GREEN TREE TIMES

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'Tis the Season of Giving Thanks, Celebrating and Shopping



Enjoy a 'Burgh Bits and Bites Food Tour this month.

The calendar is telling me that trick or treat is tomorrow and I'm watching colorful leaves fall like a light rain from the trees. How can this be? I'm sitting outside in the sun under a cobalt blue sky without a cloud to be seen and it feels like late summer not the beginning of November. I'm not complaining, that's for sure!

The nice weather makes it perfect to join a hike with Venture Outdoors or a self guided walk by Pittsburgh History and Landmarks Foundation ((phlf.org).

Another really fun thing is taking a "Burgh Bits & Bites Food Tour (burghfoodtour.com) on a Sat. or Sun in November. They have tours in the Strip District, The South Side, Brookline, Lawrenceville, and Saxonburg.

Pittsburgh is a place of traditions and a big one here is the start of the holiday season.

It all begins with The Peoples Gas Holiday Market which starts Fri., Nov. 18 and continues through Dec. 23 offering a one of a kind shopping experience modeled after the original Christkindlemarkt from Nuremberg, Germany in 1545. This atmosphere will definitely get you in the mood for the season.

The 61st Annual Highmark Light Up Night downtown starts the fol~photo courtesy 'Burgh Bits and Bites lowing day on Sat., Nov. 19, 7 - 10 p.m. This evening will include musical acts, firework displays, shopping, food, ice sculptures, Santa's arrival, the Gingerbread House display at PPG Place Wintergarden as well as the grand opening of the Rink at PPG. There will be much more happening around town including trolley rides, horse and carriage rides, shopping, food, entertainment and more.



Shopping at People's Gas Holiday Market. ~photo courtesy of Renee Rosensteel

Info at downtownpittsburgh.com.

Shopping does seem to go hand in hand with the holiday spirit. Try to stay local and support small businesses when you can.

The Handmade Arcade 2022 Holiday Market will be held at The David L. Lawrence Convention Center On Sat., Dec. 3 from 11 a.m. - 7 p.m. There are two early bird shopping opportunities. One Friday evening and another early Saturday. The event will feature 250+ curated makers, artists and craftspeople for high quality, handmade items. Also enjoy hands on activities, demos, and make and takes. Info at handmadearcade.org.

Immerse yourself in the wonder of the holidays at Pittsburgh Botanic Garden's Dazzling Nights starting Nov. 27 - Jan. 1, 2023. This event is a night time walking experience through a large, natural environment into a wonderland of lights, sounds, snow, and interactive installations! A million lights will bring holiday cheer. Food and drink options will be available for purchase. Info and tickets at pittsburghbotanicgarden.com.

Phipps Conservatory kicks off the season on Nov. 18, at 5 p.m. with



Phipps Conservatory Winter Flower Show and Light Garden.

their Winter Flower Show and Light Garden: Holiday Magic! and will offer extended night time candlelit hours until 11 p.m. Information at phipps.conservatory.org.

The local neighborhoods will be having holiday events this month. Check the borough pages or call the local library to see what's happening near you.

Another Pittsburgh tradition is the Three Rivers Film Festival. They will present exciting independent films at three venues throughout Pittsburgh with some to watch at home. November 10-16, 2022. 3RFF will showcase 18 exciting and thought-provoking independent feature films that you won't see anywhere else. Along with the screenings, enjoy Q&As with cast and crew, a chance to vote on your favorite films, and special events like a pinball party on opening night and the 40th anniversary screening of the horror classic, Creepshow, on closing night! Films will screen at the Harris Theater, the Pittsburgh Playhouse, and The Tull Family Theater. The festival will also include several films screening virtually that you can watch from home.

The Shorts Film Festival will follow on Nov. 17-20 and feature 114 short films from 24 different countries. Infoat filmpittsburgh.org.

A film that is not in the above festival but considered a "must see" is National Geographic Live: Bryan Smith—Capturing the Impossible. This is being shown at PNC Theater at Point Park University's Pittsburgh Playhouse on Nov. 15, 7 p.m. Info at playhouse.pointpark.edu.

November is also a reminder month of our many blessings and it's a time that encourages us to celebrate and enjoy them to the fullest with fun, food, family and friends. We are reminded to be grateful and to give thanks, and more importantly, we are reminded to give back so that others can give thanks!

Be sure to try to offer your time, money or tangible donations this holiday season for the many unfortunate that will rely upon those of us who can help.

Read the article on page three about volunteering and giving back and how it benefits your health and well-being. That makes many great reasons to do what you can! Every little bit helps.



MUSINGS...LIVING CLOSE TO NATURE



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 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 Sharon @hopellc.com. "I firmly believe that nature brings solace in all troubles." ~ Alice Walker

Being in nature is sometimes pure bliss, sometimes a bit edgy.

When my children were small, we lived in a totally uninsulated caretaker's cottage, surrounded by fields. Mice ran and nested in our walls. One day I heard a friend of Lisa's ask, "What is that noise in your walls?" Calmly, Lisa explained, "We live close to nature," which had been my explanation, and seemed to satisfy everyone.

Growing up, I spent my summers at a family camp at Silver Lake, altitude 7200, in California's Sierra Nevada mountains. I learned from my parents that sleeping outside the tent, right under the stars, was the best way to let nature into your pores. I can still smell those Jeffrey pines and hear the Quaking Aspens in the breeze.

Today I live on the Ohio River. I talk to it every day, as I would to a friend. Say good morning, and good night.

visit with Lisa, who now lives on a fiber farm in Washington state. She and her husband Greg are close to animals (guanacos, goats, bunnies, chicken, dog, cat) and the land. Greg is becoming a Forest Steward. But it is not always romantic to live so close to nature. There is birth, which is glorious, and death, which is often unexpected and painful. Lisa has just taken a course on fecal parasites. They have installed a new water system to prevent kidney stones in the male guanacos. While I was in Washington, the air quality index soared to 207 as a result of nearby wildfires. It was the highest AQI in the world at the time.

Living close to nature means noticing, loving, and caring for it.

Even if we acknowledge already having passed the point of no return in our relationship with this precious earth, we need to ask, "How can I live close to nature?"

The best answer I see is to hold nature with love, notice it, love it, and

I have just come from a 2 week treat it with respect. Francis Weller t with Lisa, who now lives on a warns,

> "We die a little every time we close off the heart and shut out the living world from our attention."

> While nature is taking care of us, how do we take care of her?

COACHING QUESTIONS/TIPS:

How do you live close to nature?
 How do you let nature bring you solace?

3. How might you love and respect nature more, be fully in tune with it?



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The Fishin' Hole



Sam Hall

We have had a remarkably nice run of weather in the southwestern Pennsylvania region lately. That is great for local anglers. The Pennsylvania Fish and Boat Commission reports tremendous success on the Allegheny and Monongahela rivers for the month of October for anglers chasing Smallmouth Bass, Walleye and Muskies. Smallmouth Bass and Channel Catfish are being caught by anglers in abundance in Ten Mile Creek as well as at the mouth of Ten Mile Creek where it flows into the Monongahela River. The beautiful weather is not as rewarding for anglers heading to Erie to chase the Steelhead Trout. The lack of rain is keeping a lot of fish in the lake at the mouths of the streams. Reports do indicate there are a lot of fish being caught at those mouths, but the area needs a good rain for the fish to head up further into the streams. The rain will come soon enough is how we feel about that here at the Fishing Hole. If it waits until we have all the leaves raked up in the front and back yard that is fine and dandy as far as we are concerned.

Many of our local fisheries received a stocking of trout during the month of October. This is a great time for trout fishing, the crowds are minimal and the fish are plentiful. A lot of the people who might normally chase the same fish you are chasing are now in the woods hunting. Make the most of the opportunity.

With the arrival of November 1st, we also get the arrival of the mandatory life jacket rule for all boaters. The rule states: "A person shall wear a Coast Guard approved personal flotation device (PFD or life jacket) during the cold weather months from November 1st through April 30th while underway or at anchor on boats less than 16 feet in length or any canoe or kayak."

I have to tell you this just makes great sense. I have been out in the streams the last two weeks of October and, despite sunny skies and very warm air temperatures, the water has been very, very cold. Water that is less than 70 degrees often causes an involuntary gasp if a person falls into it, and they often accidentally inhale water because of that involuntary gasp (PA Fish and Boat Commission). Life jackets save lives, and believe me when I tell you the water in our local lakes and rivers right now, where you might be boating, is not even close to 70 degrees. It has never even met 70 degrees at a party. In fact, if 70 degrees walked into the room right this minute and said, "Hello everyone it is very nice to meet you I am 70 degrees," the water in our lakes and rivers would just shrug its shoulders and shake its head while looking around the room completely befuddled, because it has never even heard of 70 degrees before!

So get out, get those trout and if you are in a boat, wear that life jacket. When the rain arrives here in November, time your trip up north to chase the steelhead. Stay safe and keep those lines tight! Send your pictures and stories to samdhall@comcast.net.



Be sure to wear a life vest between Nov. 1 - Apr. 30 when in a boat fishing.

Community News and Events

"Surviving the Zombie Apocalypse: Foraging and Edible Plants" is the title of the presentation by Dr. Mark Miller, Education Director, Pittsburgh Botanic Garden and sponsored by the **Green Tree Garden Club** in November. The presentation and meeting will take place on November 10, 2022 at the Pittsburgh Botanic Garden at 10 AM with Lunch and a meeting to follow at 11 AM. Reservations are required by November 4. Cost for nonmembers is \$20 for a box lunch and a presentation.

Contact President Kevin Maurer to reserve your spot or for more information at 412-922-8816.

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. November has a lunch on the 16th (Nakama), a dinner on the 8th (Pusadee's Garden), coffee and conversation on the 10th (Mediterra Cafe), Happy Hour on the 18th (Primantis) and Thanksgiving Buffet on the 24th (Lamplighter Restaurant). If interested call 412-862-7861.

2022 Holiday Wreath Workshop will be held on Nov. 17, at 7 p.m., Carlisle Social Hall, Green Tree. Receive a pine wreath to decorate with provided decorations, ribbons, bows, and finishing materials. Register at Green Tree Admin Office. \$35/resident, \$40/non-resident.

St. Raphael the Archangel Holiday Craft Show, Sat., Nov. 12, 9-3 p.m. - See Notice on Church Directory page 7.

The Effects of Volunteering on Your Well-Being



Volunteering helps both others and yourself

A recent analysis examining the potential correlation between volunteering and well-being found that volunteering is associated with a higher wellbeing as well as a positive change in well-being. Authors of the study, which was published in the Journal of Happiness Studies in March of 2020, acknowledged that evidence pertaining to the correlation between volunteering and well-being has accumulated gradually in recent years, though they feel their study offers the most realistic assessment to date in regard to that link. That's good news for volunteers, many of whom may be quick to point out that they get as much as they give when volunteering. Recent analyses support that notion and may compel millions more to make time to give back through volunteering. Though more studies are needed, the Cleveland Clinic notes that some of the health benefits often associated with volunteering include lower blood pressure, increased self-esteem, lower levels of depression and stress, and greater satisfaction with life.

Ava Gaitens to Attend Medallion Ball



Sponsored annually by St. Lucy's Auxiliary to the Blind, the 59th Medallion Ball will be held November 25 at the Wyndham Grand Pittsburgh Hotel in Downtown Pittsburgh. This is a celebration that honors young ladies who have completed the junior medallion program successfully and they will be awarded the Joan of Arc Medallion by the Bishop of the Catholic Diocese.

Ava Caylyn Marie Gaitens, a senior at Bishop Canevin High School, will be in attendance with other young women to receive the medallion for volunteering the minimum of 150 hours with local organizations.

Ava Gaitens is a resident of Crafton Borough, and is the daughter of Richard and Sharon Gaitens, and sister of Connor, Coulton, and Carson Gaitens. She has accumulated more than 150 hours volunteering with various organizations and programs in the area. These hours are in addition to the over 250 hours Gaitens has served as a volunteer for numerous events and activities during her high school years.

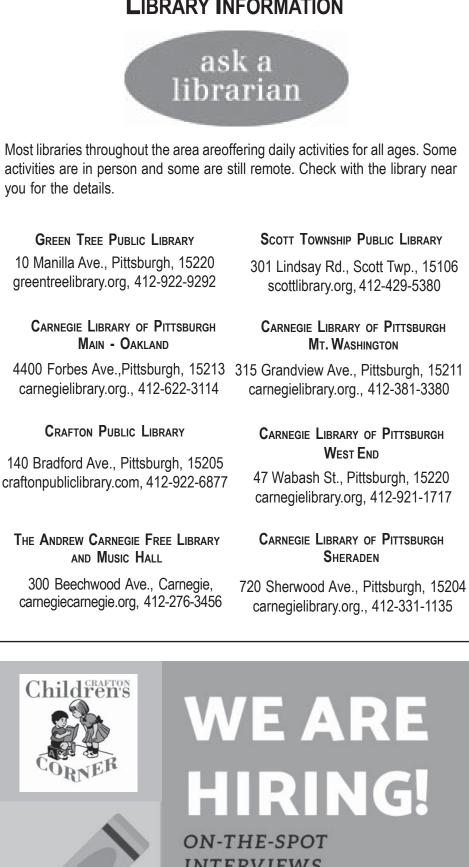
Gaitens is an excellent student and extremely active at Bishop Canevin High School. She is on the Bishop Canevin Honor Roll; has been elected Student Council Homeroom Representative for four years; serves on Student Government; Captain of the BC Girls Varsity Volleyball Team; member of the Crusettes (Dance Team with the the Bishop Canevin Marching Crusaders); WPIAL Swimmer and three year Letterman on the BC Varsity Swim Team; three year Letterman for the BC Girls Varsity Soccer Team; Junior Achievement (JA) Leader; Cast Member of the BC Musical; BC Showcase Student Ambassador; BC Boys Varsity Volleyball Team Manager; member of the Science Club; serves as International Club Captain; Recipient of the World Language Department Award; member of the BC Circle of Friends; member of the BC Yearbook Staff; member of the BC Crusaders4Justice; BC Literary Magazine Writer; member of the BC Book Club; member of the BC Ski Club; and, member of FBLA (Future Business Leaders of America).

Outside of Bishop Canevin High School, Gaitens was selected to participate in the Junior Achievement She Leads, She Learns Intern to VP Program. She has been a 13 year member of the Crafton Crocodiles Swim Team, 10 year member of the Carlynton Aqua Club, and has played for the Exile Volleyball Club. Gaitens works as a Lifeguard and Swimming Lesson Instructor at Crafton Pool. She enjoys skiing and spending time with friends and family.

"I have been raised to have strong family and faith values. I believe it is extremely important to be an active member in various organizations for the greater good of all. Being a volunteer is a part of my every day life," said Gaitens. "Through the St. Lucy's Medallion Ball Program, I have met other young women who have also dedicated much of their lives to helping others."

Gaitens will be escorted by family friend, Christopher Frank DeAngelis, a Junior at Chartiers Valley High School, son of Thomas and Amy DeAngelis of Scott, Township, Pennsylvania.

LIBRARY INFORMATION



INTERVIEWS 412-561-5502 officehrccc@gmail.com



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LEAVES	NOVEMBER	PIE
PUMPKIN	SNOW	THANKSGIVING
TURKEY		

Find the 10 differences between the pictures below.





Riddles for You

- 1. What kind of party does a snowman throw?
- 2. What is a chicken's favorite holiday drink?
- 3. What did Santa need when he sprained his ankle?
- 4. What is wrong with these letters abcdefghijkmnopqrstuvwxyz?
- 5. What did Santa name his new kitten?
- 6. Which reindeer likes to fly into space?
- 7. What does December have that no other month has?
- 8. What do you call Santa on the beach?
- 9. What is a mountain's favorite song?
- 10. Who is never hungry during the holidays?





Happy Thanksgiving Day!

WANTED: Junior Writers

If you are in 2nd - 5th grade and like to write and have fun doing it, **we need you!** Call 412-956-9265 or email: pittsburghjuniortimes@comcast.net

More fun at greentreetimesonline.com

Church Directory

Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh15220 Off Greentree Road in Scott Twp. ststephenpittsburgh.org 412-279-5868 Pastor Maurice C. Frontz III, STS Facebook.com/ststephenpittsburgh

The Parish of St. Raphael the Archangel 412-857-5356 straphaelcgs.org Live Streaming Mass and In person St. Margaret of Scotland Ss. Simon and Jude St. Elizabeth Ann Seton Pastor: Fr. Robert Grecco 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.allsaintspnccpa.org all.saints.pnc.church@verizon.net The Rev. John Dinello Independent - Catholic - Sacramental Contact regarding services.

Unity Presbyterian Church

"Serving God, Loving All." Greentree Road at Potomac Ave. Phone: 412-561-2431 Fax: 412-561-0696 www.unitypresbyterianchurch.org facebook.com: unity streaming Sundays 10:30a.m. -Live and Streaming Rev. Dr. Karen Claassen

Bible Baptist Church

412 Old Ŵashington Pike Carnegie, PA 15106 412-276-7717 **bbcpittsburgh.com** Sunday Services: Live stream at 11 a.m. on Facebook.com/bbcpittsburgh Rev. Phil Golden Jr., Pastor

Ambassador Baptist Church

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Anthony and Lydia Streets Carnegie, PA 15106 Minister Robert W. Hale, 412-279-5030 carnegiechristianchurch@gmail.com

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Sunday Worship - 11 a.m. Sunday School - 10 a.m. Pastor Paul Nigra www.hawthornechurch.org

1st 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 All are welcome! Pastor: Dave Carver

Mt. Pisgah Presbyterian Church 2350 Noblestown Rd. Noblestown Shopping Center

Pgh, PA 15205 412-921-8444 Sunday Live Stream Worship at 9:45 am Go to: mtpisgahgreentree.com Rev. Tom Ribar, 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.

Trains, Trains and More Trains! St. Philip Parish, Ascension Church presents its 21st Annual Christmas Train Display Connor Hall, 114 Berry Street, Ingram Variety of local train displays History of Streetcars in Crafton/Ingram Christmas Raffle Baskets Free will donation or non-perishable Dates and Times

Sat., Dec. 3, 10, 17: 1-4 p.m., 6:30-8:30 p.m. Sun., Dec. 4, 11, 18: 10:30 a.m.-1 p.m. Fri., Dec. 9, 16, 23: 5-9 p.m. Dec. 28, 29, 30: 5-9 p.m.

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.

Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington 412-431-8396 **mtwashingtonbaptistchurch.org** Independent-Fundamental-Premillenial-Soulwinning *Rev. Ray G. Cunningham, Pastor*

Carnegie Primitive Methodist Church 640 Dow Ave., Carnegie, 15106 (Corner of Fountain St. & Dow Ave.) 412-563-4484

Daniel Pastorius, Pastor

Crafton United

Presbyterian Church 80 Bradford Avenue 412-921-2293 Fax: 412-921-0348 Sunday Worship - 11 a.m. **www.CraftonUP.com** Office: 9-1 p.m., T, Th, Fri

St. Raphael the Archangel Holiday Craft Show

Sat., Nov. 12, 9 a.m. - 3 p.m. 1625 Greentree Road. SS. Simon & Jude Parish Gym 65 tables of crafters and vendors, Chinese Auction, bake sale and lunch available for purchase. Come and start your holiday shopping! More info, contact Lisa DeRose at 412-563-6821 or pghbarber981@aol.com



United Presbyterian Church in Ingram 30 West Prospect Avenue 412-921-2323 Website: ingramupchurch.org Rev. Wayne D. Meyer

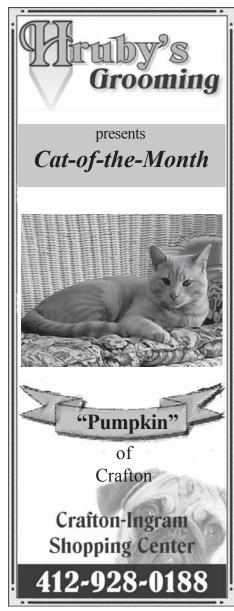
Church of the Nativity (Episcopal) 33 Alice Street, Crafton 412-921-4103 www.nativitychurch.org The Rev. Shawn Malarkey

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

Church of the Atonement (Episcopal) 618 Washington Avenue, Carnegie, PA 15106 412-279-1944 The Rev. Ben Wright www.atonementcarnegie.org

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WEDNESDAY, **NOVEMBER 9** 5:00 to 7:00 pm



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