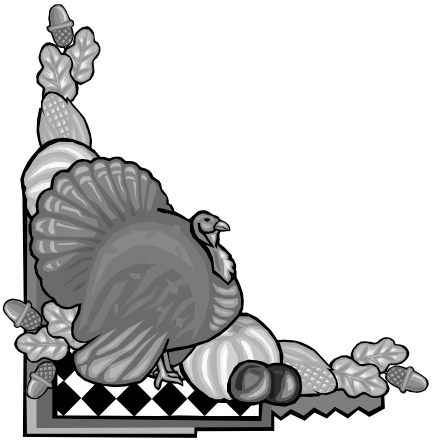
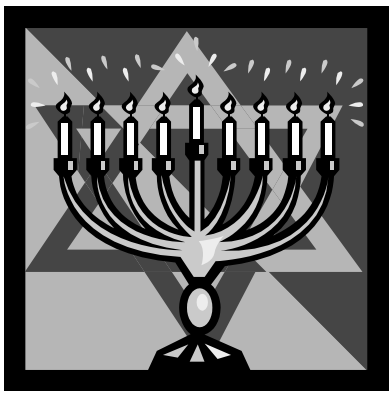
The Town of Wynnedale Newsletter

Wynnedale News & Views

"One Newsletter for One Wynnedale"

Happy Holidays!





Happy Thanksgiving ***Happy Hanukkah!***

Merry Christmas! ***Happy Kwanzaa!***

Happy New Year!

November 2009 Edition

Letter from the Editor

It is holiday time again and I don't know if you feel the same or not – but this year seems to have flown by for me! Perhaps it has been the hectic nature of our economy added to the turmoil throughout the world; or maybe it has been the loss of so many friends and neighbors that has reminded me of how short and fragile this life really is, or maybe it is just that I am - blessedly – getting older! ☺

Regardless of the impetus – I can truly say I am more aware of the passage of time than I have ever been. It is always at this time of year, when the leaves change; the gardens grow dormant, and the lawn starts to sport a "frosty mustache" that we move inside to begin our "hibernation" in the warmth of home and family.

As we put away our short-sleeved shirts, shorts and sandals, and dig out our warm sweaters, mittens and boots, let us all be mindful of those for whom this time of year marks not just a transition from one season to the next, but the awareness of extreme hardship and fear. There are many more this year than last, who will find it difficult to keep warm; find shelter from the elements, or even enough to eat. I hope as you plan your holiday gatherings and think about the gifts you will give and get, that you add at least one name to your list that you do not know.

Unfortunately, or fortunately depending upon your perspective, there is no shortage of organizations helping and needing help in these unusually challenging times.

Here are just a few of my favorites that can use your donations of time and resources, I am sure you know of many others:

- American Red Cross
- Salvation Army
- Dress For Success
- Gleaners Food Bank
- The Dayspring Center for Homeless Families
- Hospitals; hospices and senior centers
- Homeless Shelters and Soup Kitchens

If you still want to know more - you can also search the web for charities by name or for the Charity Directory of Indianapolis - *indiana.uscity.net/Charity/*

Thank you all for your kindness and generosity, and I wish you all a wonderful, happy and healthy holiday season and a prosperous new year!

"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 motto "One Newsletter for One Wynnedale".

Did you hear the news?!

A *"NEW"* NEIGHBOR

Former Wynnedale resident Dr. Michael Risinger, who lived here from 1989 -1991, has returned "home"!
This Wynnedale aficionado now resides at 4213 Knollton Rd.
Back in Indy after two years at Stanford, Mike practices neurology at the I.U. Medical Center.
He is an I.U. Medical School graduate and a long time friend of the Kincaids.

Welcome Back Mike!

New to Wynnedale!

Hello Neighbors! We are the newest residents of Wynnedale, and we would like to introduce ourselves to all of you! We are the Bulcher family; Tony, Cheryl, and Samantha (Sam), from Beavercreek Ohio!

We moved into 2292 Wynnedale Road; the "Usher" house! We relocated to Indianapolis because of Tony's job. He transferred to Allison Transmission in October of 2006 due to the GM/Delphi Plant closings in Dayton.

We just sold our home in Ohio this year, in May! We are so happy to be together again, and very happy to be here! We have three grown children, all still living in Ohio.

Our oldest, is our Daughter, Stacia, who is attending college to be a Pharmacist. She may eventually transfer to Butler University to get her degree. She is currently "single," and very serious about school.

Our middle child is our Son, Shane. He and his wife Jane live in Columbus Ohio. Both are graduates of Ohio University. They are college sweethearts, and newlyweds, married just one year!

Our youngest is our Son, Jeremy. He is a United States Marine, who proudly served his country during the Fallujah takeover in Iraq. He is now home in Ohio, and is currently an Ironworker; engaged to be married to his fiancée Katie.

Oh yes, and then there is Samantha (Sam), our "baby." She is 8 years old, and is part Black Lab, and Dalmatian. She loves the neighborhood! Many of you have met her. She loves to say "hi" to everyone!

We too, LOVE the neighborhood! We have met many of you already, and would like to thank you for your hospitality, and graciousness! You have made the transition from Ohio so much easier with your warm "welcomes." We are planning on having an Open House to get acquainted, and let everyone see our home, as many of you have never been in the house in all the years you have lived in Wynnedale! We are looking forward to meeting ALL of Wynnedale, and spending MANY happy years in our new home! We feel as if we were meant to be here!

Upcoming Holiday Events around town!

Wynnedale Ladies Tea

This year's Ladies Holiday "Tea" will be hosted by

Leigh Purcell

at her home at

2101 W. 44th Street

from 2-4 on Sunday, December 20th.

Please bring "a goodie" to share – beverages will be provided by the hostess!
We hope all the ladies of Wynnedale will attend and share some holiday cheer and just catch up on all that has gone on this year!

Our sincere thanks to Leigh for opening her beautiful home to us!

Wynnedale Caroling Party

Sunday, December 13
4:00-7:00 pm

Start and end at
Frank Messina and Robin Reagan's Home
4260 Roland Road
RSVP: 297-5551 or fcmessina@hotmail.com

Please bring a finger food to share
Libations provided!
Dress warmly for neighborhood caroling
Bring caroling lyrics if you have them and a flashlight

Calendar Reminders!

- Thanksgiving is Thursday, November 26th
- Hanukkah begins at sundown on Friday December 11
- Christmas is Friday December 25
- Kwanzaa is celebrated December 26th thru January 1
- New Year's Day is Friday, January 1

What's Cookin' at Home!

By Charlotte Talley

With everyone watching their budgets this year, save some money, unleash your creativity, and give a few gifts from your kitchen and your heart.

These gifts can be given individually, or develop a theme and group a number of them in a large basket wrapped with cellophane paper and ribbons.

- **If you're giving cookies, for instance, tie a big bow on a beautiful basket and include several kinds of cookies along with some cookie cutters, a few recipes, and a cookie mix in a jar.**
- **Gifts of homemade liqueur would be great in a beautiful wooden box with a few pretty glasses, a shot glass for measuring, and some homemade snack mixes.**
- **Wrap up a few quick breads along with some beverage mixes, a few mugs, and a cutting board for a gift of breakfast in bed.**
- **I really like the idea of giving a crock pot filled with soup mixes & lots of different recipes.**

Find decorative jars online; in specialty shops and antique stores. (make sure they are food safe)
Purchase some holiday recipe cards for the recipes.

One more tip: Be sure to <u>think</u> about the recipient when making your gifts:

- **Do they enjoy baking or would they prefer a food gift that's ready to eat?**
- **Are they on a special diet or do they have food allergies?**

This kind of thoughtful touch is what makes these gifts so special.

A food safety note: <u>DO NOT</u> make flavored oils.

The oxygen-free environment that exists around herbs, spices, and other ingredients placed into oils is the ideal place for botulism to grow. If you want to include flavored oil in a gift basket, purchase "commercially made flavored oils" <u>and do not transfer them to another bottle.</u>

In Care & Concern

by Janet Gibson

Please take the time check on our sick, shut-in and/or widowed neighbors this holiday season!

Just a short visit or a brief chat by phone can make all the difference in their holiday spirit!

Please keep all our neighbors and friends in your prayers.

If you have any information regarding illnesses or deaths of town residents or their families, please notify me, so that we can share that information with the rest of the town.

You can contact me, Janet Gibson, at: 293-5597 or email me: **gbsn2@sbcglobal.net**

A Different Kind of Christmas! *(Reprised from 2008 & worth repeating!)*

by Sue Gilfoy

My usual environmental news promoting a “greener” lifestyle is influenced by the economic times we are all struggling with this year. As the holidays approach consider making some changes that benefit your wallet as well as your environment. Here are just a few ideas I have gleaned from numerous sources; I wish you all well in finding ways to have a meaningful “green” Christmas.

FIRST & FOREMOST – Consume less. Americans make up 5% of the world’s population, but consume 24% of its energy and resources. We eat 200 billion more calories than we need each day, enough to feed 80 million people. We are the world’s gluttons at the expense of the livelihoods of the world’s poor.

CHRISTMAS GIFT GIVING - Do the folks on your list really need more stuff? If not, skip the store-bought presents and give a pot of delicious homemade soup, a gourmet meal or free night of babysitting instead, or donate to a charity in their name. Heifer International or Oxfamamericaunwrapped.com invites donors to "buy," for example, a camel ($175), cow ($75), sheep ($45), building tools ($25) or the planting of 50 trees ($30) as a way to support their programs in developing countries (the recipient gets a card with a photo, not an actual cow). For more ways to give, go to Treehugger.com.

GIFT WRAP - Nobody will notice that you wrapped your gifts in brown bags from the grocery store if you add a pretty bow on top. Kids love presents wrapped in the Sunday funny papers. For more stylish ideas, go to Idealbite.com.

ORNAMENTS - Remember popcorn strings? (The birds will happily “recycle” them after the holidays); how about having children or grandchildren make paper chains from newspaper comics, used wrapping paper or cheap construction paper. Develop a theme for your tree this year using items you have collected like dried flowers, small antique toys or dried berries from trees. You are only limited by your imagination. Plus save your money and hang items from around the house—Barbie's accessories, Pez dispensers, etc.—using hemp twine.

WREATHS - An original door hanging can be fashioned out of many things. Trees in the area are hanging heavy with pinecones of all shapes and sizes, free for the picking. Try making garlands and wreaths of fresh bay leaves or other herbs available very inexpensively at local drugstores or places like the Dollar store. The smell of these adds so much to the holidays as well as provides more than enough herbs to cook with for six months or more.

TABLE DÉCOR - Again, take a walk with the kids in some of our neighborhood woods and gather holly or pine boughs to mix with candles and ornaments. Fresh fruits like oranges and pomegranates look lovely mixed in on the day of the feast.

TREES – Last, but not least, the centerpiece to most of our holiday decorations. You might be surprised to learn that each year 50 million Christmas trees are purchased in the U.S. of those, about 30 million go to the landfill. This might be the year to consider getting an artificial/reusable tree. Tiny twinkling lights and ornaments can also look lovely on a variety of metal frames as well as on a group of fallen tree branches dragged home from the woods.

One family I know is planning a "Merry Christmas to Nature" day using some "decoration recipes" found in library books and planning to decorate the outdoors with edible ornaments for the birds, chipmunks, rabbits, etc.

Another way to make the Holidays more sustainable is to use a living tree as your Christmas tree. Rather than cut down a tree consider adding one to your yard that was your 2008 Christmas tree. It saves valuable resources and creates memories. The right way to do this can be found on line or from any gardening center.

I will “wrap” this up by saying much more can be found about having a “green” Christmas on the many related websites and I wish all happy and healthy holidays, and the prospects for a prosperous new year!

School News

Happy Holidays!!

PANTHER ELEMENTARY WRESTLING

ATTENTION 1st, 2nd, 3rd, 4th and 5th Graders

The Panther Elementary Wrestling Club provides an opportunity for your child to learn quality wrestling technique in a fun and competitive environment using drilling, games, and live wrestling. All practices will be supervised by high school wrestling coaches. Kids practice with kids in their own weight classes, so whether BIG or SMALL there is a place for your child to learn and compete.

Registration includes wrestling club t-shirt, ISWA competitor's card and great instruction.
$100 REGISTRATION FEE

Camp starts November 17 and will be held in the Wrestling Room at North Central High School, 1801 East 86th Street. Enter through door #18 on the west side of the high school, turn left into the main gym. The North Central Wrestling Room is immediately on your left when you enter the gym. Kids should bring shorts, t-shirt, and tennis or wrestling shoes.

PRACTICE TIMES AND DATES
Practice times are from 6:15 pm – 7:15 pm on the following dates:
November 17, 19, 24, December 1, 3, 8, 10, 15, 17, January 5, 7, 12, 14, 19, 21, 26, 28,
February 2, 4, 9, 11, 16, 18, 23, 25, March 2, 4, 9, 11, 16, 18.

Registration forms are available at Crooked Creek's Main Office
Contact Coach Dickerson if you have any questions!
ESTON DICKERSON, ELEMENTARY WRESTLING COACH
PHONE: 259-5301 EXT. 5610 • EMAIL: edickerson@msdwt.k12.in.us

North Central High School

*****Ed Coleman - Milken Educator Award Recipient *****
10/12/2009

Ed Coleman, NCHS English Teacher and Department Chair, is the Recipient of the Milken Educator Award. Mr. Coleman is one of two, 2009 Indiana recipients of this prestigious award, sometimes known as the "Oscar" of teaching awards. In addition to the recognition, the award carries with it a set of great professional development activities and a $25,000 cash award. Ed joins two other Milken Award recipients on the Washington Township Team. Alicia Harris, Greenbriar's Assistant Principal, won the award as a teacher from South Wayne Middle School in Wayne Township, and Literacy Specialist Jessica Heidelberg won the Award as a teacher at Harcourt Elementary School.

Visit North Central's Web Site to view its online calendar.

Crooked Creek Elementary School

December 3 Family Game Night
December 4 Activity Night sponsored by PTO
December 7-11 Hat and Mitten Drive
December 7-11 Book Fair
December 10 Winter Musical 6:30 P.M.
December 18 End of 1st Semester – Winter Break begins
Dec. 17- Jan. 4 Winter Recess – No School
January 4 School Resumes
January 8 Honors Program 8:30 A.M.
January 14 Family Math & Science Night
January 15 Spelling Bee
January 15 Movie Night
January 18 Dr. Martin Luther King, Jr. Day – No School
January 20 Kindergarten Welcome Meeting
January 28 CC Skate Night
February 11 CC Talent Show
February 12 Valentine Room Parties
February 15 President's Day (No School)
February 16-17 Vision & Hearing Screenings
February 11 CC Talent Show
February 19 Chinese New Year Parade and Festival
February 25 Title One ISTEP Prep Night - 6:30 pm

For more information about these events, contact Crooked Creek School 317 259-547

Westlane Middle School

December 8 - 11 Bookfair
December 17 Winter Break begins at the close of school
January 4 School Resumes
January 18 Dr. Martin Luther King, Jr. Day – No School
January 20 Honors Celebration 7:00 P.M.
January 30 Vocal/Piano ISSMA Solo & Ensemble Contest

For more information about these events and the sports schedule, visit Westlane Middle School's Website

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

Halloween in Wynnedale was Safe & Uneventful!

The rules of the town were obeyed and no one reported any incidents of injury or vandalism.
Reminder of the Basic Rules for a Safe Halloween:
Trick or Treating allowed only until 8 pm and all children should be supervised.
Wear costumes that do not restrict visibility. Be sure the little "goblins" can be seen – in costumes with reflectors, &/or carry a flashlight.
Respect the property of others. Always inspect the goodies before allowing your children to eat them.
Turn on your porch light if you want visitors.

Thanks for another wonderful evening for our "Young Wynnedaleans" - with no regrets!

Safe & Sound

"Keeping ourselves and our homes physically safe and financially sound"

By Denise Owens – Editor/Insurance & Financial Specialist

Want to have a healthier winter and a happier new year? Learn to Manage Your Stress Better!

According to the American Psychiatric Association, 43% of Americans suffer some adverse effects of stress.

Not all stress is bad however; there is "good stress" and "bad stress".

Some stressors help you be more productive by increasing your energy through increased adrenalin since stress can be another word for excitement. If nothing in your life ever caused you stress (excitement) then your existence would be very boring!

However, if everything in your life causes you stress – your body will become worn down, drained of energy. It is like leaving a lamp on all the time, eventually the bulb will wear out and the lamp will go dark!

Some of the health issues the body can suffer from too much stress are:

- Coronary heart disease
- Hypertension
- Eating Disorders
- Ulcers
- Diabetes
- Asthma
- Depression
- Migraine headaches
- Sleep disorders
- Chronic Fatigue
- Certain Cancers
- Weakened Immune System
- Plus many others!

If you feel you are suffering from any of the above, please be sure to see your physician immediately.

But if you are just beginning to feel the effects of the busy holiday season and need to relax, consider some of these non-clinical stress relievers:

Exercise: Any kind that raises your heart rate will do (be sure to check with your doctor first!) It has the added benefit of improving body tone while it relaxes the mind

Get a Hobby: If your normal work to mental – a physical project like building furniture or coaching a Little League team, can rest your mind; if your normal work is physical – consider working puzzles; craft & art projects or reading to rest your body while you escape the daily grind. If food is your passion – cook or bake and share with others – so you don't eat it all! ☺

Volunteer: Helping others less fortunate can be good for the body, mind and soul. But be careful to pick a project that does not depress you!

Meditation: Learn Tai Chi or Yoga or simply deep breathing while listening to relaxing music.

Consider this mantra as you meditate:

Life is too short to allow negativity to rule. I must guard my thoughts; I must be careful whose words I allow to move into my consciousness. Only the words of those that matter to me, matter to me.

Not sure if you should heed the person criticizing you?

If there is someone stressing you that you would not allow to sleep overnight in your home, then don't let them inhabit your "mental real estate" either!

"On The Town"

Monthly Town Board Meetings are held the 2nd Wednesday of each month at the home of Mary Koers. Please note that all town residents are welcome – but if you wish to be on the agenda please notify the council in advance.

Note: As usual the Town Council Minutes will be available on our website www.Wynnedale.org

OR if you require a hard copy – you may contact Jon Kindred.

Plus – you can also view the newsletter on our website – thanks to John Swartzendruber, who has volunteered to upload it within 5 days of issue!

Thanks John!

Many thanks to the Wynnedale town council, and especially Russ Richey for all his coordinating efforts on every aspect of the new curbs project. Their efforts have given our town a "touch of class" it has not had for a while and which will be enjoyed for years to come.

More News You Can Use!

Need or Want A Town Directory?

Each home has been given one copy "free" (paid for by the town)
– If you want a second or third copy – they are available at $5 each as long as supplies last!
Contact Janet Gibson if you'd like additional copies – 293-5597.
And Janet says she will even deliver!

TREE TRIMMING ASSISTANCE

Mike McBride will be trimming some trees at his home soon. He plans on renting a personnel lift machine for this work. He wonders if anyone else in the neighborhood is interested in sharing the machine and the cost of the rental. Mike is willing to do the cutting. Call him at 410-1896.

SNOW REMOVAL

Mark Sheets, of Riverside Lawn Care, once again this year will provide street snow plowing service for Wynnedale. If you wish to make individual arrangements for having Mark clear your driveway, please call him at 850-6844 or email him at **Riversidelawncare@yahoo.com.**

Have You Started Networking on Line Yet?

Some popular Social Networks you can try – proceed at your own risk of course…
They can be fun and keep you connected or reconnected to old friends.
Just be careful what you put out there – it never really goes away!

- **LinkedIn** - professional networking site that is free to join and provides additional features for a monthly membership fee. Provides easy-to-search/find contacts by industry, region, name, etc.
- **Facebook** - social networking site with 110 million users.
- **Plaxo** - professional networking site with 20 million users.
- **www.ning.com** - site that allows you to create your own social network (e.g., a mini Facebook). It's free, easy to set up, and you can create your own blogs, forums, and even sub-communities.

Reminder: Our next newsletter will not come out until February 2010:

- **February** will be the first issue of 2010 and speak to all the events that occurred over the previous few months and holidays.
- **May** *will be the second issue for 2010 and include the announcements of spring and summer events and focus on our return to the outdoor activities (including our beautification event). ***Note: This will be the last issue I will be able to facilitate – so hopefully someone will have volunteered to take it over by then.***

It is our intent to have the newsletter in your homes by the third Saturday of the given month.
Please be sure you are sharing anything you want placed in the newsletter with one of your newsletter team members well in advance of the deadline for submissions. We need any information you wish to be included in a given issue, in the editor's email **no later than the first Monday of the month of issue**.
(Those deadline dates would be 2/1/10; and 5/3/10)

"Don't Let a Bird Get Ahead of You"

Reprint from the original Wynnedale sales brochure and reprised in many Old Directories/Newsletters

Haven't you ever dreamed of owning a home in the suburb where you could awake each morning with a rush of fresh air and a stream of pure sunlight through your window – where the joyous singing of happy birds would cheer you when you most need a little cheering.

Possibly you have dreamed of such a home, which was also located so conveniently to your business that you could make the trip down in the morning and back in the evening, or even home for lunch, without ever noticing the time or distance.

Probably at the time you thought those dreams just Air-Castles, so remotely improbable as to be practically impossible, but the fact is you can make your dreams come true by owning a home in Wynnedale, where you would be awakened each morning by the 'singing of the bird' rather than by the clanging of street cars or the honking of auto horns – where flowers will grow as they ought to grow – where the birds have a chance to alight and have a reason to sing for joy.

Don't let a bird get the best of you – or your judgment!

Be sure to re-read the town's history on the inside cover of your directory

Make note of the things you want included in the next newsletter, and be sure to contact one of our "roving reporters" well in advance!

Enjoy the Season!