

Five Generations Of Family



SUBMITTED PHOTO

A five generation celebration was held Oct. 11. Seated are great-great-grandparents Ben and Theresa Arens of Yankton. Standing left to right are great-grandmother Delores Ballert, grandmother Karen Ballert and father Taylor Ballert, all of Lead. Theresa is holding great-great granddaughter Emma Ballert.

The Center And Hy-Vee Partner To Serve Breakfast

The Center has expanded their partnership with HyVee to serve breakfast Monday through Sunday from 6-11 a.m. at HyVee.

The suggested donation is just \$3.50 if you are 60 years or older. You must stop by The Center, at 900 Whiting Drive to pay for your meals, fill out a short form and get a scan card. When you dine at HyVee, you must present your Center card.

The menu features two eggs with hash browns and toast, or two eggs with bacon or sausage and toast, or a two-egg omelet and toast, or an English muffin sandwich. The lunch and dinner program will continue, with a few new meal choices added to the menu.

You can stop by Hy-Vee any time between 11 a.m.-8 p.m. and enjoy meatloaf, pork loin, Blue Ribbon Burger, baked chicken, hot beef or hot turkey sandwich, and during lent, fish. Meals are served with potato, vegetable and fruit. All meals include coffee and milk with juice being an option for the breakfast meal. You must stop by The Center at 900 Whiting Drive to pay for your meals and to get a scan card which will be presented at the time of dining.

"I am elated by the opportunity to further our partnership with Hy-Vee through offering breakfast. This collaboration enables those who are 60 and older to get a nutritious breakfast, noon or evening meal for the suggested donation of just \$3.50. Our goal is to reach out to as many seniors as possible with this program."

The Center nutrition

program served 48,355 meals last year with the goal to serve 50,000 meals in the upcoming year. Included in the meal counts are meals served on site, with the facility featuring a daily home-cooked meal from 11:30 a.m.-12:30 p.m., Monday through Friday. All meals are open to the public but please call 665-1055 to make meal reservations. If you are under 60 years old the meal cost just \$6.50.

There are 70-80 daily meals delivered by volunteers through the Meals on Wheels program. If you are 60 or older, homebound, live within the city limits and are in need of a hot meal contact The Center. Around 5,000 meals are served at Sunrise apartments. The Tabor Nutrition site serves meals Tuesday through Thursday, 11:30 a.m.-noon, call 463-2505 to make a meal reservation.

"The Hy-Vee meal program will assist us in reaching our goal and will enable individuals to get meals when our facility is not serving, in the morning, the evening, weekends and holidays. This is a tremendous resource and it is exciting to know that we are in a position to serve the needs of more people."

Since the inception of the breakfast expansion on Nov. 1, The Center has seen a 75 percent increase in the use of the Hy-Vee/Center meal program. Those who are 60 years or older should stop by The Center to take advantage of this opportunity.

United Way

October Volunteers Of The Month

Both Becky Soucek and Gail Houfek, United Way & Volunteer Services' October Volunteers of the Month, have contributed hundreds of hours of service, developing and supporting the Missouri River Conference of S.D. Junior Football. Becky and Gail work tirelessly on making this local youth program a success, from scheduling games and managing equipment, to board meetings, coach's meetings, game-day preparation to team formation.

According to David Spencer, who nominated both Becky and Gail for the Volunteer of the Month Award, the mere fact that Gail has been dedicated to the program for 27 years and Becky for 12 years, shows their passion.

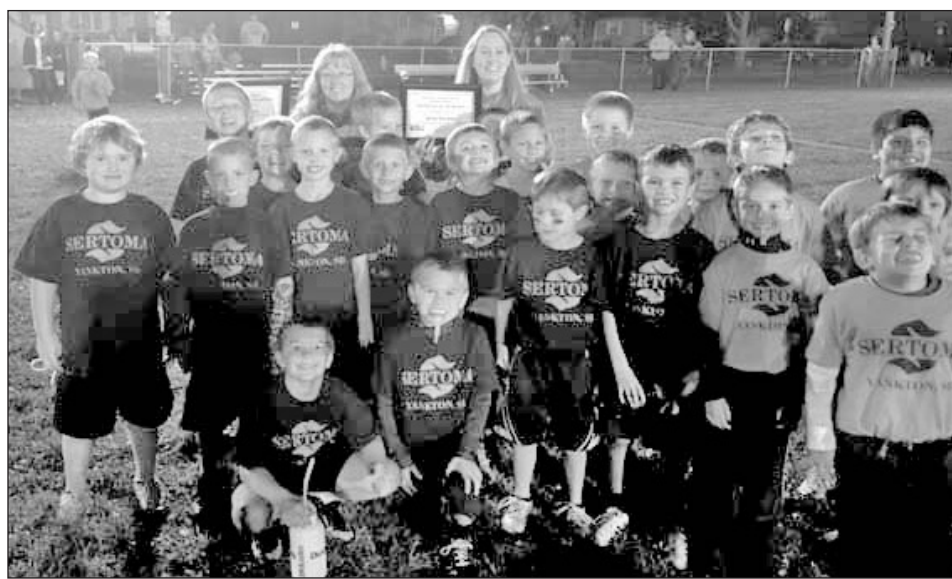
"They are both so considerate of others needs as well as the development of young people in our community. Becky and Gail have both served on the Board of Directors for S.D. Junior Football for years and work so hard. They handle many duties that make this organization the success it is today."

We asked both Becky and Gail to share with us why they share their time and talents.

BECKY SOUCHEK:

I began volunteering at an early age in life. Volunteering and the importance of it was a lesson my parents wanted to instill in my brother and my life early on.

I continue volunteering because of the importance of giving back to a community that has given me so much. Many of the things I participated in or did throughout my younger years was heavily dependant on volunteers. And although I am living in a different community now from where I grew up, I want the youth of this community to have many of the same opportunities that I did. It is also enjoyable for me to continue



SUBMITTED PHOTO

to watch these young football players continue on in their athletic pursuits and watch them throughout their high school years and see their successes.

I volunteer at Sertoma Youth Football & S.D. Junior Football. Anything and everything it takes to be able to provide a youth football league for our area youth: registering players, finding and selecting coaches, assigning players to teams, training coaches, scheduling games, equipment checkout, equipment hand in, scoreboard operator, concession stand, mowing and painting lines, handling parent concerns.

Volunteer work is enjoyable because not only is it a chance to give back to the community, but I also learn a lot about myself in the process. It is a chance for me to learn and grow as an individual. It also gives me an opportunity to meet and get to know new people that I may never have had the opportunity to know otherwise.

The advice I would give to those thinking about getting

out there and volunteering in their communities is to stop just thinking about it and actually find an organization(s) to go and help volunteer. It will be one of your best decisions you make today and will be one you won't regret. The only regret you will have is you will wish you had made the decision sooner!

GAIL HOUFEK:

I began volunteering in 1988 as a member of the Yankton Jaycees Organization. I volunteered on many Jaycee projects, fundraisers and programs. This is where I found my love for the youth football program in Yankton.

I continue volunteering because it's a satisfying feeling to help provide a youth program that's fun, teaches skills and sportsmanship.

I volunteer at the Yankton Sertoma Football program as a board member. I help with registration, organizing teams, equipment, field set up before games and running scoreboard during games.

I also serve as a Missouri Valley Representative on the South Dakota Junior Football

Board. I'm currently the equipment chair for the Missouri Valley Conference.

Volunteer work is enjoyable because it brings fun and fulfillment. Every year I get to see how much youth and teams have progressed from their first game to their last game. It's a great feeling to see the youth learning so much from our programs. I get to meet and work with many other great volunteers in the football program and in the community.

The advice I would give to those thinking about getting out there and volunteering in their communities is that it can be a very fulfilling feeling within yourself to help others or to help provide a service in your community. You not only get to give back but make a difference too!

For more information on local volunteer opportunities or to nominate a volunteer for the Volunteer of the Month Award, contact United Way & Volunteer Services of Greater Yankton at 605-665-6766 or visit www.yanktonunitedway.org/volunteer.

Participants Sought For Clinical Pastoral Education Class

Avera Health Services is conducting a unit of Clinical Pastoral Education (CPE) at Avera Sacred Heart Hospital that goes from January through May.

There are still openings in the class, which consists of 100 classroom hours and 300 clinical hours.

CPE is a practical professional edu-

cation program for ministry and provides training for chaplains and church workers. It includes seminars with a peer group and supervisor, practical experience in an appropriate setting, individual tutorials with a supervisor and the opportunity to reflect on ministry as it is performed.

Anyone who is interested in knowing more about this learning opportunity can contact: Rev. Peter Holland, ACPE Supervisor, Avera Health ACPE, at (605) 322-4713, or Chaplain Tweeter Henseler, Coordinator of Pastoral Care Avera Sacred Heart Hospital at (605) 668-8386.

MEETINGS

INTERCHANGE

Interchange held its regular weekly meeting Monday, Nov. 9, 2015, at noon at Minerva's. Interchange Vice-President Cynthia Miller led the Pledge of Allegiance.

The following announcements were made by members.

1) Sheri Duke, Ex. Dr. of Southeast Job Link invited everyone to come make a wreath out of old books and baubles at the Holiday Wreath Workshop, Nov. 14, from 9 a.m.-noon at Southeast Job Link. She also announced that The Christmas Store will be open Dec. 12, from 1-5 p.m. at the Riverview Reformed Church. The Christmas Store is a non-profit organization which provides this opportunity for children to "buy" (all items are free) with the guidance of a personal shopper, a Christmas gift for their family members. They also wrap the gifts to ensure all in the family have a gift to open for Christmas. Last year they served more than 400 children. They continue to take donations of gifts for all ages and wrapping paper. Also, if you know of a child that would benefit from this, be sure to let her know.

2) Frani Kiefer, Yankton Boys & Girls Club and Yankton School District board member, announced that the school board was meeting (Monday). Presentations on housing and its impact on the school district and teacher presentations are the focus of the meeting. Lois Varvel reminded members that Holiday Photos at Mead is Nov. 28, 2015. This is an opportunity to have a holiday picture in the Mead Building. Call the Dakota Territorial Museum to schedule an appointment. On Dec. 1, 2015, a formal dinner, Holly History at Mead, will be held in the restored lobby of the Mead Cultural Education Center.

Member Spotlight featured LaVonne Halvorsen. She was born northwest of Utica, went to a one-room school house and gradu-

ated from Mount Marty High School. She spent her entire professional career in banking. While working, she attended night school at MMC to obtain her degree. A few years later she earned a degree at banking school in Wisconsin. After 49 years in banking, she retired from First Dakota Bank. She has one daughter and one son, three granddaughters and enjoys reading, quilting and volunteering.

Hostess Nancy Wenande — and in her own words, a professional volunteer — introduced the guest speaker, Katrina Vyborny. Katrina is in her last semester at USD and is employed at NFAA in the area of marketing. Upon graduation, she will have a Bachelor of Arts in Strategic Communications and Spanish.

This past summer she lived with a host family and another American student in Seville, Spain. She took classes that immersed her in the Spanish language and culture. She shared her many travel experiences — historic sites, buildings, landscapes, culture, food — in Spain and other countries in Europe. She also shared why she returned to Yankton for her professional career and to live. While in Europe, although she enjoyed her time there, she came to a greater appreciation for what Yankton has and realized it was a part of who she is. She has already met her goal of being happy. The sense of community in Yankton and the rural beauty of the state contribute to her happiness. She still wants to explore other parts of the world if the opportunity arises; but, she is happy to be here in Yankton. She then shared some of things she is doing in marketing at NFAA and upcoming family and community oriented holiday events NFAA will be hosting. She encouraged everyone to come out give archery a try — there is always a coach on duty to give guidance if needed.

The next meeting for Interchange is at noon Monday, Nov. 16, 2015, at Missouri River Associates (the former Farm Credit Services of America build-

ing) at 124 Walnut Street. For more information about Interchange send an email to Interchange.Yankton@yahoo.com.

ROY ANDERSON POST NO. 12

The meeting of Oct. 20, 2015, was called to order by Adjutant Brandt with members, Amon, Darcy, Davies, Happe, F. Johnson and Don L. being present. All saluted the colors which were in place and recited the Pledge of Allegiance. Chaplain Happe gave the invocation.

Minutes: Previous months minutes were read and approved.

Financial Report: Approved.

Boys State: Director Darcy stated that we now have the certificates for the boys who went last June. Boys State for 2016 will be May 30 to June 4th at Aberdeen. Light discussion on the transportation for next year.

Children and Youth: Director Johnson stated that he has already started to collect sports equipment for next year, also read a thank you letter from the White Swan Community Center in Lake Andes.

Membership: 155 with a goal of 238.

POW/MIA: Cpl. Robert Witt (A), Cpl. Robert Graham (A), Martin King (A), Cpl. Robert Nelson (USMC), Pfc. Frank Worley (A).

Americanism: Don reported that the Color Guard will be posting the colors for the Sweet Adelines at the Center Unfinished Business: None New Business: Cmdr. Hollenbeck working with the Federal Prison Camp on making flag cases for those who want them by making a donation to the cause. More info will be coming in the Future.

Now for the bad news: At the American Legion National Convention, a national per capita dues increase of \$5 was approved. A motion was made and approved to raise our Post dues from \$35 to \$40 effective Jan 21, 2016. We would like all members who have not paid their dues yet to do so by Jan. 1, 2016, to avoid the extra charge for this year.

Sick Call: Cmdr. Hollenbeck Post Everlasting: None

Meeting was adjourned at 8:30 p.m.

Next meeting: Nov. 17, 2015, 7:30 p.m., VFW Post Home.

YARSP (YANKTON AREA RETIRED SCHOOL PERSONNEL)

The Yankton Area Retired School Personnel met on Thursday, Nov. 5, 2015, at JoDean's Restaurant. The program was presented by Todd Woods, chairman of the Yankton County Commission, who gave an enlightening presentation that focused mainly on the NAPA project that is being considered by the County. Mr. Woods accepted and responded to the many questions that followed.

The business meeting was conducted by President Joyce Maggied. Committee reports included the Courtesy Committee report by Pat Schulze of the passing of Margaret Lyons; Sack Pack report by Lola Waldner that 371 sack packs had been filled by members in October; and the Scholarship Committee report by Joyce Maggied that information will be disseminated to area teachers about the South Dakota Retired School Personnel's scholarships for \$1,000 offered to South Dakota teachers who have taught for five or more years, and who are pursuing advanced degrees or national certification. Our local scholarship for \$1000 will be offered again to a high school senior who will be entering college in 2016 for study in a field of education.

Old Business included a discussion about reaching out to retired educators who are residing in assisted living and nursing homes. Pat Schulze will coordinate volunteers to visit shut-ins during the holiday season. An invitation was received from Walnut Village regarding holding a luncheon, meeting and tour of the building there at a future date. Adding a local scholarship for teachers pursuing degrees was tabled.

New Business included a plan to meet informally for a monthly coffee on the first Thursday of the month during the four-month break that the organization takes until April. The first coffee will be held at 10 a.m. on Dec. 3, 2015, at Fry'n Pan. Email reminders

will be sent to the membership.

At adjournment, door prizes were provided by Eileen Neubauer.

TOASTMASTERS CLUB 1294

Yankton Toastmasters Club 1294 met at the Fry'n Pan Restaurant on Saturday, Oct. 31, 2015. Club President Roy Wilcox called the meeting to order and asked Steve Hamilton to give the invocation and lead the pledge of allegiance. Kevin Buhl was introduced as Toastmaster of the meeting and called on Master Evaluator Matt Stone to introduce his program team of Teresa Rentsch and Roy Wilcox as speech evaluators, Jack Dahlseid as grammarian who presented the word of the day "Frightened." Jana Lane as "ah" counter, Vernon Arens as timer, and Steve Hamilton as vote counter. Hannah Horn gave her Ice Breaker speech entitled "Who I Am" and Janice Stone gave a speech from the Competent Communicator manual entitled "The Little Red Hen." After the speeches, table topics were led by Kevin Buhl who called on members at large to respond to questions related to Halloween. Master Evaluator Matt Stone led the evaluation portion of the meeting and called on Roy Wilcox to evaluate Hannah Horn and Teresa Rentsch to evaluate Janice Stone, and then presented his evaluation of the entire meeting. Trophies were awarded to Janice Stone for best speaker, Teresa Rentsch for best speech evaluator and Steve Hamilton for best table topic's response.

Yankton Toastmasters Club 1294 meets each Saturday from 7:30-8:40 a.m. at the Fry'n Pan Restaurant and guests are always welcome to attend a meeting. For information about Toastmasters, call (605) 665-9217 or 665-1728.

YANKTON COMMUNITY FORUM

Yankton Community Forum met at 9:30 a.m. Nov. 10, 2015, at Elks Lodge No. 994. President Bob Wittmeier introduced Frani Kieffer who spoke of her managerial duties with Yankton Area Boys and Girls Club. She stressed how important and welcome community

support, especially that of Yankton School District, is to providing opportunities for all children through eighth grade by focusing on academic success, good character and citizenship, and healthy life styles.

On Oct. 13, guests included Veronica Trezona and Lorraine Slade; on October 20, guest speaker Allison Spak, long associated with Children's Theater and City Recreation, acquainted us with the South Dakota Drug Awareness Program, project of the Elks National Foundation.

On Nov. 3, Forum now meeting at Elks Lodge, we were treated to talks by Veronica Trezona and Sherry Duke, focused mainly on the importance and success of Literacy Council Yankton Area and also needs served by Southeast Job Links.

Please feel welcome to join this senior group, now meeting regularly at Elks Lodge the first three Tuesdays of every month.

XI CHAPTER OF DELTA KAPPA GAMMA

Members of Xi Chapter of Delta Kappa Gamma, an honorary women teachers' society, met on Nov. 9, 2015, at YHS.

President Colleen Chase called the meeting to order. Heather Barron Galvan introduced the speaker, Kenny Tomek, dietician at HyVee, who shared helpful information about healthy foods.

After the program, members shared memories of deceased member Margaret Lyons. DKG members served as honorary pall bearers at Margaret's funeral, which was also attended by the DKG State President and DKG members from Sioux Falls and Brookings.

Minutes of the previous meeting were read and approved. The emailed treasurer's report was approved.

The State President has been invited to the January meeting.

A President's pin was presented to President Colleen Chase. A gift card was presented to Deb Howell for designing and printing the programs.

The meeting was adjourned.