

# Remembering 9/11

## America: A Day In September We Cannot Forget

BY DR. LUETTA G. WERNER

The month of September will always bring thoughts about 9/11. On that day each year we commemorate the courage so many individuals exhibited when, in unimaginable horror, we watched the collapse of the World Trade Center, a burning Pentagon, and a smoke-filled black hole in the Pennsylvania Field. It was on that dreadful day 10 years ago that I was inspired to write the following thoughts.

### GOD YOU ARE OUR REFUGE

God, You are our refuge now  
And our strength in every need.  
You help us in all sorrows  
You will always guide and lead.  
Though the earth shall be removed  
There is nothing we need fear.  
Though the mountains move the seas  
We will know that You are here.  
Though the waters troubled roar  
And the mountains shake and swell,  
Streams shall make God's city glad,  
Our God's Holy Place will tell.  
Be still! Our God is with us  
He will always be on time.  
Heaven rage and kingdoms move  
But His Glory it shall shine.  
Lord of hosts, you are with us,  
Lead us on eternally.  
Come and see His mighty works  
God our Refuge, He shall be.

Memories and thoughts of World War II have made me remember the tenacity of one of our great men of history ... Winston Churchill. How

can we ever forget his most famous words, "Never, never, never give up!" It was in 1940 that France collapsed, and Britain faced the powerful Nazi onslaught alone. How can one forget his most unforgettable words... "Let us therefore brace ourselves to our duties and so bear ourselves that if the British Empire and the commonwealth last for a thousand years, men will still say, 'this was their finest hour.'"

Those words, "Their finest hour" are so relevant and will require our finest hour in the future of our world! The challenges are before us ... and may we also never forget that GOD IS OUR REFUGE and it is He who will guide and lead us. "God is our refuge and strength, A very present help in trouble." *Psalm 46.*

## The Day The Angels Cried

BY HELEN KOLETZKY, YANKTON

September 11, year 2001  
The world changed for each and every one  
From the sky came terror and fear;  
Fear for all those things we hold so dear,  
The fires and destruction were more than we could almost bear,  
our hearts and thoughts went out to all those who were and are there  
We saw brave men and women give their all and yet we saw so many of them fall.  
We can't and will never really understand what happened that day,  
we did and do not know just what to do or what to say  
To help in our own minds make it all go away  
This day will forever remain in our thoughts and in our heart  
But today the healing must start  
America, do not try your tears to hide for on this day, even the angels cried.  
God bless America!

# Maynell Honored As Volunteer Of The Month

Two years ago, when Paul Maynell first moved to Yankton to be closer to his daughter and her family, he was unsure of how to connect and become a part of the community.

Through the Retired Senior Volunteer Program, which offers seniors the opportunity to put their talents and experiences to good use by volunteering, Paul has found his place within many local agencies and programs.

Now, Paul has been named the United Way & Volunteer Services' July Volunteer of the Month for his community involvement and volunteer efforts.

Paul started his volunteer career in 1964 when he returned from an assignment with the U.S. Army in Santo Domingo, Dominican Republic. Paul organized a book drive through a radio station in Fayetteville, N.C. for the troops remaining on the island. In 1970, while stationed with the US Army at Bien Hoa, Vietnam, he also organized the donation of supplies to a Vietnamese orphanage from the residents of Yonkers, N.Y.

After his time in the U.S. Army, Paul spent thirty plus years living with his wife and family and working as a Computer Consultant in Denver. In Denver, Paul volunteered at the Asian Pacific Development Center (APDC) — from the early 1990s by providing computer consulting and support. APDC provides culturally appropriated health, mental health, and re-



SUBMITTED PHOTO

Paul Maynell was recently honored as the United Way and Volunteer services July volunteer of the month.

lated services to East, Southeast, South Asia and Pacific Islander community's refugees and first-generation Americans. In February 2002, he was honored as APDC's Volunteer of the Year. Paul continues to support their accounting department via remote access.

Paul's experience as a Computer Consultant is valuable resource to many local programs in Yankton as well. His volunteer efforts include web page design support for the United Way & Volunteer Services, Southeast Family Support, Literacy Council and Big Friend Little Friend. Paul also helps The Center cut costs by providing much needed

computer support for their internal network upgrade and ongoing maintenance. Within the 30-plus hours a week he volunteers at The Center, he also helps members with their personal computers, performing updates, removing viruses, and answering technical questions they may have.

According to The Center Director, Tammy Matuska, "Paul has shown seniors, volunteer directors, and board members that he has a real passion for what he does."

Because of his passion for computers and for helping others, Paul plans to hold computer classes at The Center this September. "I would like to educate people about Skype and other social networks. Helping the members at The Center keep in touch with their families is important to me and to them."

Paul says, "Once you decide you would like to volunteer and pick an agency you enjoy working with, a broad range of activities and opportunities open up to you."

Paul keeps busy participating in the annual Pumpkin Carve, Grandparents Day, and many other volunteer and social events held at The Center.

His advice to those thinking about volunteering is, "When you get involved in your community, you always receive more than you give. Look for a program that suits your interests and passions, and try it!"

# Presentation On Preserving Produce And Nutrition For Meals Planned

BY BRENDA K JOHNSON  
P&D Correspondent

How do you best preserve garden produce and get the most nutrition from fruits and vegetables ripe this season? Professionals LaVonne Meyer and Rachel Schram Pinos will show participants safe ways to preserve foods with highest quality, find out nutritional benefits, and add produce to snacks and meals. The presentation begins at 7 p.m. on Thursday, Sept. 15 at the Pavilion Auditorium on the Avera Sacred Heart Hospital campus. After presentations, presenters, master gardeners and participants will network informally before door prize is drawn. Handouts and produce recipes will be provided. The event is free, and a free-will donation is welcomed for educational outreach.



BRENDA K. JOHNSON  
Presenter Rachel Schram Pinos, Dietitian for Avera Sacred Heart Hospital and Hy-Vee Food Store in Yankton, will share latest nutrition information on fruits and vegetables in season now, and ways to use produce for snacks and meals.

### NUTRITION IN THIS SEASON'S PRODUCE FOR YOUR MEALS

Presenter Rachel Schram Pinos holds a joint Dietitian position for Avera Sacred Heart Hospital and Hy-Vee Food Store in Yankton.

Nutrition in this season's foods and ways to put vegetables and fruits into snacks and meals will be her focus.

"Some have tomatoes coming out their ears by now," Schram Pinos said. "I grew up on a farm north of Brookings and this presentation will be a down-to-earth approach to nutrients."

"All ages need to control cholesterol and more of us need to have half our plates filled with fruits and vegetables. Some of us

have concerns about losing weight, management of diabetes, or other health issues. Chef Staci from Hy-Vee Food Store and I will work together for some recipe handouts with produce."

Schram Pinos has recently completed her dietetics degree from North Dakota State University. She interned at Sanford School of Medicine and Avera McKennan Hospital in Sioux Falls, Rapid City Regional Hospital and other sites before accepting this position in Yankton. She is currently working on her masters degree in dietetics, concentrating on diabetes at South Dakota State University.

"I'm a health professional in a friendly setting of a grocery store," Schram Pinos said. "My job is a partnership between Avera Sacred Heart Hospital and Hy-Vee Food Store. If patients see me at Avera Sacred Heart Hospital, I can work with them at Hy-Vee and discuss concerns about managing diets. Anyone from the public can also contact me through Customer Service at Hy-Vee Food Store. When I'm working there in the grocery store, we can discuss losing weight, child's picky food choices or other topics about diet. You may see me at a food experience in the grocery aisle, or conducting a cooking class, or at a presentation like this one."



BRENDA K. JOHNSON  
Presenter Lavonne Meyer will share canning, freezing, and drying produce updates and show how you save money while you preserve foods safely.

### HOW TO PRESERVE PRODUCE SAFELY AND WITH HIGHEST QUALITY

Presenter Lavonne Meyer is South Dakota State Extension Family and Consumer Science educator located at Turner County in Parker.

### Health Benefits Of Growing And Preserving Produce

LaVonne Meyer, South Dakota State Extension Educator located at Parker in Turner County, will show how to preserve garden produce.

Rachel Schram Pinos, Dietitian for Avera Sacred Heart Hospital and Hy-Vee Food Store in Yankton, will share latest nutrition information on fruits and vegetables in season now and ways to use produce for snacks and meals.

When: Thursday, Sept. 15, 7-9 p.m.

Where: Avera Sacred Heart Hospital Pavilion Auditorium, 501 Summit Avenue, Yankton

Free event is sponsored by Missouri Valley Master Gardeners. Free-will donations will be used for educational outreach. Handouts, produce recipes, and door prize will be provided.

Practical ways to can, freeze and dry food safely and with highest quality and taste while you save money will be her focus.

"People tend to can like their mother or grandmother canned," Meyer said. She will share updates for safety and better taste using simple materials and minimal equipment.

"I'm a canner," Meyer chuckled. "I have canned, frozen and dried produce all my life. What Mother Nature shares with me, I can find a way to preserve it."

Pressure and water bath canners, freezing methods for best nutrition and taste, and dehydrating with the sun, oven or dehydrator will be addressed. Meyers will compare costs of home preserved produce to commercial foods.

Meyers has just returned from judging in the 4-H "Special Foods" competition at South Dakota State Fair. During her week at Huron she also organized judges for the "Home Environment" Exhibit.

"Many get produce from a grocery store, farmers' market, truck stand, one of the colonies, or their own garden," said Cindy Nelsen, master gardener president. "These presentations will show best ways to take care of produce and the nutritional benefits of fresh fruits and vegetables. Join us to visit with presenters and master gardeners and network with other participants and chance for the door prize."

Missouri Valley Master Gardeners are sponsors of this third annual fall event.

## YOUR PENNIES AT WORK



SUBMITTED PHOTO

Gary Munyer, JC Penney's manager from the Yankton Mall, presents a check for \$3,091.16 to Mike Johnson, program director from the Boys & Girls Club of Yankton. The money was raised through customer donations from July 31 through Aug. 27. The Pennies From Heaven involved customers rounding up their purchases to the next dollar. One hundred percent of the donation goes to the Boys & Girls Club of Yankton.

## LCTC Names Its First 'Volunteer Of The Year'

On Saturday, Aug. 27, 2011, the Lewis & Clark Theater Company held its first annual Volunteer Appreciation Party.

The Lewis & Clark Theater Company is largely volunteer-based. All of our productions are full to the brim of people who are willing and able to take time out of their daily lives to be a part of the magic: anything and everything from costumers, musicians and make-up artists to ushers, ticket takers and concession managers all the way to set construction, light and sound operation and acting.

To thank all of our volunteers for all they do, we held the party.

There was food, spirits, refreshments and some entertainment. A good time was had by all who attended, with fun displays like a short film telling all about community theatre and all that goes into it, rounding out the end of the night with some karaoke.

At this party is where we also named our first Volunteer of the Year, RandiJo Devie, for her outstanding efforts and help here at LCTC over the past year.



SUBMITTED PHOTO

RandiJo Devie was named the first Lewis and Clark Theatre volunteer of the year at a recent party honoring all theatre volunteers.

## MEETING MINUTES

### VFW MINUTES

The regular meeting of the VFW Auxiliary was opened by President Joyce Stahlecker.

A memo on the change of name "Ladies" Auxiliary to just Auxiliary-changing the eligibility for the men to join the "Auxiliary" was to be brought up at the National Convention.

Thank you notes were read from: Robert Christenson Family, Linda Storgaard, Mary Jane Bushelman, and Relay for Life, Betty Reynolds, Ethel Goeden, and Muriel Aen Family.

An application for membership for Jeanne Warren was granted.

Reports of committees were read. Four rose bowls were sent. There was no funeral for Bud Conrad.

Treats were served at Riverview Reform Church Youth Center where police conducted a Safety Program.

Poppy Chairman, Marlene Schramm reported VFW Poppy sales will October 21st and 22nd. It was reported Ginny Kast has had a stroke and is currently residing at Majestic Bluffs as is Howard Combs, husband of Joyce.

Sept. 20, is the date of VFW soup kitchen. Volunteer callers for pies are as follows: January - Shirley Christensen, February - Jackie Simonsen, March - Shelly

Stoddard, April-Jane Slowey, May-Marlene Schramm, June - Maurine Mellem. Pat Keller will for workers.

President Stahlecker thanked all who assisted with Relay for Life. It was a very hot evening.

Fall Council and Homecoming of State Commander and State President is Sept. 17 and 18 at Chamberlain.

Christensen advised Marj Olson has raffle tickets available for the State Convention raffle.

Obligations have all paid. Christensen will check on the \$25 donations to the State Special Olympic Committee.

Simonsen then passed out copies on the new committee reports to Stoddard, Olson, Slowey and herself, along with a copy of the memo explaining the new procedures to be followed.

The \$25 donation to the Yankton Transit was brought up. The donation allowed.

The audit report was read and accepted. The report of the trustees was read and accepted. Orinda Swatzke's name was drawn for the attendance prize. She was absent. The prize will be four dollars at the next meeting.

The meeting was adjourned to be served a lovely lunch by Norma Bender and Dorothy Stanaage.

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