



# Windsor Wave

Pass it on • “Wave” to a Friend

MAY 2012

City of  
Windsor Heights  
1133 66th Street  
Windsor Heights, IA 50324  
(515) 279-3662  
www.windsorheights.org

## Help keep our storm sewer and waterways clean! When mowing your lawn, please do not blow your grass clippings onto your street, sidewalk or driveway

### GLENDAREILING AND FRIENDS RENT A CHEF SERVICES PRESENTS SUMMER COOKING CLASSES GLENDAREILING BRINGS HER CULINARY ARTISTRY TO WINDSOR HEIGHTS

Need some fresh ideas for cooking at home? Check out the set of cooking classes at the Windsor Heights Community & Events Center. Chef Glenda Reiling will offer one class a month, starting in June and continuing through August.

The June 20 class will focus on fresh summer cooking ideas for a three course meal with salad, entree, and a healthy light dessert option. Time is 6–8 p.m. Students participate in a hands on cooking demonstration/ \$45.00 a person/ \$5.00 discount for pre-booking by May 31.

The July 17 class will show you how to grill and smoke like a pro. Chicken, steaks, fish, lots of side options and cast iron baked desserts on the grill. Time is 6–8 p.m. Students participate hands on cooking demonstration/ \$45.00 a person/ \$5.00 discount for Windsor Heights residents.

The August 14 class will be for kids, ages 8 and older. Instruction preparing easy items together, and learn about different foods that are healthy and taste good. Hands on class for kids in groups with chefs, to help them prepare fun snacks and become helpers for Mom in the kitchen. Time is 10 a.m. – noon. \$20.00 per child/ \$5.00 discount per child for day care groups of 6 or more.

The public may sign up for classes by going to [Hello@GlendaReiling.com](mailto>Hello@GlendaReiling.com). All major credit cards are accepted. A minimum of 12 students will be needed for the “hands on class” to be offered. Pre-registration is required. For more information, please call 729-0084.

Glenda Reiling has been a professional chef for 26 years, working for several corporate dining facilities, throughout Des Moines, Kansas City, Omaha, and Minneapolis. Teaching culinary classes is her favorite part of being a chef. Glenda has taught classes for Farm Bureau, Principal, Des Moines Schools, and privately. She is a graduate of the Culinary Arts program at DMACC and continues education at the Culinary Institute of America in New York.

Glenda’s business, Rent a Chief was started a year ago. As with her classes she enjoys helping people learn to cook, prepare for parties, and meet new clients. Cooking with fresh quality ingredients is the key to great food and memories. Check out Glenda’s website at [GlendaReiling.com](http://GlendaReiling.com).

### DEL MATRO TO CAMBODIA: A VOLUNTEER’S STORY

Join Windsor Heights resident and international volunteer, Mark John Conley, as he shares photos and personal reflections of his work and travels throughout rural Cambodia. Affected by corporate downsizing in 2010, Mark has taken that opportunity to volunteer for a Cambodian nonprofit dedicated to helping the country’s most vulnerable citizens. In his 45-minute slide presentation, Mark will share accounts of his travels as well as living and working with Buddhist and Cham Muslim communities. He will also share thoughts on how Cambodia’s troubled past continues to shape its current social and political dynamics.

This event will be held on Tuesday, June 26 at 6:30 p.m. at the Windsor Heights Community & Events Center in Colby Park. A sampling of Cambodian delicacies will be served. This event is free and open to the public.

### CALLING ALL AGES! FOR A SPECTACULAR FOURTH OF JULY, YOU WILL WANT TO SPEND IT IN WINDSOR HEIGHTS

The 4th of July is a great day to have a lot of fun. The best celebration is quite literally in your own backyard. Live music, children’s activities and vendor booths offering food and more will be presented at Colby Park throughout the afternoon leading up to the fireworks show at 10 p.m. All activities will be free but vendors will charge.

4th of July Parade – Everybody loves a parade, whether it is for the funny entries or the nostalgia of the red, white and blue. The parade will be begin at Sherwood Forest at 3 p.m. and travel south on 73rd, east on University and south on 66th, ending in Colby Park.

Afternoon Festivities in Colby Park – This is the perfect family outing after watching the Fourth of July Parade. Participants may purchase \$1 tickets to enjoy the action on the inflatables. There is bingo and arts activities. Live music will begin at 4:30 p.m. with two bands.

Volunteers are needed for July 4 for this Independence Day celebration. The volunteer-run Special Events Committee seeks help. Even donating one or two hours to make the event successful and safe is appreciated. To volunteer, you may call 645-6821 or e-mail [tlevine@windsorheights.org](mailto:tlevine@windsorheights.org).

### MOST BEAUTIFUL YARD CONTEST

The *Most Beautiful Yard* contest, sponsored by the Keep Windsor Heights Beautiful Committee, recognizes well-kept properties. All residential yards within the city limits are eligible. Nominations are being accepted now. Go to [www.windsorheights.org](http://www.windsorheights.org) to nominate yourself or a neighbor, or mail or deliver the nomination to Windsor Heights City Hall, 1133 - 66th Street, Windsor Heights, IA 50324. The nomination must include your name, address and phone number, plus that of the property owner. Include a short summary describing why the property deserves recognition. The first prize winner will receive a stepping stone valued at \$150. Two runners-up will each receive a \$50 gift certificate from Wild Birds Unlimited. The deadline for entries is 5:00 p.m., Friday, June 15.

### MUSIC IN THE PARK SCHEDULE SET

The 2012 Windsor Heights Music in the Park schedule has been set. Sponsored by the Windsor Heights Foundation, the 10-concert series in Colby Park begins Tuesday, June 12. The Ralph Zarnow Orchestra, directed by Dan Hartzler, will open the series which will also feature a 20 piece German brass band on July 31.

All concerts are held, with one exception, on Tuesday nights, starting at 7 p.m. The schedule:

June 12	Ralph Zarnow Orchestra (big band sound)
June 19	Java Jews
June 26	Sacred Heart Sax and Brass
July 1 (SUNDAY, 3 p.m.)	Hot Club of Des Moines
July 10	Party Gras Classic Jazz Band
July 17	Urbandale Community Adult Band
July 24	Hold On
July 31	Brass Band from Altenmedingen, Germany
August 7	Greater Des Moines Community Band (includes Night Out Against Crime activities)
August 14	Free Style

Concerts are free and will include free beverages provided by Bankers Trust; free snow cones by the Windsor Heights Lions Club; free popcorn, Windsor Heights Foundation. There will be door prizes.

Note that because of July 4 activities, a Sunday afternoon concert is scheduled for July 1, 3 p.m.

The 20 piece brass band from Germany is on a tour which includes some Iowa stops, and will be a highlight of our concert series. A German supper, starting at 5 p.m., will precede the concert. Tickets may be purchased in advance for \$6 at Music in the Park concerts; \$8 at the door.

Dan Hartzler will provide a “reprise” of the Ralph Zarnow Orchestra big band sound, using music played by that renowned group.

Music in the Park is being underwritten by donors to the Windsor Heights Foundation annual fund, the Windsor Heights Lions Club, and grants from Prairie Meadows Community Betterment, Polk County Community Betterment, and BRAVO Greater Des Moines, with in-kind support from the City of Windsor Heights.

Donations to the Windsor Heights Foundation will be gratefully received at any time.

### WINDSOR HEIGHTS CITIZEN OF THE YEAR

The City is now accepting nominations for “*Citizen of the Year*”. Guidelines and nomination forms may be picked up at City Hall or be available from the web site, [www.windsorheights.org](http://www.windsorheights.org). The *Citizen of the Year* award is a great opportunity for the city to recognize those who make our city great! Applications are due Friday, June 1.

### 2012 MOVIES IN THE PARK SCHEDULE

Movies in the Park is back again this year in Colby Park. With a fabulous line-up, it will truly be outdoor cinema at its best, thanks not only to the setting but also to the selections made by an all-volunteer committee. The six week schedule begins Friday, June 15 and runs through July 27 (skipping July 6). All movies are free and begin at dusk. Lawn chairs, blankets and picnics are all welcome. For more information go to [www.windsorheights.org](http://www.windsorheights.org) or call 645-6821.

June 15	<i>Secretariat</i>
June 22	<i>Kung Fu Panda 2</i>
June 29	<i>Captain America</i>
July 13	<i>Puss and Boots</i>
July 20	<i>Music Man</i>
July 27	<i>Hugo</i>

### SUMMER CAMP IN RESIDENCE FOR COLBY PARK THIS JULY

Kids, ages 7 – 12 years old, are invited to sign up for a “Cultural Caravan Camp” presented by CULTUREALL, a local not for profit organization dedicated to connecting young people to multi cultural experiences through hands on learning. This four-day camp will be held at the Windsor Heights Community & Events Center, 6900 School Street in Windsor Heights. The dates and times are June 9–12 from 9:00 a.m. – 3:00 p.m. with kids attending daily.

During camp, participants will get to travel around the world without leaving home. Trained cultural ambassadors will be the guides to show how people dance and live in India, how the drums from Africa talk to people, what a mid eastern bazaar in Iraq is like and much more. Campers will sing, dance, create visual arts and learn about ancient and modern traditions and customs from around the world.

Each camper is asked to bring a lunch each day and a snack for the afternoon. Campers can be dropped off at 8:45 a.m. and picked up at 3:00 p.m. at the Windsor Heights Community & Events Center located in Colby Park.

CULTUREALL involves central Iowans in learning about other world cultures. With more than 100 presenters who are ambassadors of 40+ different cultures, they spark a curiosity for cultural discovery and help our community become a more desirable and vibrant place to live, study and play.

The cost of the four day “Cultural Caravan Camp” is \$100.00. Children of Windsor Heights’ residents receive a 15% discount, making it \$85. The Camp is limited to 30 kids with a minimum of 12.

You may sign up by going to [www.Cultureall.org](http://www.Cultureall.org), by calling CULTUREALL at 515/681-5185 or 515-273-8569 and by e-mailing [Maureen@Cultureall.org](mailto:Maureen@Cultureall.org) or [Vista@Cultureall.org](mailto:Vista@Cultureall.org)