

# United Way Volunteers Of The Month Announced

## Hicks Family Honored In February

"The Hicks Family does not only provide community service they model good character in service to others" states Lois Halbur, Community Support Director at the South Dakota Human Services Center, who nominated Drs. Dan and Paula Hicks for the United Way's Volunteers of the Month Award.

Dan & Paula decided to start volunteering after moving to Yankton in 1994 and noticing need throughout the community. Ever since, they have been busy sharing their time and talents.

Their faith has driven them both to participate within the Catholic Community where they serve on numerous committees, coordinate the annual bazaar, and act as spiritual leaders at Sacred Heart Church. This inspiring couple teaches youth religion classes, leads youth retreats and helps with the Fat Tuesday Spaghetti feed to raise funds for the group. The couple's three children, Kaitlyn, Sarah, and Holly, are also known to get involved, serving at mass, helping with the church bazaar, and assisting with youth group activities.

Both Dan and Paul are very committed to health, in their professions, as well as in their lifestyles. When Dan is not coach-

ing the girl's soccer team or helping at church, he travels to nursing homes throughout the region on behalf of Lewis and Clark Behavioral Services and provides psychiatric services to the elderly. Due to his high quality and compassionate work, Dan was honored by the National Alliance on Mental Illness as one of America's Exemplary Psychiatrists, an honoree from the State of South Dakota. He also makes community presentations to educate others on mental health. Dr. Paula Hicks, who is with Willcockson Eye Associates, was recently featured in a Letter to the Editor column within the Yankton Press & Dakotan for donating her professional services as an ophthalmologist to perform surgery on someone with serious need. Paula was also nominated for the Yankton Area Chamber of Commerce Women of Distinction in 2011.

The Hicks are excellent examples of commitment and service. When asked to give advice to those thinking of getting out there and volunteering in our community, Paula states, "Many hands make light work. There is such a need for people to get involved and make a change. Get out there and volunteer!"

## Jeanette Novak Honored In March

Helping five people with numerous tasks on a weekly basis keeps Jeanette Novak on the move. Her passion for her clients while serving more than 500 hours a year as a Senior Companion resulted in her being awarded the March United Way Volunteer of the Month.

It did not take Jeanette long after moving to Yankton to get involved with volunteer work. For more than 50 years, Jeanette Novak lived northwest of Yankton with her husband on a farm. She relocated to Yankton in 2007 and has enjoyed volunteering at Senior Companions and throughout the community ever since, including at her church.

Jeanette has been a member of Trinity Lutheran Church since 1955. According to Volunteer Coordinator for Trinity Lutheran, Joanne Christensen, "Jeanette is a hardworking, generous, and faithful volunteer, and a good friend." She has worked tirelessly on many projects during this time of membership, including being Chairman of the Trinity Lutheran's Centennial Celebration in 2001. This volunteer opportunity had Jeanette researching history records, contacting former pastors, and staff and contributing a large role in the joyous occasion for

the church. Once a month, she also helps with breakfast served at the church and has worked for every Soup and Pie Kitchen meal during the last 40 years.

Jeanette's duties with the Senior Companions program are determined by the needs of the clients on their scheduled day. They may include grocery shopping, taking them to doctor appointments, assisting with light housekeeping, cooking, or just visiting. She enjoys helping people through the program, noting, "The clients are so grateful when you can help them and its fun!"

Senior Companions supports qualified agencies and organizations for the dual purpose of helping elderly and disabled adults remain living independently in their own homes and engaging persons in volunteer service to meet critical community needs which provides a high quality experience, enriching the volunteers lives.

Senior Companions representative Mary Becker praises our Volunteer of the Month stating, "Jeanette is a wonderful example of volunteerism and how someone can really make a difference in a person's life."

## Hummel Family Honored In April

"Neighbors helping Neighbors," a philosophy shared by the United Way & Volunteer Services of Greater Yankton and Carla and Randy Hummel, the United Way's Volunteers of the Month. Throughout the 18 years the Hummel family has lived in the Yankton community, they have been involved with several different projects to help Yankton become the warm and welcoming place that it is, meanwhile always feeling like they were doing things for the right reasons — to help people.

When asked why they enjoy volunteer work, Carla says, "Volunteering is rewarding. The lives that are touched are priceless — including your own. It is fun to see the youth grow and it is fun to see the community come together. We bond and we become a family. Nothing is better than going out to lunch in Yankton and being able to say hi to almost everyone at the different tables in the restaurant because you have worked side by side with them or know them from their support of something in the Yankton community. It is just a great feeling!"

Carla first started volunteering through the Chamber of Commerce. "It was a great way to get to know the community and see the needs," she said. "There was a program called Leadership Yankton that really opened my eyes to what a great community Yankton really was/is."

With having lost friends and family to cancer, Carla also got a start-up committee to bring Relay For Life to Yankton. "I met the

best people in the world through the more than 10 years of involvement with American Cancer Society and the Relay For Life."

Carla and Randy have 2 children, and say when having children — volunteering comes natural — to help the kids be able to participate in activities there must be volunteers that make the activities happen. Over the years the Hummel family has been a part of the Soccer Association, Dance Association, Chamber Committees, Just for Kids before and after school program, and Relay For Life. Randy has been a 4H leader for the Shooting Sports Club for about nine years now, in that time also serving as the president of the 4H Leaders Association. Randy also takes care of the mower and snow blower for First United Methodist Church. Carla is currently serving on the Yankton Area Mental Wellness Board, leads the middle school aged youth group at First United Methodist Church (Kids For Christ), and Lighthouse (Christian Music Festival) coordinator/contact. Living in the country near Utica for the entire time they have been in the area, the miles have not dampened their enthusiasm of being a part of the Yankton community as they feel that this is not just a city but truly a community.

The Hummels advice to those thinking about getting out there and volunteering is simply, "Do it — and don't look back — look forward to what else you can do to make your community a better place — I can guarantee you'll never regret it."

## Lauer Honored By Nebraska Speech-Language And Hearing Association

HARTINGTON, Neb. — The Nebraska Speech-Language and Hearing Association is proud to recognize Lindsey Lauer, from Hartington, Neb., as one of the 2011 May is Better Hearing and Speech Month Representatives sponsored by the Nebraska Speech-Language and Hearing Association.

The Nebraska Speech-Language and Hearing Association selected the representatives based on the criteria that they represent all aspects of speech, hearing and swallowing, as well as their determination and strength to work through challenges.

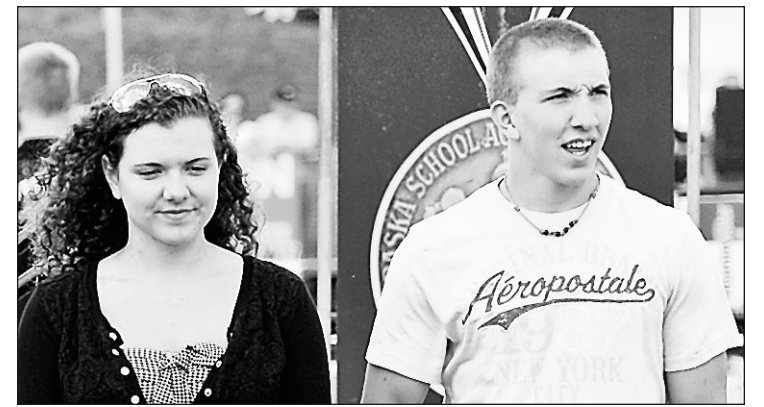
Lindsey Lauer, the daughter of Steve and Kathy Lauer, lives in

Hartington, Neb. Lindsey is an active 5th grader at the Hartington Elementary School. Colleen Chase, Communication Teacher for ESU#1, describes Lindsey as a very caring person who is always encouraging others to work hard to get what they want. Lindsey was diagnosed with myotonic dystrophy and has great difficulty with lip closure. Intelligibility has been an issue in the past. Currently, Lindsey loves conversing with everyone around her and is volunteering to read the Pledge of Allegiance when it is broadcast over the intercom system each day. She is a true example of an individual whose quality of life has greatly improved having received speech/language services.



Lindsey Lauer and Colleen Chase are pictured together after Lauer received an award from the Nebraska Speech-Language and Hearing Association.

## BELIEVERS AND ACHIEVERS



Emma Engebretsen, left, of Laurel-Concord and Cody Fischer of Hartington High School were among 10 individuals recognized Saturday in Omaha, Neb., as part of Nebraska's Believers and Achievers program. Their bios are below.

### CODY FISCHER HARTINGTON HIGH SCHOOL

Grade Point Average: 4.0 (On a 4.0 Scale)

NSAA Activity Participation: Football, Wrestling, Track & Field, Play Production, Speech, Music.

Activity Honors and Awards: 2009 NSAA Academic All-State Football; 2010 NSAA All-State Music; Football Letter Winner; 2010 NSAA Class C State Track & Field Qualifier in the Pole Vault.

School Involvement: Member of National Honor Society and Big Cat/Little Cat Mentoring Program; Student Council Co-President.

Community Involvement: Little League Soccer Coach; Holy Trinity Fun Run Volunteer; Relay-for-Life and Cornhusker Boys' State Participant; Nebraska Leadership Seminar Participant and Junior Counselor.

### EMMA ENGBRETSEN LAUREL-CONCORD HIGH SCHOOL

Grade Point Average: 4.0 (On a 4.0 Scale)

NSAA Activity Participation: Volleyball, Play Production, Music.

Activity Honors and Awards: 2010 NSAA District Play Production Contest Participant; 2009 & 2010 Varsity Football; Winner for Volleyball; 2010 NSAA Academic All-State for Volleyball; Superior Ratings in Women's Chorus, Mixed Chorus, and Girls Duet at the 2010 NSAA District Music Contest; Superior Ratings in Concert Choir, Swing Choir, Girls Choir, and Mixed Duet at the 2009 NSAA District Music Contest; One-Act Play Letter Winner.

School Involvement: Member of Family, Career, and Community Leaders of America and Math Club; Junior Class President.

Community Involvement: Volunteer for Immanuel Lutheran Church, Rotary Club, and FCCLA Adopt-A-Highway.

## SLIMED FOR A CAUSE



Beadle Elementary School held its Slime of Your Life fundraiser on April 26. The event raised \$13,338 for classroom supplies. Mr Mitzel, left, received more 50 buckets of slime thanks to the help from the students at Beadle.

## MEETING MINUTES

### YANKTON REGIONAL AVIATION ASSOCIATION

Thirty-four members and guests of the Yankton Regional Aviation Association met on May 15 at 6:00pm in the terminal at the Chan Gurney Airport for a potluck supper meeting. Participants were from Freeman, Menno, Yankton, Allen, Dixon, Hartington, and Randolph. President John Lillevoid called the meeting to order. The YRAA and Yankton EAA Chapter 1029 will hold a Young Eagles event on June 12 at the Chan Gurney Airport terminal from 9 a.m.-noon. Free airplanes rides will be given to kids age 8 to 17 years old. A permission form will need to be completed and signed by a parent or guardian. A second Young Eagles Rally will be held in October for Yankton Middle School students completing a reading program. Lillevoid invited members to consider going on special flight to the Cayman Islands. The program for the meeting was historian Norman Hofer of Freeman giving a presentation titled "From Plow Boys to fly boys — the story of the Walther Brothers." He showed lots of historical aviation photos from the 1920s and 1930s, and told stories of aviators Alvin, Felix, and Harold Waltner and other aviators in the Freeman area based on personal interviews, books, dairies, and news articles. For more information about the YRAA, call 665-8448.

### YANKTON AMERICAN LEGION AUXILIARY

Yankton American Legion Auxiliary met May 16, 2011, Second Vice-President Theresa Brandt, presiding. Helen Simpson explained more about the Paid Up For Life (PUFL) membership and asked members to help get new members. She had signed up three new members and received a pretty pin from the National Auxiliary. She needs any new addresses or telephone numbers of the members to be put into next year's Auxiliary book.

Gert Boyles reported on Girls State and orientation recently held. Girl's State will be in Vermillion from May 30-June 4.

Malena Diede reported she had been to the schools and presented monetary awards to the Americanism poem and essay winners, pencils and rulers were given to the participants.

Helen Jean Droppers told the members that Poppy Days went well, in spite of poor weather and she thanked all who worked.

A communication from Girls State Director Cheryl Hovorka was read which invited the Auxiliary members to come anytime and visit or help. Gert Boyles said the Friday night program is very good.

The program planned for May will be held in June.

Helen Jean Droppers and Kathleen Ekeren served a delicious lunch. Next month's meeting is June 20, the program being Memorial Services and honoring Gold Star Mother; also election and installation of officers. Lunch hostesses will be Patricia Keller and Marlys List.

### TOASTMASTERS CLUB 6217

"Aplomb" was the word of the day presented by Grammarian, Eileen O'Connor, at the Avera Sacred Heart Hospital Toastmasters Club 6217 on Thursday noon, May 26, in the Bendelone Center.

Toastmaster Sheryl Schwartz called the meeting to order. Schwartz asked Keri Beltz to lead the invocation, take attendance and count the tallies.

The Best Speaker of the Day was Jen Hovland. She spoke from the Competent Leaders' Manual using persuasive emotion. Hovland's "Becoming" was evaluated by Jennifer Wubben. Wubben complimented Hovland's convincing style. Wubben received the Best Evaluator award.

Table Topics Master Fran Kocer had a motley mix of quotes from famous people ranging from presidents

to television celebrities. The Best Response award was given to Taylor O'Bryan for suggesting that we need to let our mistakes go and move forward.

Hovland, as General Evaluator, named her team with "ah" counter O'Bryan and timer Gale Vogt.

Hovland conducted the electoral part of the meeting. MJ Rogers moved, Kocer seconded, and the vote was unanimous for the following 2011-12 officers: President Schwartz, Educational VP Jane Miller, Membership VP Vogt, Secretary/Treasurer Tim Bohn, Sergeant-at-arms O'Connor, and PR Officer Muriel Stach.

Schwartz said a proxy vote was available at the District level and O'Bryan gave the treasurer's report. The meeting was adjourned.

### SOUTH DAKOTA ADVOCACY NETWORK FOR WOMEN

The South Dakota Advocacy Network for Women (SDANW) held its Annual Meeting on Saturday, May 14,

2011, at AI's Oasis in Oacoma. SDANW is a network providing education, an advocacy voice and collective action on behalf of women. Since 1984 the Network has been working for equity and equality for South Dakota women by providing public policy education, an advocacy voice and collective action at the state legislature.

The newly elected 2011-12 Board of Directors consists of Jane Murphy, Sturgis, and Alisha Sedor, Sioux Falls, Co-Chairs; Anita M. Zastrow, Pierre, Vice Chair; Karen Hattervig, Sioux Falls, and Mary Kraljic, Brookings, Co-Secretaries; Sara Dockter, Sioux Falls, and Margaret McCay-Smith, Hartford, Co-Treasurers. At-Large Directors

include Maria Birch, Kimball; Evelyn Griesse, Sioux Falls; Mandy Hageseth, Canton; Chas Jewett, Rapid City; Margie Neugebauer, Chamberlain; and Jeri Reed, Sioux Falls. These individuals represent over 20 organizations and 80 individual members.

In addition to the annual election, a 2012 budget was adopted, a 2011 Women 4 Women Day report was heard, and a review of the 2011 lobby report was made. Of special note was the announcement that the 2012 Women 4 Women Day will be held in Pierre on Monday, Jan. 30, 2012. W4W Day is an annual event organized to give women and men across the state an opportunity for grassroots lobbying

and to observe our legislators in action.

"During the 2011 legislative session, the SDANW worked on almost 50 bills dealing with women's issues. This is a crucial time for women in our state, and I look forward to being a part of the leadership of this organization. This is a crucial time for women in our state, given the sweeping cuts to health care for the working poor and elderly, as well as public education. Strong advocacy for the women and families of South Dakota has never been more important," said Alisha Sedor, the Network's new Co-Chair.

Visit www.sdanw.org for more information about SDANW!

**KYNT**

**AM 1450**

**MORNING COFFEE**

**WEEKDAYS**

**MONDAY-FRIDAY**

**Friday**

7:40 Mike Dellinger  
8:15 Pam Meylor

**Monday**

7:40 County Commissioners

**Tuesday**

7:40 Kathy Jacobs  
8:45 Crystal Nelson

**Wednesday**

7:40 Carl Kretsinger  
8:15 Hy-Vee

Share your best work by submitting your recipe to us!

We want your best...

**Recipes**

Watch for upcoming HerVoice issues to see if your recipe has been selected!

**Deadline June 15**

**July/August HerVoice Issue Kids in the Kitchen**

Recipes can be entrée's, drinks, appetizers, desserts or side dishes.  
Please include baking/cooking times and number of people the recipe will serve.

Send Recipes To: Press & Dakotan HerVoice Recipes  
Attn: Cathy Sudbeck  
319 Walnut, Yankton SD 57078  
or email to: cathy.sudbeck@yankton.net

*A magazine by women, about women...for women!*  
**her·voice**