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**Bike Yankton presented Webster Elementary School a pair of new Schwinn bikes that staff will be able to ride for work related errands.**

## Bike Yankton Donates Bikes To Webster Elementary

The local grassroots effort called Bike Yankton wants to make bike riding a more convenient option for the staff at a local elementary school.

On Monday morning, Bike Yankton presented Webster Elementary School with a pair of new Schwinn bicycles that staff will be able to ride for work-related errands and for recreational use before and after school.

Cycling advocate and spokesperson for Bike Yankton, Sarah Mannes Homstad, helped raise money for the bicycles after approaching principal Melanie Ryken with the idea for the "Bikes for Teachers" program earlier this spring, referring to it as a "private bike share system."

Ryken cleared the idea with the Superintendent of Schools and then talked to her staff, all of whom were supportive, she said.

"When Sarah contacted us, we knew immediately that we wanted to participate. We are thrilled about being a pilot school for this program," said Ryken.

"The location of the school on the Auld-Brokaw Trail will lend itself perfectly to quick 5-10 minute bike rides. We were overwhelmed with excitement when we saw two brand new bikes!" she added.

"We know not everybody can or wants to ride a bike," said Mannes Homstad. "But our goal is to help make biking a more convenient option for those who do."

Ryken said the bikes had already been used several times within the first few hours they were at the school.

"It will be great for the students to see us active on the bikes," she added.

"Biking is great for your health, it's good for the environment and it's also good for the local economy," Mannes Homstad said. "You don't have to bike everywhere, nor do you have to bike very far, to incorporate cycling into your daily life and start reaping the benefits. Having a bike at your workplace is one way to ease into it. Studies show over and over that people who bike have improved

mental and physical health, as well as an improved connection to their community. We really thought the teachers could benefit from those things."

After the bikes were presented, Mannes Homstad gave the staff an overview of the bikes, showing how to adjust the seat height and how to use the removable baskets. Two teachers then hopped onto the bikes and rode them around the school grounds to show them off to the students on the playground.

Mannes Homstad said she'd like to see "Bikes for Teachers" in every school, but so far the program is being tested strictly at Webster.

"It will depend on how often the bikes get used, which is something we'll be tracking. It'll also depend on the level of support from the community and the ability to find a sponsor. For less than \$5000 we could put bikes in every school in town," she said.

The bicycles are equipped with baskets and bells to help make them functional and safe. The school also received two new helmets. The bikes will be kept indoors in a secure location that is convenient for staff to access.

"We know teachers are busy, and they also work extremely hard for our community. We hope they can incorporate short rides into their busy schedules and that those rides will feel fun and invigorating," said Mannes Homstad.

Local businesses could adopt similar programs for their own employees as an affordable employee perk.

"Yankton is a very bike-sized community, but municipal bike share systems are costly and take a lot of planning to implement. We hope something like this shows that there are cheaper, more flexible alternatives that people can implement themselves. Being able to take a mid-day ride across the Meridian Bridge is a pretty nice perk!"

You can "like" Bike Yankton on Facebook to stay connected and learn more about its efforts.

### United Way

## Carla Hummel Recognized As Volunteer Of The Month

April is Child Abuse Prevention Month. In Yankton County last year, 25 children were victims of abuse or neglect. Our community is fortunate to have a Southeast CASA (Court Appointed Special Advocate) Program that seeks to promote and protect the best interests of abused and neglected children involved in court proceedings through the advocacy efforts of trained CASA volunteers. One CASA volunteer appointed for every qualifying child, giving them a voice in their future.

Carla Hummel, Avera Sacred Heart Hospital Volunteer Coordinator, was recently recognized as the United Way & Volunteer Services' April Volunteer of the Month as she devotes countless hours and energy as a Southeast CASA volunteer.

"Carla works to protect the best interests of the children," says Southeast CASA Director Sherri Rodgers-Conti, who nominated Hummel for the award. "The children whom Carla advocates for are very young and probably don't even realize that they have someone who cares deeply about their well-being, works to find the facts about their situation in order to give them the best chance to grow up in a safe, permanent home where they can thrive."

We asked Carla to tell us a little about herself:

**I have lived here in the Yankton Area since:** 1993

**I began volunteering:** When I was very young - it has been instilled in me from the very beginning. Some of you may know Grandma Carol ...

**I continue volunteering because:** It feels like the right thing to do. I can't imagine not giving back to my community. How do you get something done? - You ask a volunteer! And there are two points of inspiration (both faith based):

My favorite saying by John Wesley, "Do all the good you can. By all the means you can. In all the ways you can. At all the times you can. To all the people you can. As long as ever you can."



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**Pictured is Carla Hummel who was recognized as the United Way & Volunteer Services' April Volunteer of the Month.**

And the other is the scripture from Matthew where Jesus said when, "I was hungry, you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; and I was in prison and you came to me;" the response then was, "When did I see you hungry and feed you, thirsty and give you drink, when were you a stranger that I took you in, when were you naked and I clothed you, and when did I see you sick or in prison and come to you?" And the answer, "In as much as you did it to one of the least of these, you did it to me." I'm sure someone could critique the scripture as it is not perfectly quoted but it is how I remember it ...

**I volunteer at (list organizations and duties performed):** Southeast CASA Volunteer, Sack Pack Board, YAMWI Conference Planning Committee, Board of Trustees for First United

Methodist Church, Relay For Life committee member and Hospital Team Co-Captain, and 1 Million Cups organizer.

**Approximate hours per year that I volunteer:** I don't keep track. I just try and keep doing what is right and serving others.

**Volunteer work is enjoyable because:** It's fun — it's fun meeting new people, it's fun being with others that have a common cause or interest, it's fun feeling accomplished having finished some hard work or touching someone in need, it's just plain fun. And if it's not fun — then it's the wrong volunteering assignment for you ... and I have had a few of those, too.

**My best volunteer experience was:** Oh just recently, I was working on a CASA case and talking to Deanna from Yankton Parents as Teachers and Kayla at the Family Visitation Center. We were brainstorming about how many needs there are for nutritional education

## Vermillion's Hope Knedler Wins Touchstone Energy Scholar Of The Year

WATERTOWN — Touchstone Energy® Cooperatives in eastern South Dakota and western Minnesota honored some of the area's most impressive high school seniors Saturday, April 25, during the annual Touchstone Energy Scholar of the Year banquet and recognition on the campus of Lake Area Technical Institute in Watertown.

The event honored the 36 high school students who were chosen each week throughout the school year as the Touchstone Energy Scholar of the Week. It's a program which recognizes students for academic achievement, co-curricular involvement and community service. The students are featured in weekly segments which air on KSFY Television and each student receives a \$100 scholarship from their local Touchstone Energy Cooperative for being chosen as the Scholar of the Week.



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**Pictured from left is Mike Kiose, Clay-Union Electric; Hope Knedler, Vermillion High School; and Scott Parsley, East River Electric Power Cooperative.**

Hope Knedler, a senior at Vermillion High School who is from the Clay-Union Electric Cooperative service territory, was selected during the banquet as the Touchstone Energy Scholar of the Year. Knedler, who

plans to attend the University of South Dakota in the fall, received a \$1,000 scholarship from Touchstone Energy Cooperatives.

Other area students who attended the banquet were Calla Harper, Irene-Wakonda

High School, Bon Homme-Yankton Electric Cooperative; and Brandon VanOsdel, Gayville-Volin High School, Clay-Union Electric Cooperative.

Lake Area Technical Institute's President Michael Cartney was the keynote speaker for the Scholar of the Year banquet. KSFY News anchor Brian Allen served as the master of ceremonies.

Touchstone Energy Cooperatives in eastern South Dakota and western Minnesota provide safe and reliable electricity to more than 113,000 homes and businesses. The cooperatives have sponsored the Scholar of the Week program since 2002. In that time Touchstone Energy Cooperatives have awarded over \$70,000 in scholarships as part of the Scholar of the Week program.

### MEETINGS

#### YANKTON REGIONAL AVIATION ASSOCIATION

Forty-two members and guests attended the YRAA meeting on April 19 in the terminal at Chan Gurney Airport for a potluck dinner. Attendees came from Allen, Dixon, Crofton, Randolph, Jefferson, Menno, Mission Hill, Plankinton, Tyndall, Vermillion, and Yankton.

Prior to the meeting George Munn, Jr. demonstrated his flight simulation system for practicing instrument procedures.

President Petra Wilson welcomed everyone to the meeting. Stevie Holmes of Vermillion announced that she would be teaching a ground school course in the terminal at Chan Gurney Airport from June 11 to August 27 in the evenings. It was announced that Dave Tunge had aerial photos of the Missouri River on display at GAR Hall starting April 20. Young Eagles Rallies for giving free airplane rides to kids aged 8 to 17 years old were planned for May 12 for Big Friend/Little Friend at Chan Gurney Airport, June 20 at Chan Gurney Airport, June 27 at the Vermillion Airport, and October for the 6th Grade Reading Program students in Yankton. The Airport

Litter Pick-up Day at Yankton was set for May 23. Devin Wagner talked about the propeller he made by hand out of laminated maple, poplar, and mahogany woods for a powered hang glider. The next YRAA meeting is set for May 17 in the airport terminal at Yankton. After the regular meeting the YRAA Board held a meeting to discuss a YRAA Lifetime Membership. The Board approved Lifetime Membership guidelines and set the dues at \$300.

For more information about the YRAA, contact Steve Hamilton at 605-665-8448 or [skyhawk@iw.net](mailto:skyhawk@iw.net).

#### INTERCHANGE

Interchange held their weekly meeting at noon on April 27, 2015, at Minerva's Restaurant in Yankton. Ann Clough-President was the Presiding Officer. The meeting was called to order and the Pledge of Allegiance was recited.

Stephanie Moser from Yankton Convention and Visitor's Bureau announced the Customer Service Training with a keynote speaker on May 4th, it will be in two sessions, one in the morning and the other from noon to 1:30 p.m. The noon event is being held in place of Inter-

change usual Monday meeting and the cost to members will remain the same amount and Interchange will pick up the additional cost. Crystal Nelson, Territorial Museum announced the Mead Open House on May 9-10 from 1-4 p.m. Kathy Wibbels announced an event at the Library; The Stavig Letters will be on May 7th at 6:30PM at the Community Library. Marie Steckelberg, Steckelberg Consulting announced the Art and the Cosmic Connection will be available in Yankton in June, she has posters available. The hostess was Beth Kathol from Ability Building Services and her speaker was Kristi Patton from Ability Building Services and she spoke about the Person-Centered Thinking approach. She demonstrated the many other areas of our community that this approach could be utilized.

The next meeting will be May 4 at noon located at Minerva's in Yankton with the program being in conjunction with the Customer Service Training. This meeting will be from noon to 1:30 p.m.

#### TOASTMASTERS CLUB 6217

On April 23, Toastmasters (TI) Club 6217 met at noon in the

Monastery Patio Room with Chelsi Harnes giving an invocation and Jan Schiferl as Toastmaster. Guest who was warmly welcomed was S. Ann Kessler, S. Valerie Cheney and Marie Goeden.

As General Evaluator (GE) Muriel Stach is responsible for improving the overall meeting. She introduced her team. They were: Steve Anderson, timer; Jeff May, evaluator; Jesse Bailey, "ah/um" counter; and Greg Stach, grammarian. Spady's Word of the Day was onus, meaning something that is one's duty or responsibility.

Speaker Eileen O'Connor spoke from her Advanced Communication Manual, she spoke of how the Toastmaster legacy can be seen through the eyes of Benedict. May evaluated O'Connor and gave her praise for her warm and inviting speech and how she weaved both organizations together giving ways that they were very similar that one might not think of. He enjoyed many of her quotes and her humor throughout the speech.

Table Topics were led by Gale Vogt, whose questions were related Earth Day. Harnes spoke of how she does little recycling and knows she needs to work on that. Stach believes the city of Yank-

ton supports recycling better than many small communities but they do not get very involved in Earth Day. Keurig's are not allowed in Jen Hovlands house where an environmentalist lives. Amy Williams spoke of how they recycle paper in her home and how her work is making an effort to do the same.

GE Stach gave the overall meeting good marks and gave thanks to Eileen for setting the meeting up at the Monastery.

Then President Greg Stach proceeded to finalize next week's agenda and also reminded everyone that next week's meeting is guest day. We would love to see new faces so come over to the Pavilion at noon May 30 and see what our group is all about.

#### TOASTMASTER CLUB 1294

Yankton Toastmaster Club 1294 met Saturday April 25 at 7:30 a.m. at the Fry/Pan Restaurant. The meeting was called to order by President Vernon Arens. The invocation was given by Steve Hamilton followed by Hamilton leading the Pledge of Allegiance to the flag.

Azure Rodrigues introduced her guests Taylor Short and Kendra Rock. Janice Kruse was intro-

duced as the Toastmaster of the meeting. She called on Grammarian Matt Stone to give the word of the day, which was "null" and means "amounting to nothing." Table Topics was lead by Arens on differ seasons and how you like or dislike about them. Speech was given by Steve Bierschback on "Art in America?" from the Competent Communicator manual. Master Evaluator of the meeting was Roy Wilcox, who evaluated the meeting and called on Hamilton to evaluate Bierschback. Presentations were given by grammarian Stone, joke master Kruse, Ah Counter/ Nail Dropper Jana Lane (assisted by Carrie Wintle), timer John Swensen, and Vote Counter Jack Dahlseid. Table Topics winner was Rodrigues, Best speaker was Bierschback, and best evaluator was Hamilton. Rodrigues was inducted as a member of Yankton Toastmaster Club 1294. Guest at the meeting was Area 62 Governor Kay Thomas. Guests are welcome.

For more information, call 605-665-8448 or <http://1294.toastmastersclubs.org/>.