

GREEN TREE TIMES

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Get Creative and Make the Best Out of Staying Safe by Social Distancing



You can feel connected with family and friends through video chatting.

As far as the weather goes, March did leave like a lamb but it also left us in a position like never before. With COVID-19 restrictions and news stories that have us all worried and concerned for ourselves, family, friends, and complete strangers, for that matter. The world feels like a close community in terms of the difficulties, loss of life that is happening and the heroic efforts of our frontline responders. With that said, it really feels strange to be writing about activities to do while under stay-at-home orders. It took a while for me to come to terms with this but I have decided that although I am filled with a sadness, a feeling of loss and also fear of the unknown, I am also determined to see the positive as much as possible.

This time is one where we will be closer to our other homebound family members than we ever intended to be. That can be a struggle at times for everyone to communicate effectively with each other to lessen the disagreements but it's also a blessing because it forces us to hopefully really connect with each other on a deeper and more meaningful level. Times like this also really bring an appreciation for the people that you can't see face to face right now. This virus is here and it's horrible but I have realized that I can still feel the above and also feel the joy of doing something fun and new, laugh at a movie or have a walk or drive with the music blasting my favorite songs and loving every minute of it and not have to feel guilty about that.

It takes some effort and creativity but there are a lot of things you can do this month to have fun and still follow the orders.

Get outdoors for some exercise. Head to a park or track and walk, al-



ways keeping 6 feet from other people. If you see someone you know, remember, no hugs right now, your smile will have to do!

Use a video chat app to talk with a family member, friend or loved one and feel together while keeping your distance. Apple iPhone users can use facetime and other apps include Google Duo, Skype, Facebook Messenger, Zoom and more. You can do this using your phone, laptop or computer. If you are really technologically advanced, you can even use your TV. If you are concerned about security issues, go to the websites and read how to make your video chatting secure.

Plan a virtual movie or TV show watching party using Netflix Party. If you can't get everyone on at the same time you can set up a virtual movie or book club. You all read the same agreed upon book or watch an agreed upon movie and then set a day to sit and chat about it through video chat or just on a multiperson voice call.

Combining multiple people to a phone call is pretty easy and using the above video apps or programs works great.

Binge watch a show on Hulu, Netflix or other provider. Pick one for the entire family and make it some family "TV" time a couple days



a week. Pick one just for you as your guilty pleasure as well.

Do some of that cleaning/organizing that you have been meaning to do and get everyone in the house to help, or not, if that's better.

Make some art. You can go to myblueprint.com and take classes using a variety of mediums. There are classes for adults, older teens and classes for kids. All classes are free



until April 9. Try out crochet, painting, knitting, cooking, sewing and more!

Many zoos and aquariums throughout the world are offering live webcams or videos of the animals and even some classes or training sessions to watch. Just Google the name of some zoos and explore their

pages. You can get stuck for a long time, watching all that's out there but it's fun! I checked out a few and my favorite so far is San Diego's webcams of the polar bear and apes. Pittsburgh has a cheetah webcam and a penguin webcam that even allow you to move



the camera and change views.

The Carnegie Museum of Natural History is bringing the City Nature Challenge 2020 back and it is modified to keep everyone safe during the COVID-19 pandemic. You can use the iNaturalist app and work to document biodiversity in our homes and neighborhoods. The kick-off is April 24 and the challenge runs until April 27. All you need is a camera (on phone or tablet) and the app. You'll be challenged to take pictures of plants, animals, or the things they leave behind and upload observations to iNaturalist. Go to carnegiemnh.org and get the information as well as the current public guidelines for keeping safe.

Restaurants, cafes, pubs and bars are getting creative in trying to keep their business afloat and keep people involved by offering a variety of unique opportunities. This industry is really hard hit because of the inability of the owners and workers to telecommute from home. Some are offering take-out, delivery and



curbside service (see our special back page of some local spots to visit and support). A popular cocktail spot in

(continued on page 6)

MUSINGS...WHAT TO DO?



Editor's Note: Sharon Eakes is a personal and executive coach, who is a regular columnist for our paper as well as for the Huffington Post. She is the author of Fresh Views on Resilient Living. She may be reached by calling 412-741-1709 or email Sharon@hopellc.com.

Sharon and Nancy Smyth, her business partner in Two Wise Women, together published, "Chocolate or Lunch, How Choices Impact Relationships." If you have tense relationships, this book is for you. Both books are available through Amazon.

You can either waste this period of social-distancing and be frustrated, or you can choose to make it the best it can be.

Sister Mary Catharine Perry

"I didn't sign up for this," my friend Pam said, frustrated. And yet, here we are. People are anxious, scared, bored, even feeling a bit unhinged. What to do? Here's what my heart says:

Center

Still your body. Not by sitting and watching reruns on TV, but by doing an active practice. Take 36 very deep breaths. Meditate. Go on YouTube and look for Calming visualization for anxiety or Guided Imagery or Qigong sound healing. Then build the practice into a daily routine.

Pray for yourself and those you love and all the people in the world going through this same crisis. Pray even if you don't believe in God or have a prayer tradition. Pray to the Universe

Walk – outside, if possible.

Think deeply – to soften anger, shift to assuming you're carrying the virus and asking "How can I not give it to anyone?" Moving from me focus to we focus, from inward to outward helps.

Schedule worry time – no more than 30 minutes/day. During that scheduled time, worry away. Write down your worries. Then go about doing other things until 24 hours goes by.

Clear your mind of critical and blaming thoughts. NO one caused this on purpose. This is the inevitable response of a world grown smaller and more interdependent. Look for things we can learn that make the shrinking world an advantage. How can we become more united and solve earth's problems together?

Connect

Stay in closer-than-usual touch with loved ones.

Include the people in your own home, some of whom may be driving you nuts.

Get off your phones and talk to each other. Plan new schedules together. Routines comfort us. I've heard some heartwarming stories of kids (even teenagers) taking daily walks with their parents, and playing games together or doing puzzles over several days.

Have compassion for each person's different experience of this totally new, seemingly upside-down reality. Get in touch with friends and family you've been thinking about.

Forgive someone. Resentment takes up space in our brains and hearts we're going to need.

Clean

Clean your drawers, cupboards, refrigerator, files, bathroom, basement, garage. Cleaning and organizing, tossing out what's no longer needed can calm anxieties and feel productive. Do this with other family members, and if you can, have fun with it. Laugh at what you find and toss.

Clean your routine of too much news. It adds to anxiety. Reporters are scrambling too, so they grab and repeat what's dramatic. 20 minutes/day is enough for me.

Create

Go back to past shelved projects. Awhile ago I started an iPhone Photography course. Resuming it will be fun.

Paint, write, knit, carve.

Put all your emotions into a poem.

Garden – get your hands dirty. An old Russian proverb says, "All sorrows go into the dirt." Gardening gives the promise of future growth, new life

Find or create online games – play with family or friends.

Create online get-togethers. Yesterday I was part of a heartwarming devotional gathering.

Make gifts for people. You could be prepared for the next holiday gift giving way ahead.

Go on virtual field trips – there are lots of them already offered, and new ones popping up. (Look for Virtual Field Trips in Google and YouTube.)

I am not a Pollyanna. I accept that we are in a global crisis...uncharted territory where there will likely be a great deal of suffering, both physical and economic. How we respond now, though, sets the tone for how we get through this. And just maybe, this is a necessary reset for us to advance to the next level of civilization. I see people slowing down and getting in touch with their basic humanity. That is a good thing. We will learn as we go. Maybe we'll bump up against the question that comes after What to Do? Namely: Who to Be?

I would love to hear your tips for thriving, stories of people's creativity and generosity. I'll publish Fresh Views more often and include your gems, if it seems helpful. You are in my heart.

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The Fishin' Hole



by Sam Hall

Normalcy is defined in the dictionary as: the condition of being normal, the state of being usual, typical or expected. For so many of us, the world stopped turning for the second time in our lives on March 13, 2020. Just like September 11, 2001, we will never forget that day. We know where we were, what we were doing or how it made us feel, to know for certain that normalcy, was, from now on, going to be something completely different. The Fishin' Hole sends our thoughts and prayers to everyone dealing with this bizarre circumstance, which is, in fact, EVERY-

ONE. We also want to publicly send our thanks to the ever present first responders and medical teams that put themselves directly in the line of fire every day in the hope that one day there can at least be a "new normal." Also, we want to thank the folks who are on a brand new type of battle line, in the grocery stores running the registers, keeping them stocked and running smoothly so we can get needed supplies, and the people who work in the gas stations every day. New heroes are constantly emerging and in their faces we can see the belief that will carry us through this into the future.

All of that makes fishing seem unimportant to a lot of people I would guess, and on one level that is certainly true. But this coming April 18th could be a step toward a new normal. I will take it. But I will, as should you if you decide to go fishing on what will be the most memorable "first day of trout season" in our lifetimes, be prepared to closely follow the Pennsylvania Fish and Boat Commission's social distancing

guidelines. That states you should be able to "stand with your fishing pole in your outstretched arm and if you rotate your body in a complete circle, you do not come in contact with another person." Honestly, that is how I prefer to fish anyway. I think that should become a permanent recommendation!

The trout are stocked. Rumor has it over three million are out there. They were stocked, however, without the benefit of volunteers. What that means from a practical standpoint is, the bulk of the trout are going to be located in holes that were easily accessible to the trucks. That is problematic because we are going to be dealing with a situation where the fish are NOT spread out, but the anglers are required to be spread out. So my number one tip is get where you are going EARLY. Tip number two, head out with the intent of enjoying the fishing and not really getting too wrapped up in the catching. Catching a fish will never be worth catching a virus. Care for one another, closely obey the social distancing



Keep a pole's length from the other people fishing.

rules and take a step back toward the new normal. There is a day in the not too distant future when we will all be able to get together and tell the stories about where we were and, how we handled "first day" 2020. Let's make sure those are great stories. Send your stories and pictures to samdhall@comcast.net.

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Go to: mtpisgahgreentree.com
Joyful Journey Preschool
Rev. Tom Ribar, Pastor

Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220
Off Greentree Road in Scott Twp.
ststephenpittsburgh.org
412-279-5868
Pastor Maurice C. Frontz III, STS
Live Streaming Service
Sundays at 10:30 a.m. on
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

All Saints Polish National Catholic Church

500 Fifth Street, Carnegie
412-276-2462 Fax: 412-276-9677
www.allsaintspnccpa.org
all.saints.pnc.church@verizon.net
Very Rev. Richard Seiler, Jr. Pastor
Independent - Catholic - Sacramental
Contact regarding services.

Crafton United Presbyterian Church

80 Bradford Avenue
412-921-2293 Fax: 412-921-0348
www.CraftonUP.com
Live Streaming Service
Sundays at on Facebook
Pastor Diane Flynn
Office: 8:30 a.m.-1:30 p.m., M-Th

Bible Baptist Church

412 Old Washington Pike
Carnegie, PA 15106
412-276-7717
bbcpittsburgh.com
Sunday Services:
Live stream at 11 a.m. on
[Facebook.com/bbcpittsburgh](https://www.facebook.com/bbcpittsburgh)
Rev. Phil Golden Jr., Pastor

Carnegie Presbyterian Church

219 Ewing Road, Carnegie
412-279-3223
Virtual Worship Service: 10:30 a.m.
Rev. Dr. Colleen F. Molinaro
www.carnegiepresby.org
Go to website for virtual worship.

First Christian Church at Carnegie

Teaching From God's Word
Anthony and Lydia Streets
Carnegie, PA 15106
Minister Robert W. Hale,
412-279-5030
carnegiechristianchurch@gmail.com

St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave.
412-921-1125
Pastoral Office Hrs. by Appointment
Rev. Douglas Kinsey, Pastor
Rev. Shawn Markarkey, Pastor

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,
Crafton, PA 15205
412-921-2504
Handicapped Accessible
Livestream Service through
Southminster Presbyterian Church
at 11 a.m. at spchurch.org
Pastor Paul Nigra
www.hawthornechurch.org

Mount Washington Baptist Church

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412-921-6153
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on Sundays at 11 a.m. on
[Facebook.com/Dave.Carver](https://www.facebook.com/Dave.Carver)
All are welcome!
Pastor: Dave Carver
Live stories for kids are read by
Pastor Dave each day on Facebook

Saint Philip Parish

St. Philip Church, 50 W. Crafton Ave.
Pittsburgh, PA 15205
Ascension Church, 114 Berry St.
Pittsburgh, PA 15205
412-922-6300
Rev. John B. Gizler III, Pastor
Call church for any service updates.

St. Margaret of Scotland Catholic Church

310 Mansfield Avenue, Green Tree
412-921-0745 Fax: 412-921-0707
www.stmargparish.org
Live Streaming Mass on
Sundays at 8 and 10:30 a.m.
Weekdays at 8:30 & noon
Administrator: Fr. Robert Grecco
Parochial Vicar: Fr. Aleksandr Schrenk
Deacons: Kevin Lander & Jim Mackin

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"Representing Jesus"
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412-477-3210 www.HisService.com
ambassador.montgomery@gmail.com
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30 West Prospect Avenue
412-921-2323
Website: ingramupchurch.org
Rev. Wayne D. Meyer

Church of the Nativity (Episcopal)

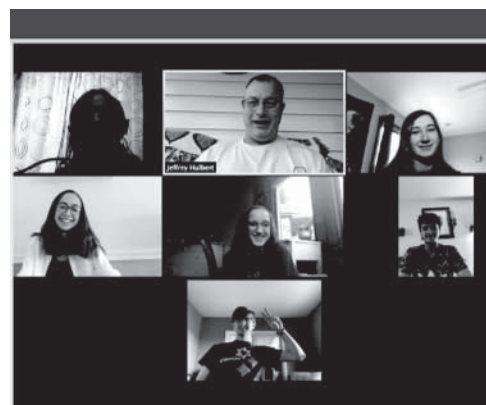
33 Alice Street, Crafton
412-921-4103
www.nativitychurch.org
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NOTE: See above or call churches directly relating to the
changes to virtual worship due to the Coronavirus.

Virtual Activities are Available as Libraries, Museums and Zoo Remain Closed

All libraries throughout the area are closed due to the mandatory closure of non-life supporting businesses because of COVID-19. You can still get ebooks, movies and more. Also, many museums, the Carnegie Science Center, and zoos around the world are available virtually.

Although libraries are closed and that means special activities for kids, teens and adults are cancelled, there are creative alternatives to help get everyone through this difficult time of social distancing.

Below are sites that enable you to get ebooks and more.

elibrary.einetwork.net

This site is one stop shopping and offers many links to help you check out ebooks, magazine, and more. You need a library card to access.

libbyapp.com

This site lets you read or listen to books. It will assist you in getting a library card if you don't have one. You can download this app on your phone or on computer

hoopladigital.com

This site lets you borrow digital movies, music, ebooks and more. You need a library card to access. This is also a downloadable app.

Libraries being closed affects us all but kids probably feel it the most. Below are activities and sites for all ages but has a focus on kids.

The brick and mortar libraries aren't available to us right now but we can still borrow and read ebooks. We can also partake in book discussions.

The world's largest digital book club connects millions of readers. It's called the Big Library Read and has a monthly book and discussion. Leave and read comments with other readers and sometimes the author. Go to biglibraryread.org. No waiting for the current title, "Funny, You Don't Look Autistic," by Michael McCreary.

Hoopla also has a Quarterly Book Club that includes and exclusive author interview. Every title available immediately, no waits! Info at theclub.hoopladigital.com.

There are "virtual" ways to visit the library and read books and get involved. The Carnegie Library at carnegielibrary.org is having a Virtual Reading Challenge that started Mar. 23. It's not too late to register. Many libraries are offering virtual storytimes through Instagram or Facebook. Green Tree Library, Crafton Library, Andrew Carnegie Free Library, Carnegie Library are doing live (and recorded) storytimes on Facebook along with other cool ideas like Carnegie Library's Creative Course Club. Storyline Online (storylineonline.net) offers videos of stories being read by various celebrities for young children. This is free and there is a great book selection.

A really cool and unique storytime experience is storytime from Space. Kids can actually listen and watch a video of an actual astronaut reading a book while in space. You can see our galaxy through the windows of the space station. It is definitely worth checking out. They also have science videos on the site to watch. Info at storytimefromspace.com.

Two sites where you can watch and listen to stories being read are romper.com and weareteachers.com. There are books for all ages and interests.

Jennifer Garner has teamed up with Amy Adams to help raise money for Save the Children and No Kid Hungry with their initiative, Save with Stories. This program is offered on Instagram and you can get there via your phone or computer. Just click the app on your phone or on the computer go to instagram.com/SAVEWITHSTORIES/ and just

click on the story you want to check out. You need to sign in with either Facebook or Instagram. They are free but asking for any size donation to help kids who are needing food due to the school closures during this tough time. Do what you can! The stories are awesome and you will recognize the many celebrities reading.

A fun activity for kids while being stuck inside is watching Lunchtime Doodles with Mo Willems, author of the Elephant & Piggie series, everyday at 12 noon on Youtube. Past videos are on his site as well. Watch him doodle and he'll teach you how to doodle, too! Go to Youtube and search Lunch Doodles with Mo.

Grace Lin, another children's author of many books, is offering reading and drawing lessons on her Youtube channel as well.

Jarrett J. Krossocka, New York Times best selling author and illustrator of kid's books is offering Draw Everyday with JJK on studiojjk.com and youtube.com/studiojjk.

Find fun kids activities including a Hogwarts' Digital Escape Room link at theidearoom.net/free-online-activities/. There are some great links

and the escape room was created by the Peter's Twp. Library.

The Carnegie Science Center is keeping kids interested and safe with virtual fun by offering "Something to Read, Something to Watch and Something to Do," everyday at 8 a.m. Just go to carnegiesciencecenter.org.

The Pittsburgh Zoo can come to you through the webcams and videos. Log on at pittsburghzoo.org. You can google other zoos throughout the country and see more webcams as well. Try San Diego Zoo, Bronx Zoo, and the Columbus Zoo.

If you are a Harry Potter fan, go to artsandculture.google.com, scroll down to Harry Potter and explore. There is so much more on this site for adults and kids.

Things will open again sometime soon but until then, enjoy the virtual opportunities.

**Reading
is Fun!**

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Pets Can Offer Comfort During Isolation



Our pets can help us to feel comforted and less isolated during these difficult times.

This is a time whereby your pets can be a great source of comfort during this pandemic and greatly help with social distancing and isolation.

You can still adopt or foster animals at this time. To find out how, call the animal shelters below or check their websites for information.

Low income families or families that have lost jobs will be struggling to pro-

vide for their pets as well. You can help by donating money, food, toys and more. Check with the individual shelters to find out what they need.

As of this printing the experts are saying animals can't transmit coronavirus to humans. There is still much that is unknown at this time so hand washing is important after touching any animal.

Staying Safe by Social Distancing

(continued from front page)

Australia, Golden Gully, started a virtual presence with Virtual Gully and is offering wine deliveries and tasting sessions via Zoom as well as online cooking lessons from the chef. Some restaurants are offering ways for people to sponsor meals or treats for medical professionals on the front-line. Locally, Vincent's Greentree is offering 20% off for all frontline responders.

There are a variety of cooking lessons available online. There are free classes at the Ktchn Cooking School,



ally offered in a bundle at \$199 for only \$9.99. Definitely time to take advantage of that special opportunity. Udemy is an online learning platform that offers classes in almost anything you can imagine, so check out the site at udemy.com and explore. Examples range from business classes, health, design, music and so much more!

Another thing you may want to try is listening to a podcast, or audio recording. I have to say, I have never listened to one but I plan to change that very soon. Topics of podcasts can vary and include history, true crime, comedy, news, entertainment, sports, and more. A friend recommended listening to Office Ladies featuring Earwolf & Jenna Fischer and Angela Kinsey. As a fan of watching The Office, I think it will be right up my alley. Keep in mind there are no FCC regulations placed on podcasts so explore at your own risk and supervise kids before they choose one.

If you are missing sports you can check out the NFL RedZone as they will be airing the entire 2019 season to help fill the void. Also, the NFL 2020 draft will proceed as scheduled. The MLB network will be airing historical Home Run Derbies along with all time great World Series games.

Amazingly, with technology today, we can remain connected in ways that were unimaginable in years past. This in no way should replace staying connected in person whenever possible when this COVID-19 danger passes but it's great to have this distancing option while we need it.

Stay safe and I hope to be writing about things to do around the area WITH family and friends very soon. Until then, follow the guidelines to help flatten the curve so we can slow and hopefully stop the spread of this dangerous virus.

to monthly memberships at Rouxbe Online Culinary School or Masterclass. If you can afford it, you can directly Skype with a chef in real time at The Chef and The Dish for \$99. That would be a special treat.

If you are used to going to an exercise class or working out at the gym, you'll need to make adjustments right now. Many gyms and fitness trainers are offering free alternatives to the traditional ways of working out. Just google online exercising to figure out what would work best for you. There are apps, Youtube videos, real time live classes and more.

Udemy's courses are priced per class ranging from cooking fundamentals at \$9.99 to program classes usu-



presents

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of Clinton

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You can keep yourself and others safe and healthy by following the Stay at Home Order and practicing social distancing rules but also make life a little easier a few times per week by picking up breakfast, lunch, dinner or even dessert. Support our local restaurants during this time by choosing them for your next take out meal. These establishments have gotten creative to make sure they and their customers stay safe by offering take-out, curbside service, limited people ordering inside and extra cleaning and sanitizing through each day!

Wiggy's

2350 Noblestown Rd
Pittsburgh, 15205
412-919-0361

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412-279-8811

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412-919-0361

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412-429-7400
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Crafton Ingram Shopping Center
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Grab n' Go, 534 Clever Rd.,
412-787-5266

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