

# GREEN TREE TIMES

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## April "Showers" Us With Great Promise of the Upcoming Months



Take advantage of the spring season and grab a bite outside at a local restaurant.

Vaccinations are underway and things seem to be moving much more smoothly than previous months. We have promises of everyone over 16 being able to be vaccinated by May.

This could open up more opportunity to get somewhat back to normal. It will take a while before this is all a distant memory but we are hopefully on our way, slowly but surely!

Most everything in our area is open to some capacity but not everyone is comfortable going out yet. If you are, be sure to frequent a local restaurant, hair salon or small retailer to help them recover from the hit during shut down.

The weather is getting warmer so enjoying friends and family at outside visits is very easy and safe. Patios are opening at dining establishments and there are plenty of other outside activities to do.

Do some shopping outdoors. The Car Bazaar: Parking Garage Flea Market will be taking over multiple floors of a parking garage at Sixth and Penn each Saturday in April from 10 a.m. - 2 p.m. This socially-distanced market is open to makers, artists, retailers, and sellers offering vintage, second-hand, or recycled items. Everyone will be selling goods from their car's trunk. Stroll and browse in a festive atmosphere with live music along with hot food and craft cocktails pro-

vided by Downtown restaurant partners. Info [downtownpittsburgh.com](http://downtownpittsburgh.com).

In honor of Earth Day on April 22, you can partake in things all month long to celebrate the planet that people, plants and animals call home.

First celebrated in 1970, Earth Day was established to demonstrate support for environmental protection, and events are held each year on April 22. It is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries. Due to COVID19 restrictions, many formal Earth Day events have been cancelled but that doesn't mean you can't embrace this holiday!



Try taking a bike instead of a car.

Make it a point to bike or walk to school or work. If conditions are prohibitive, carpool to cut down on traffic. The fewer cars on the road, the less emissions in the air.

Recycle e-waste in your home. E-

waste is considered outdated electronic appliances that are no longer used. The Environmental Protection Agency suggests e-waste is the fastest growing waste stream in the world.

Invest in a reusable coffee cup or water bottle. This can reduce the amount of trash that ultimately ends up in the environment.

Connect with nature by turning off electronics for the day and getting outside. Head to a park or nature trail and immerse yourself in the great outdoors.

Do something as simple as switching paper statements and bills to e-bills and online invoices. This reduces reliance on trees for new sources of paper.

Grow some edibles in your home garden or even on a windowsill. This is a fun, eco-friendly way to control the foods you consume at home and a great way to save money as well.

Reusing and recycling does not just pertain to water bottles and aluminum cans. Find out ways to repurpose or share items with others so they get more mileage. Also, make use of sharing services like bike sharing kiosks or an online community sharing marketplace.

Volunteer your time at an organization that has an environmental focus. Or suggest a task with an eco-



Organize a group cleanup at a local park.

A very unique indoor event being held virtually this spring is the Gallery Crawl in the Cultural District, 3 months, 3 stops.

Beginning March 26, three Gallery Crawl Stops enter the virtual realm to celebrate members of the Pittsburgh arts community, their work, and hope for the future of the Cultural District

This virtual event will be in March, April, and May of 2021. Drawing upon the idea of the Crawl's 'Stops,' moments in time throughout the spring will offer virtual opportunities to explore exceptional new work from a diverse group of Pittsburgh-based artists and community leaders. Info at [crawl.trustarts.org](http://crawl.trustarts.org).

Our local libraries have often been at the back of our minds during the pandemic but they have endured a great deal since last March.

The libraries in our area had to close, then go to curbside, and now they are mostly open but with restrictions. Check with your local branch regarding activities and the policies regarding lending of books.

Local libraries are invaluable community resources and can help families confront the academic and social challenges posed by the pandemic.

Let's continue doing recommended safe practices but stay cautiously optimistic and enjoy the heck out of April!

# MUSINGS...MAKE FRIENDS WITH TIME



*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.*

*Beware the barrenness of a busy life.*  
Socrates

*"Without great solitude no serious work is possible."* Pablo Picasso

## Making peace with Daylight Savings

This year I decided not to fight Daylight Savings Time. Instead of resenting that an hour has been sto-

len, I will pay more attention to how much energy I have.

### Energy, not time

Paying attention to energy takes me to the idea of chronotypes....you know, the way we have natural times when we are more energetic, alert, and sleepy. Think early birds, humming birds and night owls. Which are you? I find that the older I get, the more of an early bird I become, even though earlier in my life I was quite a night owl. Apparently this is common.

For all of us there are peaks and dips and energy recovery periods during the day. When we match our activity with our energy we are both productive and happy. No surprise, analytic, focused work is best done during energy peaks. Administrative work, including reading and responding to emails can be done during energy dips. Creative work fits well with recovery periods, when we are coming back from a natural dip in energy...even a nap. (If you're not sure which chronotype you are, look up chronotype quiz. There are many...free...some sorting people into different animals, dolphin, lion, bear and wolf. Ha!)

### Pandemic Impact

In our culture there is a sense that doing more and more and more is admirable. Being busy is almost a badge. And being over-busy, to the point of overwhelm or burnout is common. We have somehow missed Socrates' warning about the barrenness of an over-busy life.

However, the pandemic slammed us all, recalibrating all our relationships with time.

Many young parents are juggling MORE than ever, with less control over how they match their energy with the endless tasks at hand. Their energy has been overstretched.

Many older people, including me, have quietly enjoyed the slowed pace of life. We've had more time to reflect, wonder, and let go of things we don't want to do anymore. We are recognizing the importance of rest and deep relaxation that restores energy. We have discovered the gift of stillness.

### Space for Kairos

As we creep toward a new normal, I'm hoping we can hold onto some of what is good in this strange pandemic life. Perhaps a new respect for spaces in our life, slowing down,

less productivity will allow us to have more Kairos moments.

The Greeks have two words for time: chronos, which is quantitative and kairos, which is qualitative. Kairos is sometimes called "deep time." It leans toward the spiritual. Kairos describes those memorable moments where the world seems to stop entirely. The occasion may be huge or tiny. We give birth, hold the hand of a dying loved one, share a spontaneous laugh with someone, watch a glorious sunrise, suddenly understand something that has eluded us until that moment. These moments cannot be measured, only experienced. The feelings can stay with and change us.

I'm hoping to stop fighting with time and make friends with it instead. Perhaps we can make room for more Kairos moments in our lives.. Less barrenness. More joy.

### COACHING QUESTIONS:

1. How often do you wrestle with time?
2. What's your chronotype?
3. What could you do differently to match your energy with your activities?
4. How could you open more space in your life for Kairos moments to show up?

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## Techniques to Keep Mosquitoes Out of Your Backyard Oasis



The value of a retreat-like backyard was never more apparent than in 2020 and now into 2021. Over the last year-plus, much of the world has been forced to find “stay at home” socializing options as a global pandemic has forced us all to function within guidelines to keep everyone safe and healthy. It’s no surprise people have looked for a respite from the harsh realities of living during COVID19, and many turned their attention to their own backyards to provide such an escape.

The online home remodeling platform Houzz reported a 58 percent annual increase in project inquiries for home professionals in June

2020. Contractors who specialize in outdoor spaces saw the biggest increase in demand. A revamped outdoor space can provide the perfect retreat for homeowners who want to get away from it all. But one winged, unwelcome guest can quickly transform an oasis into an uninviting space.

Mosquitoes make their presence felt in the Pennsylvania area mid April throughout the summer and into the early fall. These pesky, often hungry insects can carry disease, and their bites can be painful and itchy. Homeowners can try these three techniques to keep mosquitoes out of their backyards.

A biggie is to remove any standing water because that is a breeding ground for mosquitoes, who don’t even need a lot of water to successfully breed. A daily walk around the property may uncover kids’ toys, empty flower pots or other small receptacles that can collect water. Even clogged gutters can lead to the accumulation of a small amount of water, and that can be enough for mosquitoes to breed. Remove these potential breeding grounds when you find them, and do so each day, as mosquitoes mature from eggs to nymphs in roughly four days.

Mow your lawn regularly so the grass never gets too high. This is another way to make a backyard less hospitable to mosquitoes. The pest experts at Terminix note that mosquitoes seek tall grass to protect them from the elements, including wind and hot summer sun. Mowing enough so grass never gets too high in the summer can make backyards less inviting to mosquitoes.

Plant your flowers with mosquitoes in mind. The home remodeling experts at HGTV note that plants can be part of homeowners’ strategy to repel mosquitoes. Various plants have

mosquito-repellant qualities. For example, bee balm releases a fragrance as it grows, and mosquitoes don’t like that fragrance. Citronella grass, marigolds and even lavender have properties to deter mosquitos. Homeowners can speak with a local lawn and garden professional for recommendations about other plants that can thrive in this region and repel mosquitoes at the same time.

Mosquitoes can make it hard to enjoy a backyard oasis. But various strategies can help homeowners keep these unwanted guests out of their backyards.

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# The Fishin' Hole

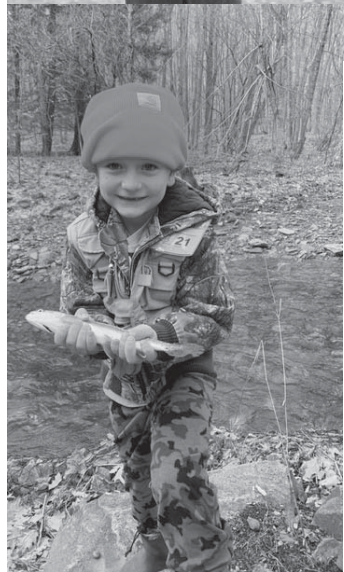
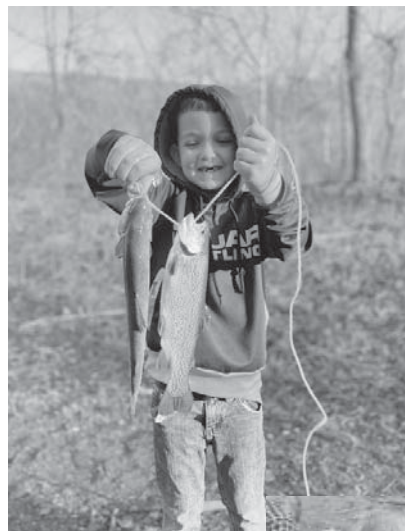


Sam Hall

It was so great seeing these seven smiling faces as they arrived in my email! Pennsylvania's statewide Mentored Youth Fishing Day is meant to encourage kids under 15 to get out there and try some fishing. They are able to fish one week earlier than the official first day of trout.

The 2021 campaign held on March 27, seems to have been a success! Like I've said before, nothing's better than a picture of a kid holding a single trout or a stringer full of trout!

This Saturday is the big day for the rest of us! Stay safe, keep those lines tight and send your pictures and stories to [samdhall@comcast.net](mailto:samdhall@comcast.net).



Kids pictured left to right top: Cayson Garvin (8 yrs. old), Tyler Dean (7 yrs. old), Bella Garvin (11 yrs. old), left to right bottom: Willy Havrilla (6 yrs. old), Christian Havrilla (3 yrs. old), Hunter Garvin (6 yrs. old), Alyssa Wagner (7 yrs. old)

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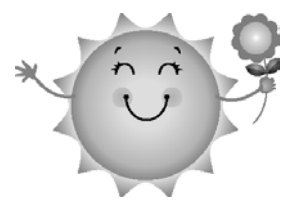
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# Fun and Games for Kids

(Answers on back page)



Find the 10 differences between the pictures below.



## Let's Get Creative!

### Pittsburgh Junior Times Summer Mini-Camps for Kids

#### Pick the ones you like best!

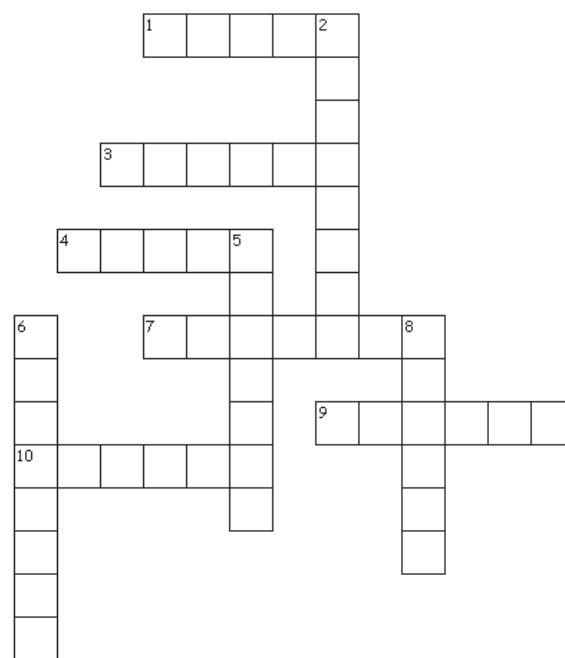
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#### Across

1. they build nests and lay eggs
3. a spring flower
4. they get leaves
7. they grow this time of year
9. you feel this from the sun
10. a holiday in April this year.

#### Down

2. it's out and it's bright
5. rain during the spring
6. a sport that starts about now
8. the season that is now

## Hink Pinks

A Hink Pink is a pair of rhyming words that match a silly definition. Example: sky colored hint = blue clue.

- |                     |                     |
|---------------------|---------------------|
| 1. living plunge    | 6. happy father     |
| 2. not fresh story  | 7. a twisted penney |
| 3. aircraft stress  | 8. athlete stocking |
| 4. paperback corner | 9. thin border      |
| 5. good cost        | 10. street frog     |

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31 Warriors Rd., Green Tree  
412-921-8444  
Sunday Live Stream  
Worship at 9:45 am  
Go to: [mtpisgahgreentree.com](http://mtpisgahgreentree.com)  
Joyful Journey Preschool  
Rev. Tom Ribar, Pastor

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
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412-279-5868  
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## All Saints Polish National Catholic Church

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[www.allsaintspnccpa.org](http://www.allsaintspnccpa.org)  
[all.saints.pnc.church@verizon.net](mailto:all.saints.pnc.church@verizon.net)  
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## Crafton United Presbyterian Church

80 Bradford Avenue  
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[www.CraftonUP.com](http://www.CraftonUP.com)  
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Sundays at on Facebook  
Pastor Diane Flynn  
Office: 8:30 a.m.-1:30 p.m., M-Th

## Bible Baptist Church

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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

## 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.

## First Christian Church at Carnegie

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412-279-5030  
[carnegiechristianchurch@gmail.com](mailto:carnegiechristianchurch@gmail.com)

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Rev. Shawn Markarkey, Pastor

## Hawthorne Avenue Presbyterian Church

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Rev. Dennis W. Molnar, Pastor

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Pittsburgh, PA 15205  
Ascension Church, 114 Berry St.  
Pittsburgh, PA 15205  
412-922-6300  
Rev. James R. Torquato, Pastor  
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Rev. Wayne D. Meyer

## Church of the Nativity (Episcopal)

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

## Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
412-563-4484  
Welcome  
Daniel Pastorius, Pastor

## Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie,  
PA 15106  
412-279-1944  
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3. tulip
4. trees
7. flowers
9. warmth
10. Easter

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3. tulip
4. trees
7. flowers
9. warmth
10. Easter

**Crossword:**

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 dog freckle  
 cat's collar  
 dog's paw  
 dog's ear  
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