

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



Upcoming Important Dates:

Upcoming Birthdays:

September 7 - Terrill Pyburn

Wedding Anniversaries:

September 3 - Ernie & Betty Galinis (58 Years!)

September 6 - Jeff & Cindy Goldman (19 years)
Gene & Lauren Sapino

September 8 - Larry & Denise Kristiansen

September 23 - Alberta & Kevin Rickard

September 29 - Doug & Jody Martin

September 30 - Scott & Sophia Youngberg (46 years)

Membership Anniversaries:

September 8 - Lisa Lee

September 17 - Peggy Kelleher

September 20 - Scott Youngberg, 40 years

September 30 - Terrill Pyburn, 16 years

August 2nd Meeting "Finnegan's": **Jay Alperin** is celebrating his 49th Wedding Anniversary. **Ben & Carol Bassford** are celebrating their 52nd wedding anniversary. **Alberta Rickard** is happy Carol is doing well. **Lisa Lee** is back at work (Not that she had the summer off—LOL). **Ezra Krieg** is happy Carol Bassford was here and he got a \$600k grant to build affordable housing. **Dale Morrison** challenged Jay on his badge number....doubled down and lost! Everyone else was just Happy.

August 8th Meeting: **Jay Alperin** started the day in a big way. He put in \$20 for his 49th Wedding anniversary on Friday. **Doug Martin** enjoyed being with his grandkids over the weekend. **Scott Youngberg** had a great time in Music City (Nashville) except for the 100 degree weather. **Bob Barcinski**'s granddaughter is celebrating her 15th birthday. **David Freeburn's** mom is settled in at an assisted living residence. **Ezra Krieg** put in two dollars for his son Max returning home from an internship in California and leaving for college. **Peggy Kelleher's** son is in his 3rd week of selling cars and is doing well. Finally, prospective member **Vivian Junger Silveira** was happy to be here and meeting new people. Everyone else was Just Happy.

August 15th Meeting: **Scott Youngberg** is happy football is back. He also mentioned that FSU is no longer the only "Free Shoes University" as athletes at several other schools got busted. **Bob Barcinski's** granddaughter got her temporary drivers license. **Ezra Krieg** is going flats fishing next week. **Reeve Bright** said something about an insurance agent, but this crack reporter missed it. **Dave Freeburn** is happy school is back in session. And **Peggy Kelleher** thanked Scott for his efforts in getting the Foundation money from the former Delray Noon-Time freed up. Everyone else was JH.

August 22nd Meeting: Slim meeting today. Happy to see **Mike Salem**, who said it was good to be back. **Jay Alperin** is happy his wife Diane joined us today and that the "Lane Train" is on the tracks. (That's FAU's Lane Kiffin). **Scott Youngberg** welcomed our newest member (hopefully) Diane and **Doug Martin** ADIP. **Dave Freeburn** is going to Philly to see the Kids. Everyone else was "Just Happy".

August 29th Meeting: **Jay Alperin** was all excited to tell everyone why he was happy.....but then, he forgot. **Scott Youngberg** is excited about college football starting this weekend and wished all the state teams good luck, especially FAU playing at #8 Oklahoma. **Peggy Kelleher** added her Saturday's will again bring "Whole Joy" with football. **Carlene Laseter** returned from a month long trip, having lots of fun and logging over 2,000 miles (Yikes!). **Mike Salem** celebrated his brother's birthday and **Doug Martin** proclaimed "ADIP". **Ezra Krieg** celebrated his birthday by flat's fishing and had a great day catching lots of Reds. Everyone else, including **Bob Barcinski**, were "Just Happy".



Calendar Of Events

- September 22**36th Annual
Kiwanis "Swing For Kids"
Charity Golf Classic
 8 am, Delray Beach Golf Club
- September 29**..... Charter Night (Irish Theme)
 Installation of Officers
 Finnegan's 6 pm.
- October 20**..... Kiwanis One Day
 Family Activities
 "We need full club participation"
- January 16**..... Jeff Goldman Roast Breakfast

Upcoming Meeting Programs

- 9/6 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, September 6th, at 6:00 pm.
- 9/12 Tentative: Philanthropy Tank
- 9/19 Tentative: InSpirit
- 9/26 Genesis Community Health
- 10/4 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, October 4th, at 6:00 pm.
- 10/10 Tentative: Bike Florida
- 10/17 Wild Dolphin Project
- 10/24 **POLICE APPRECIATION**
- 10/31 *Need Speaker*
- 11/8 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, November 8th, at 6:00 pm.
- 11/14 Mark Lauzier, City Manager
- 11/21 47Reasons
- 11/28 *Need Speaker*
- 12/6 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, December 6th, at 6:00 pm.
- 12/12 Comedy for Unity
- 12/19 *Need Speaker*
- 12/26 *Need Speaker*
- 1/3 **Finnegan's**- See You at the "Happy Hour"
 meeting, Thursday, January 3rd, at 6:00 pm.
- 1/9 Fishing for Families in Need

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



HUMAN AND SPIRITUAL VALUES

(One of the six Objects of Kiwanis)

"Extraordinary people survive under the most terrible circumstances and they become more extraordinary because of it."

— Robertson Davies



Membership

Carlene Laseter - Chairperson



Kiwanis Changes Lives

MAKE AN IMPACT

Ready to help children and families in your community? Ready to change the world? Kiwanis is ready for you! Altogether, more than 7,000 Kiwanis clubs make Kiwanians a powerful force for serving children and changing lives. Each club is an independent entity, with its own traditions and priorities.

WHO JOINS KIWANIS

Kiwanis club members believe in service. They care about children. They're interested in the community around them because the community matters to them.

They're people like you. Friends. Neighbors. Volunteers who want to make a difference. And they love to see the difference they make when they work together.

BENEFITS OF JOINING

Study after study shows that volunteering with an organization like Kiwanis does more than make people feel good. Volunteering enhances social networks, improves mental health and contributes to higher levels of happiness, self-esteem, self-worth and life satisfaction.

Volunteers develop life skills and leadership abilities that can lead to employment opportunities.

KIDS NEED KIWANIS

Kiwanis is the safety net that creates opportunities for children to be curious, safe and healthy regardless of the community in which they live.

Kiwanis is a positive influence in locations worldwide with a dream that all children will wake up in communities that believe in them, nurture them and provide the support they need to thrive.

Remember, This is The Formula:

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

Live it. Doing Good....

Feeling Good!





50/50 Winners:

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



August 2 - Peggy (Madam Prez) Kelleher

August 8 - Ernie Galinis

August 15 - Peggy (Ms.Two-Timer) Kelleher

August 22 - Scott (The Man) Youngberg

August 29 - Scott (THE MAN Twice) Youngberg

Creating Success Stories..... One Student At A Time



Our program on August 29th was a presentation for SouthTech Schools. Speaking today were John-Anthony Boggess, Deputy Superintendent; Eileen Turenne, Principal; and Steven Kozak, Liason Officer.

SouthTech Schools are directly impacting the Palm Beach County workforce by preparing students for the workplace immediately after graduation. In today's marketplace, it's not enough to have a degree – work experience is imperative -- and SouthTech Schools are able to provide talent that yields immediate employability. There are four schools:

SouthTech Preparatory Academy - a tuition-free charter school serving students in grades 6-8. STP educates students in the STEAM (Science, Technology; Engineering, Arts and Math) disciplines and through career academies.

SouthTech Academy - a tuition-free charter school serving students in grades 9-12, offers 13 career academies and a variety of industry certifications. STA provides students with honors, AP and dual enrollment classes. Students graduate prepared to navigate their future, as they enter the workforce, pursue a college degree and beyond.

SouthTech Adult Education - provides adults with workforce training, apprenticeship opportunities, industry certifications and job placement assistance, GED and ESOL classes are offered throughout the year.

SouthTech Success Center - provides "at-risk" students with additional academic support and targeted interventions that will assist them in earning a high school diploma while providing them with career education to obtain jobs in the industry of their choice. For more information go to www.southtechschools.org.



Other Doings.....

(Continued from Page 2)



The Kids at OrchardView Elementary were greeted on the first day of school by the Firefighters and other dignitaries from Delray Beach. Thanks to **Ezra Krieg, Bob Barcinski** and **Dave Freeburn** for Representing our club.



Well, it happened again. While signing in, **Scott Youngberg** gave his "Winning Ticket" to **Doug Martin** and took Doug's. Then the following week, Scott did it again, letting Doug go first. You guessed it, Scott won....BOTH TIMES!

PUBLIC SERVICE ANNOUNCEMENT

Prostate-specific antigen (PSA) blood test

Prostate-specific antigen (PSA) is a substance made by cells in the prostate gland (both normal cells and cancer cells). PSA is mostly found in semen, but a small amount is also found in the blood.

Most men without prostate cancer have PSA levels under 4 nanograms per milliliter (ng/mL) of blood. The chance of having prostate cancer goes up as the PSA level goes up. When prostate cancer develops, the PSA level usually goes above 4. Still, a level below 4 does not guarantee that a man doesn't have cancer. About 15% of men with a PSA below 4 will have prostate cancer on a biopsy.

Men with a PSA level between 4 and 10 have about a 1 in 4 chance of having prostate cancer. If the PSA is more than 10, the chance of having prostate cancer is over 50%. If your PSA level is high, your doctor may advise either waiting a while and repeating the test, or getting a prostate biopsy to find out if you have cancer. When considering whether to do a prostate biopsy to look for cancer, not all doctors use the same PSA cut-off point. Some may advise it if the PSA is 4 or higher, while others might recommend it starting at a lower level, such as 2.5 or 3. Other factors, such as your age, race, and family history, may affect this decision.

A number of factors other than prostate cancer can also raise PSA levels:

An enlarged prostate: Conditions such as benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate that affects many men as they grow older, can raise PSA levels.

Older age: PSA levels normally go up slowly as you get older, even if you have no prostate abnormality.

Prostatitis: This term refers to infection or inflammation of the prostate gland, which can raise PSA levels.

Ejaculation: This can make the PSA go up for a short time, and then go down again.

Riding a bicycle: Some studies have suggested that cycling may raise PSA levels (possibly because the seat puts pressure on the prostate), although not all studies have found this.

Certain urologic procedures: Some procedures done in a doctor's office that affect the prostate, such as a prostate biopsy or cystoscopy, can result in higher PSA levels for a short time.

Certain medicines: Taking male hormones like testosterone (or other medicines that raise testosterone levels) may cause a rise in PSA.



Kiwanis

Delray Beach

36th Annual

"Swing for Kids" Charity Golf Classic

Benefiting



ACHIEVEMENT
CENTERS FOR
CHILDREN
& FAMILIES
FOUNDATION

Play in the Most Exciting Event in 2018!

\$50,000 SHOOTOUT

4 Players will get a shot at \$50,000

- * 18 Hole Scramble with 9 Par 3 Holes
- * Two \$10,000 Hole In One Prizes + 7 Additional Hole in One Prizes
- * "Sports Event VIP Ticket"
- * Guaranteed Winner Putting Contest
- * Guaranteed Winner "Adventure Cruise" for two - Closest to pin
- * Other Fun On-Course Contests
- * Hot Buffet Lunch
- * Awesome Raffle Prizes

September 22, 2018

Delray Beach Golf Club, 2200 Highland Avenue, Delray Beach, FL 33445

Please Note:

"ONLY 3 WEEKS TO GO!"

We desperately need your help to secure sponsorships, Players and Raffle Prizes.

Thanks to Stuart & Shelby Development for their Gold Level Sponsorship.



Let's keep it going!

For more information and If you are playing, sponsoring or both, You can register now on-line by going to:

<http://www.kiwanis-swingforkids.com/>

We can accept credit cards on our website, so please keep that in mind.

It will be a FUN event and will ultimately benefit the children and other projects in our area.

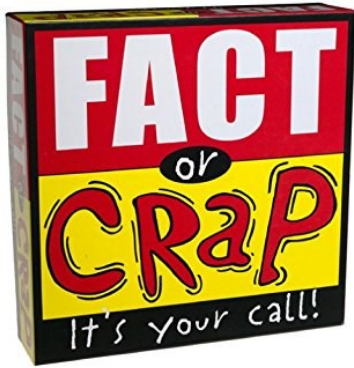


The "Golden" Years ...

Signs You Have Grown Up



- You're the one calling the police because those %&@.. kids next door won't turn down the stereo.
- Older relatives feel comfortable telling sex jokes around you.
- You don't know what time Taco Bell closes anymore.
- Your car insurance goes down and your car payments go up.
- You feed your dog Science Diet instead of McDonald's leftovers.
- Sleeping on the couch makes your back hurt.
- You take naps.
- Dinner and a movie is the whole date instead of the beginning of one.



- 1) Fact or Crap - Etiquette dictates that it is improper to use the term congratulations when greeting a bride.
- 2) Fact or Crap - Bottling rights for Coca-Cola were sold for one dollar.

- 21) Fact or Crap - Presidents Thomas Jefferson and John Adams both died on July 4, 1826
- 22) Fact or Crap - The Virgin Islands does not observe Daylight Savings Time.
- 23) Fact or Crap - If Barbie were a real woman her measurements would be 36-24-36
- 24) Fact or Crap - The Dog on the Cracker Jack box is named Jack.

(Answers on Page 10)



Tips for a lower-salt diet

If you have read up on salt facts, you'll know that too much salt can cause raised blood pressure, which increases the risk of heart disease and stroke. The

following tips can help you cut down on salt.

You don't have to add salt to your food to eat too much of it – around 75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals.

Remember, whether you're eating at home, cooking or eating out, don't add salt to your food automatically – taste it first.

Shop for lower-salt foods

When shopping for food, you can take steps to cut your salt intake:

Compare nutrition labels on food packaging when buying everyday items. You can really cut your salt intake by checking the label and choosing the pizza, ketchup or breakfast cereal that's lower in salt. Try choosing 1 food a week to check and swap when you're food shopping.

Go for reduced-salt unsmoked back bacon. Cured meats and fish can be high in salt, so try to eat these less often.

Buy tinned vegetables without added salt. Do the same with tinned pulses.

Watch out for the salt content in ready-made pasta sauces. Tomato-based sauces are often lower in salt than cheesy sauces or those containing olives, bacon or ham.

For healthier snacks, choose fruit or vegetables such as carrot or celery sticks. If you are going to have crisps or crackers, check the label and choose the ones lower in salt. Don't forget to check the fat and sugars content, too.

Go easy on soy sauce, mustard, pickles, mayonnaise and other table sauces, as these can all be high in salt.

Eating out: salt tips

If you're eating in a restaurant or cafe, or ordering a takeout, you can still eat less salt by making smart choices of lower-salt foods.

Pizza: choose vegetable or chicken toppings instead of pepperoni, bacon or extra cheese.

Pasta dishes: choose one with a tomato sauce with vegetables or chicken, rather than bacon, cheese or sausage.

Burgers: avoid toppings that can be high in salt, such as bacon, cheese and barbecue sauce, and opt for salad instead.

Chinese or Indian meal: go for plain rice. It's lower in salt than pilau or egg fried rice.

Sandwiches: instead of ham or cheddar cheese, go for fillings such as chicken, egg, mozzarella, or vegetables like avocado or roasted peppers. And try having salad and reduced-fat mayonnaise instead of pickle or mustard, which are usually higher in salt.

Breakfast: instead of a full breakfast, go for a poached egg on toast with mushrooms and grilled tomatoes. If you do have meat, have either bacon or a sausage, but not both.

Salad: ask for dressings or sauces on the side, so you only have as much as you need. Some dressings and sauces can be high in salt and fat.

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 2:

- 216 During the Second Punic War, Carthaginian forces led by Hannibal defeated the Roman army in the Battle of Cannae.
- 1776 Members of the Continental Congress began signing the Declaration of Independence.
- 1876 Frontiersman "Wild Bill" Hickok was shot and killed while playing poker at a saloon in Deadwood in present-day South Dakota.
- 1939 Albert Einstein signed a letter to President Franklin D. Roosevelt urging creation of an atomic weapons research program.
- 1943 PT-109, a Navy patrol torpedo boat commanded by Lt. John F. Kennedy, sank after being sheared in two by a Japanese destroyer off the Solomon Islands. Kennedy was credited with saving members of the crew.
- 1985 A Delta Air Lines jumbo jet crashed while attempting to land at Dallas-Fort Worth International Airport, killing 137 people.
- 2007 Mattel recalled nearly a million Chinese-made toys from its Fisher-Price division that were found to have excessive amounts of lead.
- 2011 The Senate passed, and President Barack Obama signed, legislation to avoid an unprecedented national default.

Birthdays:

- Actor Nehemiah Persoff ("Some Like It Hot") is 99
- Singer Kathy Lennon of The Lennon Sisters is 75
- Actor Max Wright ("Alf," "Norm") is 75
- Actress Joanna Cassidy is 73
- Actress Mary-Louise Parker is 54
- Actor Sam Worthington ("Terminator Salvation") is 42
- Actress Marci Miller ("Days of Our Lives") is 33

August 8:

- 1815 Napoleon Bonaparte set sail for St. Helena, in the South Atlantic, to spend the remainder of his days in exile.
- 1844 Brigham Young was chosen to lead the Mormons following the killing of Joseph Smith.
- 1876 Thomas A. Edison received a patent for the mimeograph.
- 1945 President Harry S. Truman signed the United Nations Charter.
- 1945 The Soviet Union declared war against Japan during World War II.
- 1963 Britain's "Great Train Robbery" took place as thieves made off with 2.6 million pounds in banknotes from a train they stopped north of London.
- 1968 Richard M. Nixon was nominated for president at the Republican National Convention in Miami Beach and chose Maryland Gov. Spiro T. Agnew to be his running mate.
- 1974 President Richard Nixon announced he would resign following damaging revelations in the Watergate scandal.
- 2006 Sen. Joseph Lieberman lost the Connecticut Democratic primary to political newcomer Ned Lamont. (Lieberman won re-election as an independent).
- 2008 The Summer Olympic Games opened in Beijing.

Birthdays:

- Actor Dustin Hoffman is 81
- Actress Connie Stevens is 80
- Country singer Phil Balsley of The Statler Brothers is 79
- Actor Larry Wilcox ("CHiPS") is 71
- Actor Keith Carradine is 69
- Actor Donny Most ("Happy Days") is 65
- Singer J.C. Chasez of 'N Sync is 42
- Actress Tawny Cypress ("Heroes") is 42
- Actress Lindsay Sloane ("Sabrina the Teenage Witch") is 41

August 15:

- 1057 Macbeth, King of Scots, was killed in battle by Malcolm, the eldest son of King Duncan, whom Macbeth had slain.
- 1935 Humorist Will Rogers and aviator Wiley Post were killed when their airplane crashed near Point Barrow, Alaska.
- 1939 "The Wizard of Oz" premiered at Grauman's Chinese Theater in Hollywood.
- 1945 The Allies proclaimed V-J Day, one day after Japan agreed to surrender unconditionally.
- 1947 India and Pakistan became independent after some 200 years of British rule.
- 1948 The Republic of Korea (South Korea) was proclaimed.
- 1960 The Republic of the Congo became independent of French rule.
- 1971 President Richard M. Nixon announced a 90-day freeze on wages, prices and rents.
- 2001 Astronomers announced the discovery of the first solar system outside our own - two planets orbiting a star in the Big Dipper.

Birthdays:

- Actress Abby Dalton ("Falcon Crest") is 86
- Actress Pat Priest ("The Munsters") is 82
- Author-journalist Linda Ellerbee is 74
- Songwriter Jimmy Webb is 72
- Singer-guitarist Tom Johnston of The Doobie Brothers is 70
- Actress Phyllis Smith ("The Office") is 69
- Actor Peter Herrmann ("Law and Order: Special Victims Unit") is 51
- Actress Debra Messing is 50
- Actor Ben Affleck is 46
- Actress Natasha Henstridge ("The Whole Nine Yards,") is 44
- Singer Joe Jonas of The Jonas Brothers is 29
- Actress Jennifer Lawrence is 28

August 22:

- 1846 The United States annexed New Mexico.
- 1851 - The schooner America outraced the Aurora off the English coast to win a trophy that became known as the America's Cup.
- 1902 - President Theodore Roosevelt became the first U.S. chief executive to ride in an automobile, in Hartford, Conn.
- 1956 - President Dwight D. Eisenhower and Vice President Richard M. Nixon were nominated for second terms by the Republican National Convention in San Francisco.
- 1972 - President Richard Nixon was nominated for a second term of office by the Republican National Convention in Miami Beach.
- 2003 - Alabama's chief justice, Roy Moore, was suspended for his refusal to obey a federal court order to remove his Ten Commandments monument from the rotunda of his courthouse.
- 2005 - The last Jewish settlers left the Gaza Strip, ending decades of Israel's turbulent occupation.

Birthdays:

- Newsman Morton Dean is 83
- Actress Valerie Harper is 79
- Correspondent Steve Kroft ("60 Minutes") is 73
- Actress Cindy Williams ("Laverne and Shirley") is 71
- Guitarist David Marks of The Beach Boys is 70
- Actor Ty Burrell ("Modern Family") is 51
- Singer Howie Dorough of the Backstreet Boys is 45
- Comedian Kristen Wiig ("Bridesmaids," "Saturday Night Live") is 45
- Actress Jenna Leigh Green ("Sabrina the Teenage Witch") is 44
- "The Late Late Show" host James Corden is 40

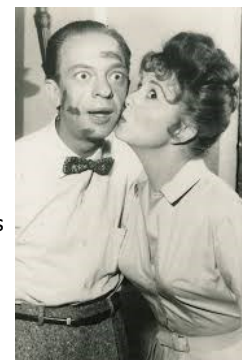
August 29:

- 1828 - A patent was issued to Robert Turner for the self-regulating wagon brake.
- 1842 - The Treaty of Nanking was signed by the British and the Chinese. The treaty ended the first Opium War and gave the island of Hong Kong to Britain.
- 1885 - The first prizefight under the Marquis of Queensberry Rules was held in Cincinnati, OH. John L. Sullivan defeated Dominick McCaffery in six rounds.
- 1886 - In New York City, Chinese Ambassador Li Hung-chang's chef invented chop suey.
- 1949 - At the University of Illinois, a nuclear device was used for the first time to treat cancer patients.
- 1957 - Senator Strom Thurmond of South Carolina set a filibuster record in the U.S. when he spoke for 24 hours and 18 minutes.
- 1967 - The final episode of "The Fugitive" aired.
- 1971 - Hank Aaron became the first baseball player in the National League to hit 100 or more runs in each of 11 seasons.
- 1977 - Lou Brock brought his total of stolen bases to 893. The record he beat was held by Ty Cobb for 49 years.

Birthdays:

- Actor Elliott Gould turns 80
- Actress Rebecca De Mornay turns 59
- Actress Lea Michele turns 32
- Movie director William Friedkin is 83.
- Movie director Joel Schumacher is 79.
- Country musician Dan Truman (Diamond Rio) is 62.
- Actor John Hensley is 41.
- Rock musician Kyle Cook (Matchbox Twenty) is 43.

AND....."If you're sitting in a bar this afternoon, like Jay and his friends will be doing....and Actress Betty Lynn (Thelma Lou-"The Andy Griffith Show") comes in, we hope that you will buy her a drink, as she is 92 years old today.





Here Comes "Little Johnny"

.... A teacher asks her students to give her a sentence with the word "fascinate" in it.

A little girl says, "Walt Disney World is fascinating."

The teacher says, "No, I said, fascinate."

Another little girl says, "There's so much fascination when it comes to sea life."

The teacher again says, "No, the word is fascinate."

Little Johnny yells from the back of the room, "My mom has such big boobs that she can only fasten eight of the 10 buttons on her shirt."

.... During the soccer match little Johnny sits in the front row. His friend asks:

How did you get tickets?

From my brother -

And where is your brother?

At home.

Looking for his ticket.

Two cowboys come upon an Indian lying on his stomach with his ear to the ground. One of the cowboys stops and says to the other, "You see that Indian?" "Yeah," says the other cowboy.

"Look," says the first one, "he's listening to the ground. He can hear things for miles in any direction."

Just then the Indian looks up. "Covered wagon," he says, "about two miles away. Have two horses, one brown, one white. Man, woman, child, household effects in wagon."



"Incredible!" says the cowboy to his friend. "This Indian knows how far away they are, how many horses, what color they are, who is in the wagon, and what is in the wagon. Amazing!" The Indian looks up and says, "Ran over me about a half hour ago."

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!

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

(Answers on Page 9)

Kiwanis
IS MY SUPERPOWER



Visit our Website:

www.delraybeachkiwanis-sunrise.org



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

--- Thank you

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

Club Mailing Address: PO Box 7083, Delray Beach, Fl.33482

2017-18 Kiwanis Int'l President:
Jim Rochford

2017-18 Florida Kiwanis Governor:
Todd Smith
E-mail: todd@ctoddlaw.com

2017-18 Division 21 Lt. Governor:
John Sullivan
Email: dnite10@bellsouth.net

Other Division 21 Clubs:

Boca Raton-Thursdays, 7:30 a.m.
Boca Raton Community Center
250 Crawford Boulevard
Boca Raton

Boynton Beach-Tuesdays, 12 Noon
Bru's Room
1333 N. Congress Ave
Boynton Beach

Gold Coast Knights-1st & 3rd Wed., 7 p.m.
Duffy's Sports Grill
Linton Boulevard and Federal Highway
Delray Beach

Green Acres - Wednesdays, 12 Noon
New China Buffet
5841 Lake Worth Road
Greenacres

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:

2017-18 President: Bill Ricigliano
Div. 21 Trustee: Tom Thayer
E-mail: TomThayer@Earthlink.net

International President's Corner

Jim Rochford

President of Kiwanis International



WHAT IS THE EYE OF THE TIGER?

The Eye of the Tiger is a group of laser-focused new-club opening specialists who have been trained to go out in the field to teach others how to open clubs in two or three days. For each build, it's imperative to plan ahead with a goal of scheduling appointments for the team so the tigers can come in and show others how to build rapport, close the sale and open the club in two days.

Sales is not a dirty word. It is at the basis of most successful businesses. It takes discipline, hard work, dedication and, if you will, the "Eye of the Tiger" to be a successful salesperson. I learned long ago that the best product doesn't get the most sales. The best salespeople get the most sales.

As I write this article, we're in excess of 230 new clubs. We're on track to reach our "Formula #409" goal. If we open 409 clubs, it will be the most new clubs organized in one year during the modern era of Kiwanis. We may even make our stretch goal, which would be the most new clubs in one year in our 103-year history.

That requires many people coming together and working together to achieve a goal. There is no better example of "1+1=3" - synergy - than the effort made by this 2017-18 team to stop the bleeding loss of membership in our organization.

You absolutely cannot expect to maintain the same level of programming and lose membership 24 out of the past 25 years and expect to maintain the same level of impact and service. Good people join Kiwanis and do great things by working together. The more good people we bring into our organization, the bigger our impact.

So, the Eye of the Tiger is the look of desire that emboldens someone to not be denied as they achieve a level of excellence in our organization and our impact. When we come together under the Kiwanis umbrella, what we can achieve greatly exceeds what any of us could do individually. If we maintain the Eye of the Tiger through September 30, 2018, we may be able to achieve a level of excellence never before seen in our rich 103-year history. It can only happen by bringing together many good people and working very hard. In essence, utilizing the Eye of the Tiger to achieve a level of excellence in which we can all be proud.

Thank you for all you are doing! Thank you for leading by example!

Sudoku Puzzle...Answers

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





From Our Photographer's Camera.....

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



Kiwanis
ONE
DAY



Answers.....

1) Fact - While it is perfectly acceptable to say "Congratulations" to a groom, it goes against the rules of etiquette to use the greeting "Congratulations" or "Good Luck" with a bride.

2) Fact - In late 1891, Asa Chandler purchased the secret formula from inventor John Pemberton for \$2,300. Chandler concentrated on the fountain drink sales rather than bottling. In 1899, Chandler sold the exclusive rights to bottle the drink across most of the USA to 2 attorneys for 1.00.

3) Fact - The only presidents to have signed the Declaration of Independence both died on its 50th Anniversary.

22) Fact- Neither does Arizona, Hawaii, Puerto Rico or American Samoa. The reason for daylight saving time is to make better use of sunlight during the season changes. In other parts of the world, this event is called "summer time".

23) Crap - They'd be 34-22-33. Before 1998 she would have been 39-23-33. That year Mattel altered her by reducing hips and bust and added proportion to her waist.

24) Crap - His name is Bingo. The sailor is Sailor Jack. They appeared on the box starting in 1918.