

GREEN TREE TIMES

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The Dawn of the New Year Offers a Time of Reflection and Change



The end of December is a busy time of year. Families are shopping for gifts for loved ones and friends, holiday celebrations are in full swing and thoughts begin to turn to the new year ahead.

At the stroke of midnight on New Year's Eve, it is customary to sip a glass of champagne and toast to the new year. Many people use the dawn

of a new year as a time to create a list of resolutions that reflect positive changes they hope to make in the year ahead.

Resolutions may seem silly to some, but there are several positive reasons to make them.

Resolutions provide practice setting goals. Goal-setting is an important component of life. Goals are key

because they provide general direction in life. A goal is a map that can give you an idea of where you are heading and what path you need to take to get there, according to the self-improvement guide "Success Consciousness." Resolutions can be fun, low-pressure goals. Think of them as dress rehearsals for bigger life changes.

They offer time for reflection. Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future, figuring out what has been working and what may need to be changed to provide a boost, according to the wellness resource "Alternative Daily."

Resolutions can serve as a catalyst for positive change. When something isn't working with your routine, personal health or relationships, resolutions can serve as the catalyst that ultimately rights the ship.

These changes or goals can promote self-esteem and empowerment. Making resolutions and keeping them can provide a sense of accomplishment that comes with goal-setting and following through. Resolving to lose five pounds and then seeing the proof on a scale can be a powerful motivator that compels you to make other self-improvements. Accomplishing small goals also can boost self-esteem.

Resolutions are often made at the dawn of a new year. These efforts can provide the motivation and direction people need to make positive changes in their lives.



Smartphone Apps that Can Make a Busy Life a Little Easier

One of the many possible New Year's Resolutions is to get organized. Now, as well as any time of year, is a good time to get more organized. Busy families often are pulled in many directions, so tools that make it easier to manage schedules, important documents and more can help people keep a clear head on hectic days.

Organization-based smartphone apps can help people keep pace. The following are some useful apps busy individuals may want to utilize.

Cozi: Cozi is a website and mobile app designed with family organization in mind. It's earned the distinction of being a three-time "Mom's Choice Award" recipient. The Mom's Choice Awards™ (MCA) program is globally recognized for establishing the benchmark of excellence in family-friendly media, products and services. The organization is based in the United States and has reviewed thou-

sands of items from more than 60 countries. Within the Cozi app, appointments and activity calendars are kept all in one place; school events and class schedules can be tracked; grocery lists can be managed and shared; and to-do lists can be shared as well.

Any.do: For people who thrive in list-making, this app is an ideal fit. Users make daily checklists and break down bigger projects into smaller tasks.

OurHome: Organise who does what chores or tasks and get rewards when they are completed.

Paprika: This app is one of the many cooking idea and meal planners available. It enables users to cut recipes from blog posts and save them easily. Users can even create grocery lists within the app. That list can be shared with the family so anyone out doing the shopping can pick up items.

LaLa Breakfast and LaLa Lunchbox: These are also apps to make eating bal-

anced and nutritious meals easier.

Genius Scan: Keeping track of receipts, important documents and other paperwork can be challenging. Genius Scan is a smart scanner for a phone that makes it easy to quickly scan a document on the go and export files as multi-page PDFs or JPEGs.

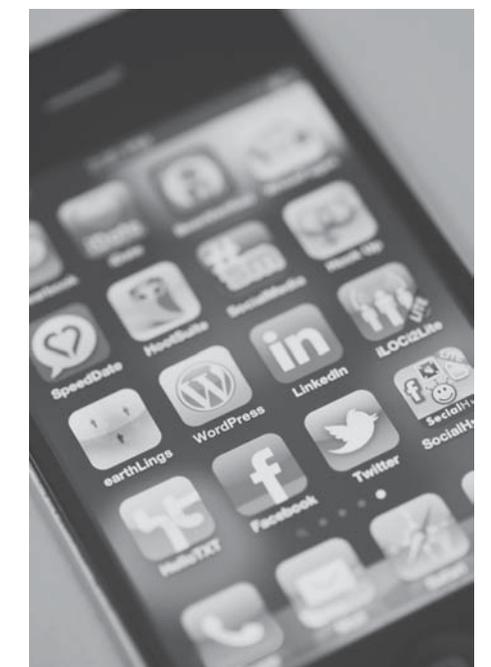
Keepy: Many parents keep a storage container of their children's artwork. But storing years' worth of school projects can take up valuable space. Keepy allows people to save childhood photos and artwork in an organized manner.

FamilyWall: Share photos, events and to do lists with everyone in the family. It has a real time locator and a color coded calendar.

Dropbox: Dropbox can be used for business, pleasure or generalized organization. It's an easy way to store files large and small and share photos and videos with anyone, including those

who do not have Dropbox accounts.

Staying organized is easier when utilizing the various applications available for computers, tablets and smartphones.



MUSINGS...HOLDING ON AND LETTING GO



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.

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All the art of living lies in a fine mingling of letting go and holding on.

~Havelock Ellis

Thoughts

I read Ellis' quote and immediately flashed back to a vivid teenaged memory. Friends of my older brother Lon took me water skiing for the first time. They gave me very little instruction. "There's nothing to it, just hold on for dear life." So I did. It was great fun for awhile. Then I fell. And I continued to hold on for dear life, being dragged through the water until I thought I'd surely drown. Finally my brother and friends noticed and slowed the boat. They circled back to pick me up and said, "Next time hold on for dear life until you fall. Then let go for dear life." A good lesson.

There are many different parts of life where, whether we realize it or not, we regularly make the choice to hold on or let go. Here are a few:

- Beliefs, assumptions, judgments
- Belongings
- Relationships
- Memories
- Habits

I shared the quote with friends and family and then asked each of them, "What would you like to hold onto and what would you like to let go of in the next year?"

Here are the fascinating responses:

Hold on to:

- Loving relations with family
- Creativity
- People with whom I have meaningful conversations
- Comforting daily rituals (tea, inspirational reading, meditation)
- Patience
- Noticing what's beautiful
- Health
- My inner self
- The roof over my head
- Wonderful memories of loved ones living and dead

Let go of:

- Stuff, stuff, and more stuff
- Being phony
- Self-righteousness
- Worry
- Behaviors, beliefs and possessions that could worsen the climate tragedy

Relationships where I can't have deep conversations

Perfectionistic tendencies
Blaming and complaining
Martyrdom

Clothes that still fit but I don't like
Controlling ways
Being busy, busy, busy

Ask yourself what you want to hold onto and what you'd like to let go of. Be really honest. Sit with your answers awhile. If the art of life truly is a mingling of holding on and letting go, our lives will be improved by making the choices thoughtfully.

COACHING QUESTIONS/TIPS:

What do you want to hold onto this holiday season and into the new year?

What do you want to let go of?

Write your answers on a piece of paper and look at it once/month to see how you're doing.

Check in with yourself about how you feel when you consciously choose what to hold onto and what to let go of.

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The Fishin' Hole



Sam Hall

2023. When I was a young man and thought of the year 2023, I was sure we would have flying cars by then. Alas, we still need tires, and if the last week of 2022 is any indication, we might all need some winter tires as well, heading into this winter of 2023.

Here is the good news. Less than three short months from now we will be counting down just a handful of days left until the Opening Day of Trout Season 2023 in Pennsylvania. Trout season opens April 1, state-wide. As I type this, that is 92 days away. As you read this, most likely it

is less than 90 days away. We are on the other side of that winter mountain already. The daylight hours are growing with each passing day.

There were a few days at the end of December where there was some ice on the Bay at Presque Isle. Some fish were being caught but, that ice was a little sketchy to begin with, and, the last few days have actually been very warm so "hard-water fishing" will likely need to be put on the back burner for a while.

Safety has to be the number one priority for ice fishing. Right now, I don't think there is any safe ice to fish on in our area. There is also a lot of skim, and edge ice on our local streams and rivers. That ice can be dangerous as you are walking around, fishing along the shore. Be careful and make sure you have a fishing partner, along with the proper gear, if you are heading out this January.

Last month I mentioned, when you are out on the water, one of the best resources you can use is an an-

gler having success while others may not be. One friend of the Fishing Hole, Jim Kehler, took a minute to send me a story reminding me that being the angler who helps, can be the one rewarded the most. Here is an excerpt from Jim's note:

"I love fishing for trout in small mountain type streams. I was working on a project in Northern NJ. I got out about 6 p.m. Fishing with live minnows on a fly rod, I caught the limit in about 20 minutes, fishing about 50 feet of the stream, then started cleaning my fish. I would keep a bunch on occasion for dinners. Another fisherman came flying down the stream bank up to me. He said, "Who are you?" I laughed. "Really, who are you? I have never seen an exhibiting of fishing like this." I laughed again. He explained that he had been fishing for three hours and had not gotten a bite. I showed him how to create a loop on the end of

his line, how to thread a minnow head first onto the line with a needle, and how to attach a double hook to the line and push it up into the minnow. I gave him a couple of double hooks, a minnow threader, and my last four live minnows. I showed him how to work the drifts and hiding areas. In a minute, he caught his first trout. He was smiling from ear to ear and thanking me. As I was putting my gear in my nearby car, he hollered for me to look at his next trout. I gave him a thumbs up and drove away thinking this whole experience will be something I will always remember. What fun."

Wow, I love that story and that's such an indication of how we really have the best readers here at the Fishin' Hole! Stay safe, keep those lines tight and have a Happy New Year! Spring is just around the corner. Send your stories and pictures to me at samdhall@comcast.net.



Community News and Events

Join in the fun and build our best snowman, once we get some snow! **The Green Tree Snowman Contest** will be held through March 15 for GT residents. The categories are, traditional, most creative and most snowmen on the lawn. Go to greentreeboro.com for more info.

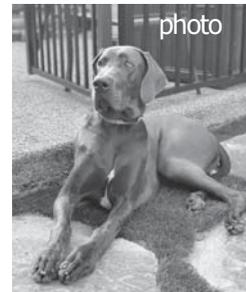
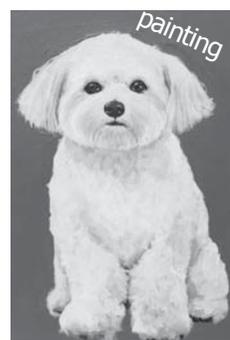
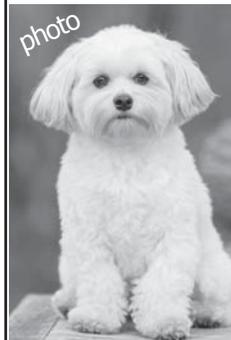
The Association of University People (AUP) is inviting singles, age 50 and older, who are 4-year college graduates, to join them for fun and meet new people. They have monthly dinners, meet at various social spots, gatherings, concerts, picnics, and wine tastings. Interested individuals are welcome to attend any of their activities. January has a lunch on the 10th at 12:30 p.m. (Chengdu Gourmet - Squirrel Hill), and a dinner on the 25th at 6 p.m. (Amels Restaurant). If interested call 412-862-7861 or email nl.hokaj@gmail.com.

Green Tree Christmas Tree Recycling will be held from Jan. 3 - 16. Place your tree at your curb and Public Works will collect as time permits.

Green Tree Senior Cards, 2nd and 4th Tuesday of every month, 12:30 - 3 p.m. at Carlisle Social Hall. Free and open to adults of all ages.

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Saving Strategies for Young Adults



When a person is young, saving money may be the furthest thing from his or her mind. After all, this may be a time to enroll in college or trade school, make a first big purchase, such as a car, or even get married. Thinking about establishing a solid financial footing for the future can take a back seat when life is filled with so many significant events.

But it's never too early to start saving, even when saving seems to be an impossible task. Young adults should keep saving in mind and look to vari-

ous strategies that can set them up for long-term financial security.

Set long-term goals

It's easier to save when saving is attached to specific goals. While some may aspire to retire early, establish an emergency fund or to purchase a home, others may want to save for an overseas vacation. Motivation to save can make it that much easier to do so.

Determine where you spend the most

Saving money on smaller purchases will add up over time, but to really build a robust savings, figure out your biggest expenditures and how you can cut back to pad your savings. The Logic of Money reports that the average American spends more than 60 percent of their income on housing and transportation. Figuring out how to cut costs in these categories can be a great way to save.

Use cashback apps

Young adults are tied to their digital devices. Why not make them work for you? Free cash back apps give you money back for various purchases. Ibotta and Dosh are just two cashback apps available. Some can be linked directly to a credit or debit card to have passive income deposited directly.

With others, you can cash out as a direct deposit or via a payment app like PayPal.

Set aside one-third of your income

Make it a point to put away \$1 for every \$3 earned into a savings account, advises U.S. News & World Report. That is a good measure for establishing a rainy day fund. If you don't trust yourself to transfer the money, have a set amount automatically deposited from your paycheck into a designated savings account.

Treat credit cards like using cash

The "buy now, pay later" option is an attractive trap to fall into. Using credit cards often is a safer way to pay merchants, because you're risking others' money rather than your own with a debit card. However, using credit can make it challenging to visualize what you're actually spending. Do not purchase more than you can pay off within each billing cycle. Set account alerts on your phone to let you know when you've hit your budgeted credit card spending limit. Resist the urge to open and use too many cards.

Young adults can begin saving early with some conventional and highly effective strategies.



All boys and girls ages 9 through 14 are invited to compete in the Knights of Columbus St. Raphael the Archangel Council #11143:

Free Throw Championship!



Competition will be held on **Sunday, January 29th, 2022** at the Green Tree Borough Municipal Gym (10 West Manilla Ave PGH, PA 15220) at 2:00 PM. There will be awards for each age group. No pre-registration necessary. No Cost. Proof of age is required at the time of competition (birth certificate preferable)

Any Questions? Call: Bill O'Connor (412)-716-5577

LIBRARY INFORMATION

ask a
librarian

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

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greentreepubliclibrary.org, 412-921-9292

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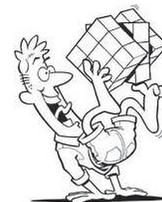
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Fun and Games for Kids

(Answers on back page)



Winter Word Scramble

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| HOLIDAYS | FUN | WINTER |
| DECORATIONS | REINDEER | SNOW |
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Fun Winter Riddles

- How do Eskimos make their beds?
With sheets of ice and blankets of snow.
- What did the snowman say to the customer?
Have an ice day!
- What is a snowman's favorite breakfast?
Frosted Flakes.
- Why did the boy keep his trumpet out in the snow?
Because he liked cool music.
- What do snowmen call their kids?
Chill-dren.
- How does a penguin build a house?
Igloos it together.
- What's it called when a snowman has a temper tantrum?
A meltdown.
- How do you scare a snowman?
Pull out a hair dryer.
- What did the big furry hat say to the warm fluffy scarf?
You hang around a while and I'll go on ahead.

Happy New Year!

Find the 12 differences between the pictures below.



WANTED: Junior Writers

If you are in 2nd - 5th grade and like to write and have fun doing it, **we need you!**

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Minister Robert W. Hale,
412-279-5030
carnegiechristianchurch@gmail.com

Saint Philip Parish
St. Philip Church, 50 W. Crafton Ave.
Pittsburgh, PA 15205
Ascension Church, 114 Berry St.
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412-922-6300
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all.saints.pnc.church@verizon.net
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Rev. Tom Ribar, Pastor

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Daniel Pastorius, Pastor

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Pastor Paul Nigra
www.hawthornechurch.org

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bbcpittsburgh.com
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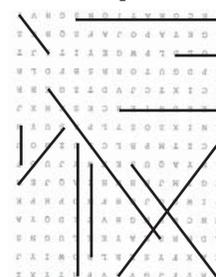


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