

The Town of Wynnedale Newsletter  
**Wynnedale News & Views**  
*“One Newsletter for One Wynnedale”*

***May 2008 bring you all  
Health, Wealth & Happiness!***



***Don't Forget!***  
***Valentine's Day is Thursday, February 14<sup>th</sup>!***  
**January 2008 Edition**



## *Letter from the Editor*

2007 is history!

The New Year is upon us, most of the winter holidays are behind us, and it is usually a time when we try to clear out the old and embrace the new.

If you are like me, and love to decorate your home and get out all the little memories kept just for that “once a year enjoyment”, you probably can’t wait to de-clutter and return your home to normal!

So as you take down those decorations and return your home to normal, I hope you don’t throw out the good memories of 2007, or put away your charitable heart.

Now is a great time to clean out your closets and make donations to shelters or organizations that help the less fortunate make a new start. An old suit that is still serviceable and clean can be a terrific help to someone beginning a new career.

Warm coats, hats, gloves, scarves and even blankets, can help a homeless person stave off the winter’s cold. The old set of dishes that no longer has all its pieces – thanks to the “oops” of some tiny hands – can help a struggling family furnish their newly acquired home.

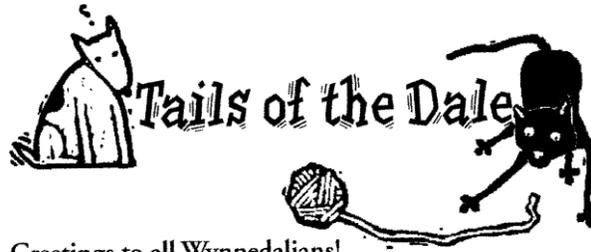
So help someone have a brighter tomorrow, as you clean your cupboards and closets to make room for you new goodies, and you will find that the winter doldrums just don’t seem so dull after all!

One of the great things about “free will”, and perhaps even getting older, is the concept of “selective memory”! So remember the good things and forget the “not so good”, and focus on the new beginning that January 1<sup>st</sup> represents, and have a wonderful 2008!

Denise Owens, Editor

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*"Our mission is to keep the newsletter vibrant and relevant while using it to maintain a strong bond of community in our town; fostering a sense of inclusion for all by living up to our new motto "One Newsletter for One Wynnedale".*



Greetings to all Wynnedalians!

By Sue Gilfoy

**No article this month - be sure to contact Sue with any pet news!**

**“Our Young Wynnedaleans”  
Regular Holiday and Children Focused Features  
By Cheri Moore**

Our Young Wynnedalean ‘Best Picture’ Contest winner is  
**Juliana Messina!**

Juliana Messina, a 2nd grader at Crooked Creek Elementary School, also won third place in a holiday art contest sponsored by the Indiana Arthritis Foundation.

Her artwork was featured with two other children in a package of holiday gift cards available for purchase from the Indiana Arthritis Foundation.  
(see the front cover of our newsletter)

Juliana previously was a winner in a Children's Museum Halloween contest in 2006. Her enthusiasm and creativity has blossomed under the tutelage of local artist Kelley Majors.

**Congratulations Juliana!**

***Juliana will be receiving a framed certificate from the newsletter staff  
and a gift card from one of our sponsors.***



**“On The Town”**  
**Town Council News**  
*By John Kincaid – Town Council*

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**Council report January 2008**

Report for the Wynnedale Town Council

At its regular meeting January 10, 2008 the newly elected town council was sworn in. Michael Owens begins his term as a council member and Mary Koers begins her term as Clerk Treasurer. Re-elected members include Judy Hall, Jon Kindred, John Kincaid, and Russ Richey. Each term of office is 4 years. Judy Hall was elected by the board to serve as the Town Council President.

The council greatly appreciates David Bacon and Eric Lindseth being candidates for council office in the recent election. Both are strongly encouraged to consider candidacy in the next election in 2011. The council also wishes to extend great thanks to Steve Coates and Marilyn McCombs for faithful service to the town during the past term.

In addition to regular town business the council has requested a survey of our current street lighting by Indianapolis Power and Light to determine if technology upgrades should be done and if additional lights should be added. The survey has been arranged by council member Russ Richey, and should take place in January. IPL will evaluate the lights presently in place through out the town. The council anticipates a report from IPL in February.

Please note the following changes:

*Council meetings will be held on the 2<sup>nd</sup> Wednesday of each month, except December. The meetings begin at 7:30 pm and you should check with a council member regarding the location, as it is subject to change.*

*Wynnedale citizens are always very welcome to attend.*

By John Kincaid for the Town Council.



In photo Left to Right:

Standing, Russ Richey, Mike Owens, Jon Kindred, Judy Hall, John Kincaid, seated, Mary Koers.



## **In Care & Concern**

*By Janet Gibson*

Please remember to notify me of any illnesses or deaths in our town.

We want to be able to support all our neighbors and friends in their time of need or loss – but don't always get the information about serious illnesses or family deaths until long after the fact. Please call or email me with any news you have in this vain, and I will make sure we get it in the next edition.

You may contact me at:293-5597 or [hegibson@iquest.net](mailto:hegibson@iquest.net)



## **Safe & Sound**

**“Keeping ourselves and our homes physically safe and financially sound”**

*By Denise Owens – Editor/Insurance & Financial Specialist*

### **Be careful how you list names on your cell phone!**

One lady certainly changed how she lists her names on her mobile phone after her handbag was stolen. Her handbag which contained her mobile, credit card, purse...etc....was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says "I've just received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn.

The pickpocket had actually used the stolen phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from the bank account.

Moral of the lesson: Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, sweetheart, Dad, Mum etc..... And very importantly, when sensitive info is being asked thru texts, **CONFIRM** by calling back!

Note: When you get a text message from friends or family to meet them somewhere, be sure to [call back to confirm that the message came from them!](#) If you don't reach them, consider waiting until you do! Be very careful about going places to meet "family and friends" who text you, without confirming it was they who sent the message.



**Did you hear the news?!**

**Janet and Hugh Gibson have a new Granddaughter and a new Grandson!:**

***Molly Gibson* of Chicago and *Jack Gibson Ross* of Denver**



***Wishing You a Green New Year !  
by Sue Gilfoy***

It's that time of year again. The holidays have come and gone, and a new year lies ahead. It's a time for reminiscing, for embracing old traditions and establishing new ones. Hence the tradition of New Years resolutions.

Whatever promises we make each year, more often than not, these resolutions relate to how we plan to make life better for ourselves. This year, we should also resolve to make life better for each other, to make the world a better place to live in and be a part of. There's no better time than now to make 'positive change' a regular and consistent part of our vocabulary.

Starting with this edition of **The Wynnedale News and Views**, we will try in each issue to pass along a few easy changes that anyone can "resolve" to make, which would contribute to helping make our city, state and country greener. If we all implement just a few changes, we would have a much cleaner and healthier world to hand down to our children.

**Conserve Resources!**

**This year, resolve to use less water, reuse as much as possible and conserve energy.**

Here are a few easy ways to accomplish that:

***Energy***

- **Buy Energy Star appliances.** Cut your monthly energy bills 30 percent by replacing old equipment in your home with state-of-the-art Energy Star products.
- **Conduct an energy audit.** Then, repair leaks and faulty insulation (no more drippy faucets). To learn more visit [www.eere.energy.gov/consumer](http://www.eere.energy.gov/consumer).
- **Keep the thermostat constant** at 70 degrees or lower in cold weather months, 78 degrees or higher in the warm weather months.
- **Replace light bulbs with compact fluorescent lights (CFLs).** CFLs use 75 percent less energy than conventional light bulbs and are widely available. Just remember to recycle your CFLs using Earth 911 as they contain small traces of [mercury](#).

***Water***

- **Purchase a rain barrel.** A rain barrel, or large plastic tub, simply fits under your gutter to collect rainwater. This water can't be used for drinking or even bathing, but it can be used to water your garden or wash your car.
- **Check bathroom fixtures** for leaks.
- **Plan for more efficient landscape irrigation**

***Start to Detoxify your home/body and life***

- **Buy local at your neighborhood farmer's market.** Buying from farmers markets or neighborhood grocers helps the local economy and also makes you feel like part of the community. This helps reduce "food miles," which contributes to climate change; the average meal travels 1,000 miles before it reaches your plate.
- **Buy organic and fair-trade products.** The production of organic food causes much less environmental damage than conventional agriculture, and it comes without pesticides. The demand for organic food is growing at 40 percent per year.
- **Plant a vegetable garden.**
- **Keep live plants in your home** to naturally filter the air (use rain water from that barrel to water them).

P.S. Every 40 inch tall pile of newspapers/magazines you put in the recycle bin saves one tree!

***Think Green & A Happy Green New Year To All!***

*Incorporating any or all of these suggestions is a good start and enough to digest for this issue. We realize that making a resolution is a personal choice and to carry out the actual resolution is a personal decision. If you have suggestions that we as individuals or Wynnedale as a community could initiate, please contact:*

**Sue Gilfoy – at 295-9903, and we'll try to include them in the next issue.**



## It's Cold & Flu Season!

**Influenza (flu) Prevention** *Date updated: April 04, 2007 Content provided by MayoClinic.com*

### These steps can help you stay healthy, even at the height of flu season:

- **Get an annual flu vaccination.** The best time to be vaccinated is October or November. This allows your body time to develop antibodies to the flu virus before peak flu season, which in the Northern Hemisphere is usually December through March. Keep in mind that the flu vaccine doesn't offer complete protection, especially for older adults, but it can reduce the risk of illness. In any given year, the flu shot (Fluzone) may be 70 percent to 90 percent effective in young, otherwise healthy people but far less effective in older adults. Health experts still recommend vaccinations for people over 65 because the flu shot may reduce the risk of flu-related complications, hospitalizations and deaths.

Healthy people ages 5 to 49 alternatively may receive the flu vaccine through a nasal spray called FluMist. It protects against the same strains of influenza that the flu shot does. Like the flu shot, FluMist is given every year. Because FluMist contains live but weakened flu viruses, it shouldn't be used by pregnant women, people with weakened immune systems and those with chronic illnesses. A study published in 2006 found that FluMist was only between 30 percent and 57 percent effective in preventing the flu in adults. However, another study in 2006 found that giving nasal spray vaccine to school-age children helped to reduce the spread of flu in the community. And in 2007, researchers compared the effectiveness of FluMist against the flu shot in children ages 6 months to 5 years. The children treated with FluMist experienced about half as many cases of flu as did those treated with the shot. However, Flu Mist increases the risk of wheezing in this age group - especially in children who are 6 to 11 months old - and is not yet FDA approved for children younger than 5 years. Consult with your doctor about which form of vaccination may be best for you or your child. **You can get the flu vaccine from your doctor, at public health centers and many pharmacies. In some areas, flu vaccines are also available at senior or community centers and at supermarkets.**

- **Wash your hands.** Thorough and frequent hand washing is the best way to prevent many common infections. Scrub your hands vigorously for at least 15 seconds, rinse well and turn off the faucet with a paper towel. Or use an alcohol-based hand gel containing at least 60 percent alcohol. Hand gels are easy to use and may be even more effective at killing germs than soap and water are.
- **Eat right, sleep tight.** A poor diet and poor sleep both lower your immunity and make you more vulnerable to infections. A balanced diet that emphasizes fresh fruits and vegetables, whole grains, and small amounts of lean protein works best for most people. On the other hand, the amount of sleep needed for a healthy immune system varies from person to person. In general, adults seem to do best on seven to eight hours of sleep a night. Older children and teens need more rest - between nine and 10 hours every night.
- **Exercise regularly.** Regular cardiovascular exercise - walking, biking, aerobics - boosts your immune system. Exercise won't prevent every infection, but if you do come down with the flu, you may have less-severe symptoms and recover more quickly than do people who aren't as fit.
- **Limit air travel.** Researchers say that the pronounced drop in air travel that occurred in the fall of 2001 slowed the spread of the flu and delayed the start of flu season by several weeks. Ordinarily, new flu strains spread rapidly in November, during the height of the holiday travel season, so you may be able to reduce your risk by limiting your time in the air in the late fall.
- **Avoid crowds during flu season.** Flu spreads easily wherever people congregate - in child care centers, schools, large office buildings, auditoriums, even cruise ships. By avoiding crowds whenever possible during peak flu season, you reduce your chances of infection.



# School News!

*Happy New Year!!*

All schools resumed classes on Monday, January 7, 2008

## **Crooked Creek Elementary School**

- January 10 – Family Game Night, 7 pm - a night of fun for the entire family
- Jan. 11 – Honors programs - students are recognized for their academic achievements.
- Jan. 17 – Dad’s Club Open Gym – contact the school for more information
- Jan. 21 – Dr. Martin Luther King, Jr. Day – no school
- Jan. 23 – Market Day pickup, 6:30 pm – Check website for food selections

**Come One! Come All!**

### **To The Annual Crooked Creek Jazz Pancake Breakfast**

Saturday, February 9, 2008

Enjoy a delicious breakfast with family, friends, and neighbors.  
Listen to great jazz played by Crooked Creek staff and associates.  
Participate in the PTO silent auction and raffle.

## **Westlane Middle School**

- January 22 – Honor’s Breakfast (7:30 am)
- January 25 – PTO Dance (7-9pm)
- February 12 – PTO Educational Night – Speaker will be a State Representative

## **North Central High School**

What: The Annual Tootsie Pops Concert

Who: The 2006 Indiana State Champion North Central High School Orchestra

When: Saturday, February 9, 2008. Two performances; 9:30 am and 11:00 am.

Where: North Central High School 1801 East 86th Street

**Tickets: \$3 at the door**

**Advance sales: please contact Cheryl Alfred (317) 849-3751**

**cherylalfred@gmail.com**

**Ticket order forms may be downloaded at <http://www.northcentralorchestra.org>**

*This program is especially designed to introduce pre-school and elementary children to the sounds and sights of orchestral music. After the concert, young guests will have the opportunity to visit the musical instrument “petting zoo” and try a string, percussion or wind instrument and make a simple instrument to take home.*

If your school was not listed or there is information you would like to add, please contact Charlotte Talley at (317) 299-7127



## What's Cookin' at Home!

By Charlotte Talley

### *New Year's Treats*

#### **Cinnamon Morning Delight**

#### **Ingredients**

1 cup margarine, softened  
2  $\frac{3}{4}$  cups sugar – divided  
2 teaspoons vanilla extract  
4 medium eggs  
3 cups all purpose flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon baking soda  
2 cups sour cream (16 ounces)  
2 tablespoons cinnamon  
 $\frac{1}{2}$  cup chopped walnuts

#### **Directions**

In a large mixing bowl, cream butter and 2 cups of sugar until fluffy. Add vanilla. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder, soda, and salt. Add alternately with sour cream, beating just enough after each addition to keep batter smooth. Spoon  $\frac{1}{2}$  of batter into a greased 10 inch tube pan. Combine cinnamon, nuts and remaining sugar. Sprinkle  $\frac{1}{3}$  over batter in pan. Repeat layers 2 more times. Bake at 350 degrees for 60-70 minutes or until cake test done. Cool for 10 minutes. Remove from pan to cool completely. Butter top and let melt. Enjoy

#### **Potato Hash with Baked Eggs**

#### **Ingredients**

4 large Russet potatoes, peeled and cut into  $\frac{1}{2}$  inch dice  
 $\frac{1}{2}$  cup extra-virgin olive oil  
Salt and freshly ground pepper  
 $\frac{1}{2}$  cup chopped onion  
8 eggs  
2 teaspoons chopped fresh oregano leaves  
6 tablespoons freshly grated Parmesan, Asiago or other aged cheese

#### **Directions**

Preheat the oven to 375 degrees F.

Bring a pot of well-salted water to boil. Add the potatoes and boil until about  $\frac{3}{4}$ 's of the way done, about 4 minutes. Drain well and spread out on a baking sheet to cool.

Heat a large ovenproof skillet over high heat. When hot, add the olive oil and then add the potatoes in single layer. Lower the heat to medium and cook, tossing occasionally, until the potatoes are crusty and browned, 10 – 12 minutes. Season with salt and pepper. Add the onion and cook until the onions brown slightly, about 2 minutes.

Off the heat, make 8 small evenly-spaced wells in the hash and pour a small bit of olive oil in each well. Break an egg into each well. Sprinkle the eggs with salt and pepper. Scatter the oregano and the cheese over the hash.

Transfer the skillet to the oven and bake until the eggs are cooked to you taste, about 5 minutes for firm whites and soft yolks. Serve immediately.

**Neighbors,**

**We are still looking for recipes to share. Please e-mail your favorite recipe to [www.talley-charlotte@sbcglobal.net](mailto:www.talley-charlotte@sbcglobal.net). They will be included in our future newsletters.**



## ***“Around The Town”***

### ***Special Events in our Community***

#### **Christmas Caroling Party**

By Robin Reagan

A fun time was had by both carolers and those they caroled on Sunday, December 16th. A small, but lively group gathered at the Reagan-Messina home before journeying around the neighborhood on a beautiful, clear and cold evening. Since Robin and Frank began hosting the party 2 years ago the party has been blessed with snow making it a particularly festive evening. Returning student Becky Kincaid, joined her parents John and Beth Soper who also contributed extra libations from a prior holiday party, which along with other pitch-in items from Wynnedale residents like Celestine DeTrana and Sue and Craig Rice, among others, ensured that no one went home hungry or thirsty! By the end of the caroling circuit the cold had winnowed the carolers to a hardy few, but Wynnedale's community spirit was shining the entire time. Thanks to Robin and Frank for hosting the event and to everyone who participated in a Wynnedale tradition honoring the holiday season.

Apologies to anyone who would have liked to participate but did not get the information, due to the short notice, communication was done by word of mouth – not an efficient way to be sure everyone got the news we admit.

This year we plan to really do this in a big way and ask for hosts from several areas of town – maybe even one for every 2 blocks – so there will not be a heavy burden on any one host to accommodate 90+ households of carolers!

Robin and Frank look forward to hosting the party again this year and promise faithfully to get the word out in the newsletter further in advance and to not schedule it on top of a Colts game even though that ensured we had plenty of people to carol!

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#### **The Wynnedale Ladies Tea**

By Denise Owens

The 2007 holiday tea was well attended and many new friends were made. There was more than enough food and plenty of beverages – including tea – which no one drank! (But the “Adult Beverages” went over very well – go figure!)

There were many small groups in conversation throughout the house and all the feedback about the event was positive – someone even suggested I host again this year! But I would not want to hog the pleasure – so will reluctantly pass the hosting on to another. I am sure we will have many offers – since we ladies make wonderful guests, and bring terrific goodies and lively stories to share!

It was certainly my pleasure to host and I look forward to seeing my neighbors/new friends at other community events!



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## MAIL POST

1950 Kessler Blvd. W. Dr.  
(317) 255-7447 (ship)

Mr. Dimitri Snowden, owner and manager

**Mail Post** is a new business in our neighborhood. It is located next door to Starbucks at Michigan Rd & Kessler. It is highly recommended by our neighbor, Marie Warshauer. This business offers the following services:

Print	Internet	UPS
Stamps	Copy	DHL
Notary	Private Boxes	USPS
Packing	Assortment of Boxes	FedEX

We welcome this mail service business to our area. Present this announcement when you visit **Mail Post** and receive an additional 10% off your purchase. This offer is good for 30 days.

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### Reminder!

We will be gathering corrected or new information for our updated Town Directory – scheduled to go to print in May 2008. Please be sure you complete the information form that will be included in the March newsletter and get it submitted no later than April 30, 2008.

Note: The directory is not to be used for soliciting business, but as a resource for neighbors to maintain contact and look out for each other.

The information is intended for the private use of Wynnedale Residents Only.

The last update seems to have been done in 2005 – so we have many changes that need to be made.

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#### NOTE:

*The deadline for submissions for the next newsletter – March 2008 Edition – is Monday, March 3<sup>rd</sup>. Please contact the reporter/writer for the section for which you feel it is relevant – see their contact info after each section/ article or email to the editor - Denise Owens - [dransom13@yahoo.com](mailto:dransom13@yahoo.com).*

Please Note: No hard copies are accepted by the editor – it is too difficult to format.

**Our thanks to Allstate Insurance Co., for underwriting this newsletter.**