

# GREEN TREE TIMES

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## April is Filled with Fooling, Flowers and Fun



There's nothing quite like smelling the spring flowers

~photo courtesy Sonia Fernandez

Spring fever is officially an epidemic here in Western PA. I hear it's spreading fast and furious and there is no cure! The only thing that can be done is symptom management.

First, the symptoms to be aware of are unpredictable fluctuating mood relating to whether the forecast calls for clouds or sun, bouts of energy and the sudden desire to wonder through Lowes garden and patio center. Other common symptoms are some restlessness and strong desire to hide your puffy down jacket and also a decreased appetite unless it's a Rita's Italian Ice or DQ soft serve.

Well, luckily, the symptoms are treatable! Read on and find one or two things on this page and go do it and you'll be feeling much better in no time!

Just on the off chance you are actually Googling Spring Fever, April Fools! There is no official Spring Fever diagnosis, although it is fully believed to exist by everyone, except the doctors! I'm sure I have it. Self diagnosed, of course.

I know the saying goes, "April showers, bring May flowers" but in all fairness, there are plenty of wildflowers to be seen in April as well. Getting outside and seeing these gorgeous colors is a definite treat after a long winter indoors.

The Pittsburgh Botanic Garden has a variety of walks and educational

workshops throughout the spring. You can grab a map and walk at your own pace or take a group tour and see the Virginia bluebells, daffodils, tulips, glory-of-snow flowers and dogwood trees. The Botany Walk and Talk will be held on April 13 from 10:30 - 1 p.m. This tour is followed by a lunch. The art exhibit, Watercolor Works from the Garden will be on display until June 2023. The exhibition features 22 artists using watercolor in various styles and techniques. Info at [pittsburghbotanicgarden.org](http://pittsburghbotanicgarden.org).

You can take a guided walk with a naturalist at Venture Outdoors for a spring wildflower hike on April 23 at Trillium Trail or Apr. 30 at Raccoon State Creek State Wildflower Reserve. They have other hikes and events all month. Info at [ventureoutdoors.org](http://ventureoutdoors.org).

The Western PA Conservancy features a program called Community Flower Gardens. Each spring flowers are planted in 130 gardens throughout the area. With the help of almost 11,000 volunteers these gardens are tended and bring beauty to many neighborhoods. Visit [waterlandlife.org](http://waterlandlife.org) to learn more.

There are many trails at Ohiopyle State Park where you can find new greenery and colorful spring flowers.

Raccoon State Creek Park will be having guided Wildflower Walks on

Apr. 16, 22 and 29 at 10 a.m. To celebrate Earth Day, they will be featuring a Birding Day on the 22nd from 2-4 p.m. Learn the basics of birding, binocular use, identification of common species by sight and sound and do a little hiking.

Explore Pittsburgh in a fun and very different type of way on a Segway Tour. Segway Pittsburgh offers a variety of tours and requires no experience or skill level. Reserve at [segwaypittsburgh.com](http://segwaypittsburgh.com).

April is the month in which we celebrate Earth Day.

DLC Pittsburgh Earth Day Tailgate Tour: The Hill, The Square, The Diamond will feature a day of many different activities in three different locations.

The Hill will be located at Energy Innovation Center from 11 - 2 p.m. Meet the Pirate Parrot, the Pirates Pierogies and the Bucco Brigade all while enjoying delicious tailgate favorites like smoked brisket, bbq sliders and more! There will be educational workshops and the chance to take the Power it Up Pledge!

The Square, at Market Square from 11-6 p.m. will feature live music, art, dance, food, drinks and more!



Artist working at Pittsburgh Earth Day 2022

~photo courtesy of Pittsburgh Earth Day

The Diamond, at PNC Park, the Pirates Salute to Sustainability at the 6:35 p.m. game against the Cincinnati Reds. More information and tickets for the game at [pittsburghearthday.org](http://pittsburghearthday.org).

Pittsburgh Parks are celebrating

Earth Month with different events each weekend. Events include lawn games, live music, nature activities, balloon artists, food, nature walks, and more. This is a family friendly event. Info at [pittsburghparks.org](http://pittsburghparks.org).

Check with your local library or borough to see if what is going on to celebrate in your specific community.

You can help on Earth Day, and every day, in many ways, including cleaning up litter and trash, sharing time, money and resources (collaborative consumption) with others, building rain gardens, reducing, reusing and recycling. Make this year the



time to do at least one new thing to help our earth. Maybe try to conserve water, or switch to long lasting light bulbs. Plant a tree. Clean with non-toxic supplies, or use reusable shopping bags. Switch to paperless billing. Educate yourself and others and of course, volunteer! Just one thing can make a big difference!

To recycle your computers and electronics safely and keep your data secure, check out Evolution E-Cycling. They will pick up and accept drop offs of items such as hard drives, TVs, cell phones, and more. Most services that are provided are free. Info at [evolutionecycling.com](http://evolutionecycling.com).

Whether you are outside taking a walk, sitting on a porch or patio, riding in a car or sitting by your window, you can take a moment to look at nature and I'm sure you'll see trees starting to grow leaves, flowers blooming, birds building nests and if you're really lucky, and it's after a rain, you might see a rainbow, the coolest thing about April showers! Happy Spring!



## MUSINGS...No



*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 @bopellc.com.*

*No is a complete sentence.*

*~Annie Lamott*

### Thoughts

Whether and how you say no determines the quality of your life. No may be the most important word in the English language. If you want to say yes to what really matters to you,

you have to learn to say no with clarity, respect and kindness.

There is always a trade-off when you say yes. Say yes to one thing and you've automatically said no to another. For instance, yesterday I said yes to a delicious pastry. In that moment I said no to my earlier commitment to keep my calories down.

In fact, I may need to say no to myself many times each day. No to impulse buying, no to social media and internet rabbit holes, no to the news, no to juicy pastries.

No is a simple word. It's also powerful. That's why it's hard. When you say it, you're afraid you'll hurt someone, disappoint them, put them in a tight spot. You're generous spirited. You want to be helpful, not hurtful.

The only trouble is, every time you say yes to something you don't really want, the person you hurt, disappoint, or put in a tight spot is yourself.

### Get Clear on your Yeses

To help you decide when and how to say no, it's helpful to get crystal clear on your yeses. Think about what matters most to you in your life. Think about your needs, your values, your goals, your dreams. Peel the onion. Reach down to your core. What is your deepest purpose? What is the mes-

sage from your heart and soul? The more committed you are to your yeses, the stronger and easier your no will become.

Write down 3 things that are yeses for you. Here are some possibilities:

Family and friends; Health, Money, God or Faith, Contributing my gifts, Loving fully and well

### Say No

Now every time you have a choice to make – how to spend your time, or when someone invites you somewhere, instead of responding automatically, stop and think about it. Ask

yourself if this activity lines up with your yeses. If it doesn't, say "NO, thank you."

Learning to say no clears the clutter of life and makes room for enjoyment.

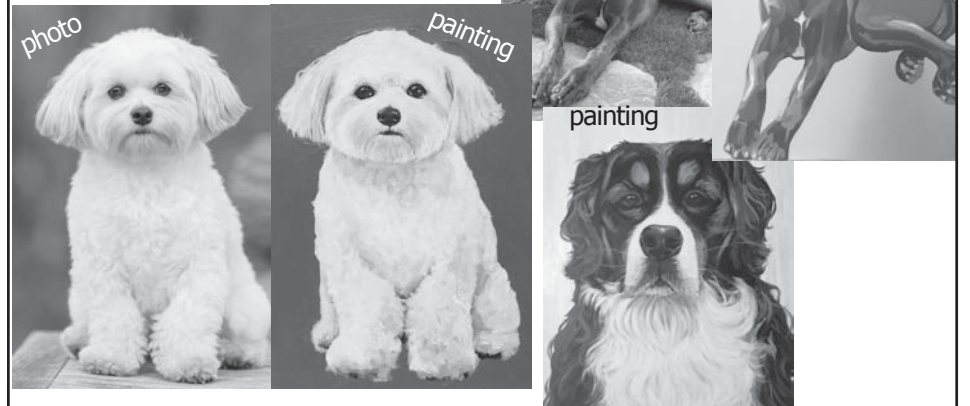
### COACHING QUESTIONS:

1. What are your yeses, your highest priorities, your essentials?
2. Before you say yes to anything today, check if it's on your list of priorities. Ask yourself, "If I say yes to this, what am I saying no to?"
3. Say no to say yes. It will get easier the more you do it.
4. Enjoy the freedom and delight of being aligned with your deepest priorities.

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## Enjoy the Spring Season by Staying Ahead of Allergy Symptoms



Jayesh Gosai, M.D.

While we welcome the arrival of spring, the season brings with it the onset of seasonal allergies and asthma triggers. Whether you are staying local this season or joining the millions who vacation at this time of year, it is a good idea to plan in advance for unwelcome allergens.

An allergy is a heightened sensitivity to a foreign substance (called an allergen) that causes the body's defense system (the immune system) to overreact when defending itself.

Common allergies include eczema, hives, hay fever and asthma.

You can get an allergic reaction from food, pet dander, airborne pollen, and the venom of stinging insects. Treatments for allergies include avoidance, use of antihistamines, steroids or other medications, and immunotherapy to desensitize the allergic response.

Symptoms of an allergy may be a combination of sneezing, wheezing, itchy eyes, nasal congestion coughing, hives, fatigue, etc. Being prepared for an allergic reaction could mean the difference between life and death. Here are some helpful hints so you can travel safely and travel healthy:

Weather plays an important role in managing allergies. Check for the pollen levels in the local area where you'll be traveling.

A visit with your doctor before you travel may offer some short-term adjustments to make your traveling more comfortable. Have all your medications refilled and up-to-date, prior to departure. If you have asthma, make sure your inhalers are ready. Ensure you have enough medication to last your entire trip. Refilling a prescription might not be easy on the road.

If you have severe allergies it might be beneficial to find a local allergist at your destination- just in case you need an urgent appointment. You may also want to consider buying travel medical insurance if you have severe allergies.

If you're traveling by car, bus or train, remember to have your allergy medicine handy. Every stop is a doorway to allergens. If you're traveling by air, keep your medicines in your carry-on (under 4 oz. for security). Lost luggage could be a recipe for disaster especially for asthma sufferers.

If you are sensitive to molds, you may want to bring a hypoallergenic pillow cover. Also, request a room that has been pet-free and is far away from indoor pools.

Don't forget to continue taking your medication while you're on vacation. Be ready to handle an allergy attack since you'll be exposed to more allergens than normal.

Limit outdoor activities or think about travelling during low pollen seasons. Hiking, biking and camping can expose you to pollen, bees, wasps, and more. Once again, remember to take or bring your allergy medicine.

Asthma sufferers may also need to curtail some outdoor activities to protect themselves. Consider an asthma treatment plan to keep your symptoms under control. Ask your allergist/immunologist for more information.

### Community News and Events

You are invited to join the **Green Tree Garden Club** on Thurs., Apr. 13 for an evening presentation entitled, "The Magnificent Mushroom" by Luke Mitchell of Mitchell's Mushroom Farm. Come learn about the wonderful world of fungi. This will take place in the Carlisle Social Hall, Green Tree Fire Hall. The event will start with refreshments at 6:30. Guests are welcome to attend. Reservations required.

The Annual Mother's Day Geranium Sale will be held at the Spring Festival this year on May 13 from 10 - 3 p.m. at both the GT Municipal Center Gym and the GT Firehall. The event will include craft/vendor show, flea market, plant sales, cafe, bake sale and more.

A Mother's Day Tea Party is scheduled for Sun., May 14 in the Municipal Park garden. Tickets are \$25. Call Kevin at 412-922-8816.

**Rotary Spring Food Drive** is being held on Sat., Apr. 22, 10 - 2 p.m. in the Carnegie Borough Bldg parking lot. Most needed items include diapers, baby food, baby formula, peanut butter, bread, water, soup, canned fruit, juice and more.

**The Association of University People (AUP)** is inviting singles, age 50 and older, who are 4-year college graduates, to join them for fun and meet new people. They have monthly dinners, meet at various social spots, gatherings, concerts, picnics, and wine tastings. Interested individuals are welcome to attend any of their activities. April has a Just Coffee and Conversation on the 4th & 11th at 10:30 a.m. (Mediterra Cafe-Mt. Lebanon), a special lunch and flower show at Phipps on the 6th at 1 p.m., a lunch on the 18th at 12:30 p.m. (Cheesecake Factory, Ross Park) and a dinner on the 29th at 5 p.m. (Napoli-Bridgeville). If interested call 412-353-9088 or email [aupsingles@gmail.com](mailto:aupsingles@gmail.com).

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### Lenten Fish Fry Fridays

#### Presto VFD

5228 Thoms Run Road, Presto, PA 15142  
March 3, 17, & 31  
3:30 - 7 p.m., Take-out only  
[prestovfd.org](http://prestovfd.org)

#### St. Philip Parish (Ascension Church)

Conner Hall  
114 Berry St., Ingram  
Fridays during Lent, 4-7 p.m.  
Dine in or Take-out only  
[www.saintphilipchurch.org](http://www.saintphilipchurch.org)

#### St. Raphael the Archangel Parish (St. Elizabeth Ann Seton Church)

330 3rd Ave., Carnegie  
412-857-5318  
Fridays in Lent, 4-7 p.m.  
(not Good Friday)  
Dine in & take-out only; phone orders 3-6:30 p.m.  
[straphaelcgs.org](http://straphaelcgs.org)  
**St. Raphael the Archangel Parish**

#### (SS Simon & Jude Church)

1607 Greentree Road, Scott  
Fridays during Lent, except Good Fri., 4:30-7 p.m.  
Dine in and Take out,  
Order online avail at  
[www.ssjfishfry.com](http://www.ssjfishfry.com)

#### Resurrection Parish (two locations)

St. John Capistran Church  
1610 McMillan Road, Upper St. Clair  
**St. Thomas More Church**  
126 Fort Couch Road, Bethel Park  
Fridays in Lent, except Good Friday, 4:30-7 p.m.  
Dine in and curbside take out.  
[www.resurrectionpgh.org](http://www.resurrectionpgh.org)



# The Fishin' Hole



Sam Hall

Unless you are reading this at the crack of dawn on April 1, I'll say, hope you "had" a great first day of trout season. It is a little bit odd having it on the first day of the month. That makes it strange for the Fishin' Hole staff. As I write this, that day is still to come, as you read this though, it will probably be in the past. I hope you made many memories, and caught some fish. The memories are more important.

Now we will enter the heart of the fishing months for our region. The bulk of the angling hours that occur in Pennsylvania will be for the next six or seven months. I want to take this time to ask you to do me a favor. It is for me, and it is for you and, frankly, it is really for everyone.

Here it is. Take one small kitchen-sized trash bag with you the next time you head out to go fishing. It will fit easily into your vest pocket. Then take 15 minutes of your time to pick up some litter on our fisheries. I am not asking you to get used tires and broken refrigerators or to walk through the thick underbrush to grab a pop tab. If you could just pick up the easily accessible trash right in front of you or on your walk into, or away from the lake or stream, that would be huge! I promise in 15 minutes that trash bag will get pretty full. The aluminum cans, bait containers and potato chip bags are really starting to drive me crazy. If you pick up your 15 minutes worth and I pick up my 15 minutes worth, maybe somebody else will see us picking up and they might pick some up, or at least not throw it down. I think we can make a difference! I am going to climb down off my soapbox now and get serious about fishing!

The weather this spring has been really weird in my opinion. I truly think that February was overall way better than March in terms of warm sunny days. That might bode well as we begin our spring of fishing. First, the bad March weather has hopefully kept some of the pre-season poachers from sneaking out

onto the streams before the season began. Secondly, the water table should start off nice and high for most of our streams. If you are not one to chase the stocked trout around and would rather be on the rivers, use caution. As of the last week of March, the waters are still very high, fast and muddy.

As a reminder if you are fishing the rivers, or near them on a tributary, the current Walleye season will end March 14<sup>th</sup> and not re-open until May 6<sup>th</sup>. Also,



A perfect trout.  
~photo courtesy of Sam Hall

remember the life jacket law remains in effect on the rivers through April 30<sup>th</sup>.

No matter how your first day went, this coming month should be a great one for trout chasers. Remember to not be afraid to get off the beaten path. The waters have been so high since the fish were stocked, they are likely to be spread around nicely. Walk away from the crowded hole and fish the little holes. It is so rewarding to find fish versus fishing for fish you already know are there. Pick up that Pringles can and that Diet Coke bottle and throw it in your vest. Send me your pictures and stories from Opening Day to [samdhall@comcast.net](mailto:samdhall@comcast.net)

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Alaina with students from Guardian Angel Academy.  
~photo courtesy of Paula Barlock

Alaina Barlock, an 11th grader at Bishop Canevin High School, was recently crowned as Miss Teen Pennsylvania International on March 18th, 2023. She created her own platform called the *Power Up Project* to spread anti-bullying awareness, and share her experience. She has already been given the opportunity to meet with 12 classrooms where she did anti-bullying activities such as a wrinkled heart, read a book, and educated grades 1-5 on the effects bullying has on one another. Her message is, that from the power within, you can overcome any obstacle that comes your way. Alaina focuses on describing how to become a better version of oneself after experiencing bullying. She wants to spread kindness and helps others find the confidence to do so as well. She plans on continuing her work on social media, and taking her platform internationally through the International Bullying Prevention Association. She will be competing this July for the title of Miss Teen International. Alaina is accepting sponsorship donations to help her get to Internationals. Inquire at 412-512-9205.

## LIBRARY INFORMATION



Most libraries throughout the area are offering daily activities for all ages. Most activities are in person. Check with the library near you for the details.

**GREEN TREE PUBLIC LIBRARY**  
10 Manilla Ave., Pittsburgh, 15220  
[greentreepubliclibrary.org](http://greentreepubliclibrary.org), 412-921-9292

**SCOTT TOWNSHIP PUBLIC LIBRARY**  
301 Lindsay Rd., Scott Twp., 15106  
[scottlibrary.org](http://scottlibrary.org), 412-429-5380

**CARNEGIE LIBRARY OF PITTSBURGH  
MAIN - OAKLAND**  
4400 Forbes Ave., Pittsburgh, 15213  
[carnegielibrary.org](http://carnegielibrary.org), 412-622-3114

**CARNEGIE LIBRARY OF PITTSBURGH  
MT. WASHINGTON**  
315 Grandview Ave., Pittsburgh, 15211  
[carnegielibrary.org](http://carnegielibrary.org), 412-381-3380

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[carnegiecarnegie.org](http://carnegiecarnegie.org), 412-276-3456

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SHERADEN**  
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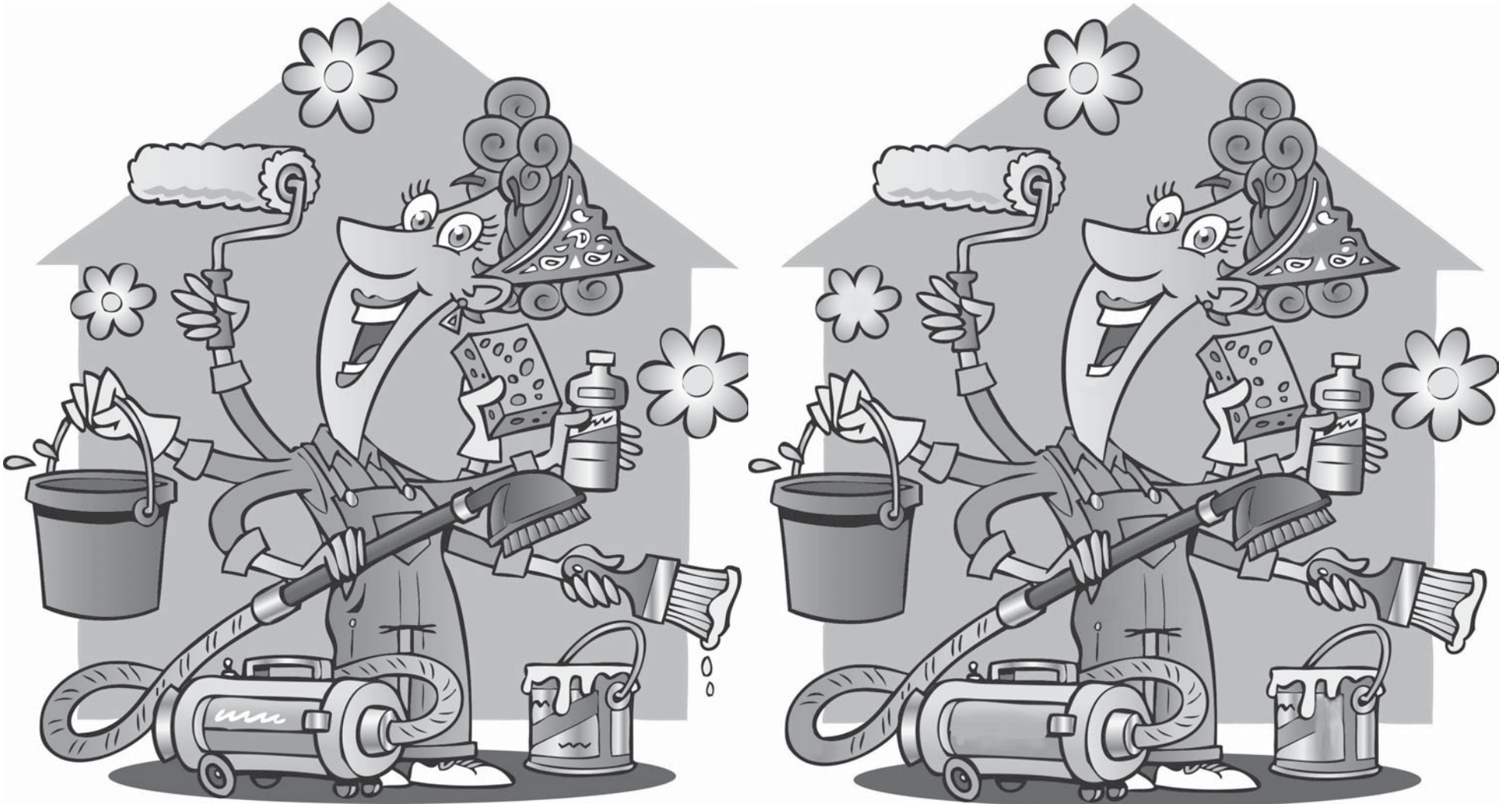


# Fun and Games for Kids

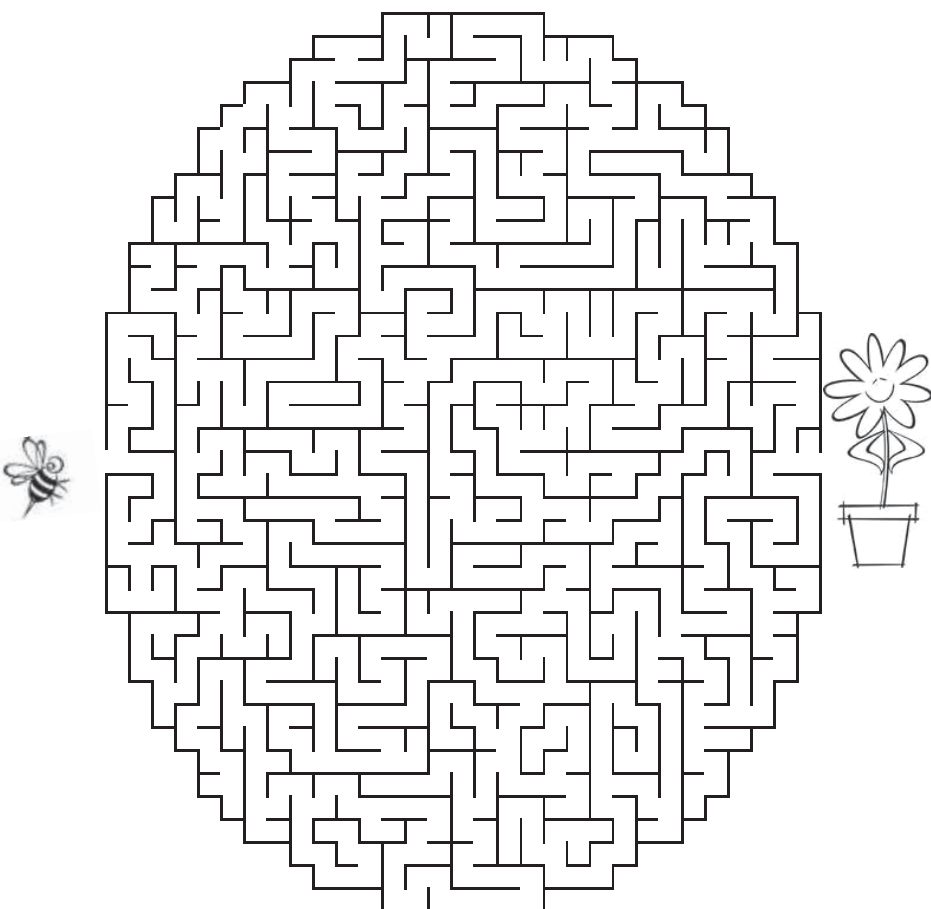
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Help the bee find the flower!



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# Church Directory

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
Off Greentree Road in Scott Twp.  
[ststephenpittsburgh.org](http://ststephenpittsburgh.org)  
412-279-5868  
Pastor Maurice C. Frontz III, STS  
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

## 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](mailto:carnegiechristianchurch@gmail.com)

**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. James R. Torquato, Pastor  
Call church for any service updates.

## United Presbyterian Church in Ingram

30 West Prospect Avenue  
412-921-2323  
**Website: [ingramupchurch.org](http://ingramupchurch.org)**  
Rev. Wayne D. Meyer

## 1<sup>st</sup> United Presbyterian Church of Crafton Heights

50 Stratmore Avenue  
412-921-6153  
Sunday School: 9:30 a.m.  
Live and in person Worship  
on Sundays at 11 a.m. and on  
[Facebook.com/Dave.Carver](https://www.facebook.com/Dave.Carver)  
All are welcome!  
Pastor: Dave Carver

## Church of the Nativity (Episcopal)

33 Alice Street, Crafton  
412-921-4103  
**[www.nativitychurch.org](http://www.nativitychurch.org)**  
The Rev. Shawn Malarkey

**Mount Washington  
Baptist Church**  
112 W. Sycamore, Mt. Washington  
412-431-8396  
**[mtwashingtonbaptistchurch.org](http://mtwashingtonbaptistchurch.org)**  
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Rev. Ray G. Cunningham, Pastor

## The Parish of St. Raphael the Archangel

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Parochial Vicar: Fr. Aleksandr Schrenk  
Deacons: Kevin Lander, Paul Lim,  
and Jim Mackin

## All Saints Polish National Catholic Church

500 Fifth Street, Carnegie  
412-276-2462 Fax: 412-276-9677  
**[www.allsaintspncpa.org](http://www.allsaintspncpa.org)**  
[all.saints.pnc.church@verizon.net](mailto:all.saints.pnc.church@verizon.net)  
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## Mt. Pisgah Presbyterian Church

2350 Noblestown Rd.  
Noblestown Shopping Center  
Pgh, PA 15205  
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Sunday Live Stream  
Worship at 9:45 am  
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Rev. Tom Ribar, Pastor

**Carnegie Primitive  
Methodist Church**  
640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
Worship Sundays 11 a.m.  
[carnegiepmc.com](http://carnegiepmc.com)  
412-207-2233  
Todd Pastorius, Pastor

## Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie,  
PA 15106  
412-279-1944  
The Rev. Ben Wright  
**[www.atonementcarnegie.org](http://www.atonementcarnegie.org)**  
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## Unity Presbyterian Church

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[facebook.com/unitypresbyterianchurch](https://www.facebook.com/unitypresbyterianchurch)  
Sundays 10:30a.m. -Live and Streaming  
Rev. Dr. Karen Claassen

## 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

**Crafton United  
Presbyterian Church**  
80 Bradford Avenue  
412-921-2293 Fax: 412-921-0348  
Sunday Worship - 11 a.m.  
**[www.CraftonUP.com](http://www.CraftonUP.com)**  
Office: 9-1 p.m., T, Th, Fri

## Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,  
Crafton, PA 15205  
412-921-2504  
Handicapped Accessible  
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Bible Study - 9:30 a.m.  
Sunday School - 10:30 a.m.  
Pastor Paul Nigra  
**[www.hawthornechurch.org](http://www.hawthornechurch.org)**

## 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](http://www.carnegiepresby.org)**  
Go to website for virtual worship.

## Bible Baptist Church

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

## Ambassador Baptist Church

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