

GREEN TREE TIMES

VOL. 28, NO. 40 • APRIL 2022

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Earth Month is filled with Flowers, Festivals and Flea Markets



Be sure to take some time out of your day to stop and smell the spring flowers.

Not wanting to be the bearer of bad news, but the latest forecast is saying 8-10 inches of snow for the upcoming weekend. April Fools!! I couldn't resist.

Actually, spring is here and the tree buds are showing, the grass is getting greener, the colorful flowers are everywhere and hopefully, we are done with the cold, white stuff until next winter.

The weather is perfect for some outdoor activities and Pittsburgh has them.

Pittsburgh's Mac and Cheese Festival will be held on Sat., Apr. 23, 11:30-9 p.m. on Smallman Street in the Strip District. This cheesy event is for everyone and will feature top chefs, food trucks and food vendors serving delicious variations of Mac and Cheese! Craft beers, wines and ciders to sample, live music and entertainment!

Pittsburgh's Gallery Crawl takes place at a variety of galleries and spaces in the heart of the Cultural District from April 22, 5:30-10 p.m. and is filled with live music, dancing, art and more. The event is free and open to the public. Info at crawl.trustarts.org.

Vintage Pittsburgh, the annual retro fair, will be on Sat., Apr. 2, 10 a.m.-3 p.m. at the Heinz History Center.

Dozens of local makers and vendors will be on site at the museum to

sell one-of-a-kind clothing, accessories, home décor, vinyl records, and more! This event is presented in partnership with Neighborhood Flea. Info at heinzhistorycenter.org and neighborhoodflea.com.

Another fun shopping event is the Car Bazaar: Parking Garage Flea Market being held every Saturday through Sept. 24, 10 a.m. - 2 p.m. at the Forbes & Smithfield Parking Garage (400 Cherry Way). There will be live entertainment, food and drink vendors at the open air market featuring artists, retailers, vintage, second hand or recycled goods. All of this being sold from the trunk of the car. Note: there will not be a Car Bazaar on Saturday, April 30 due to the Pittsburgh Marathon.

A fun way to celebrate the spring season will be at the Oakland Pop Festival on Sat., Apr. 23 at 1 p.m. at Schenely Plaza where live music and fun will fill the day.

A unique art exhibit, *People We Love* is having its North American debut in Pittsburgh, in One Oxford Centre on April 9 - June 5. The gallery is open Wednesday through Saturday from 12-8 p.m. and Sundays from 1-5 p.m. but the installation is visible through the gallery windows 24 hours a day. You will see portraits of people's faces and expressions as

they are looking at someone they love. Although you won't know who they are looking at, you will imagine what the story or emotion might be. People We Love is community-based, its portraits are drawn from local participants, but the stories these faces relate are universal. Info at peoplewelove.online.

April and Earth Day go hand in hand. Pittsburgh Earth Day is a celebration this year from Apr. 17-20. The event includes the Sustainability Business Breakfast, the Ecolution Fashion Show, and Go Green at Market Square. The event will feature live music with a new artist every hour from 12 - 6 p.m. Info at pittsburghearthday.org.

To celebrate Earth Day, you could hike one of the numerous trails at Ohio State Park to take in the new greenery and colorful spring flowers.

The Pittsburgh Parks Conservancy will be celebrating Earth Day all month long with different activities each week. There will be everything from forest bathing (a 90 minute walk in nature), lake clean-ups, yoga, tree hikes, tree planting, wild edibles walk, birding, moon walk, spring flower walk, dancing and much more. Go to pittsburghparks.org, select the week of interest and see all there is to do.

Celebrate Earth Day and enjoy the beauty of spring flowers by participating in the Wild About Wildflowers Hike at Raccoon Creek State Park on Apr. 9 at 11 a.m. or partake in the Garden Clean up on Apr. 9 at 12:30 p.m., pulling weeds, mulching and spreading compost and more.

Of course you can't say flowers without mentioning the *Spring Flower Show: Sunshine and Rainbows* at Phipps Conservatory. The show only runs through April 17, so hurry to see the gorgeous colors of the spring blooms! Information at phippsconservatory.org.

The Pittsburgh Botanic Gardens is celebrating Earth Day with two days of activities on Apr. 21 -22, which will include guided tours, lunch in the Pierce Garden, presentations and cocktails. Go to the website for tickets and information.

You can go anytime this spring to enjoy 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 gardens, woodlands and exhibitions. There are a variety of classes and workshops in April. Info at pittsburghbotanicalgarden.org.

In addition to just looking, you can also volunteer to help plant a flower or vegetable garden or even a tree in communities around the area through Western PA Conservancy. Go to waterandlife.org and look around at what might be of interest to you. You can find a map of all of the flower gardens around town to visit a little later in the season, as well.

Your local neighborhood may be celebrating in their own way, so check with your borough and see what might be happening closer to home.

In whatever way you decide to enjoy April, I hope it's filled with the qualities of a flower. Colorful days, growth, beauty, and sweet smelling moments!



Shopping at the Car Bazaar: Parking Garage Flea Market.

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MUSINGS...PIDDLING AROUND



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.

"It is in the piddling around time where magic happens."

Friend of a friend

This episode is addressed especially to those readers who tend toward workaholicism – who value productivity above all else, even if they don't like to admit it. Like me.

Bad Rap

My friend Laurel Elders wrote a blog on the value of Piddling Around, which included the above quote. That prompted me to piddle around by researching piddling around. Here are some definitions I found in various dictionaries:

- To waste time doing something that is not important or useful. We should stop piddling around and get busy – Merriam-Webster.com
- To spend time aimlessly - The Free Dictionary
- Doing little or nothing worthwhile or constructive, same as fiddle farting. – Urban Dictionary

Even the definitions seem to yell, "get back to work."

I found some synonyms for this aimless way to spend time: doodling, noodling around, fiddling around, fooling around, fribbling, goofing off, messing around, puttering, playing, dallying, putzing, dawdling, dillydallying, lolling, horsing around.

And then, the antonyms: buckling down, knuckling down, setting to, settling down, all of which are supposed to be better.

Guilt Rap

We've somehow come to believe that working all day – nose to the grindstone, is what we SHOULD be doing.

Who said so? And what if doing that makes us miserable or is not sustainable?

A coaching client who feels guilty when she goofs off told me the other day that she often goes through her days like an automaton. From task to task - feeling heavy. Then she stopped to reflect and wondered how others could stand to be around her.

Many of us grew up with the message "Play after all the work is done." So when we play before all the work is done, we feel guilty. Which puts a damper on the play.

What if the work is never done?

Good Rap

I want to shine another light on Piddling Around and its friends.

- Piddling around rests and refreshes body and brain
- Putzing can create space for great creativity and innovation
- Fribbling allows us to lighten up and we're more pleasant to be around.
- Goofing off is fun. And fun is healthy. For people locked into pro-

ductivity, Piddling Around is good for our physical and mental health.

There is something about fiddle farting (my favorite definition) that expands the space both inside and around us. That spaciousness allows for many more possibilities.

What about these words and how they relate to Piddling Around?

- Wondering
- Wandering
- Being Receptive
- Innovating

Invitation

Grow the magic and the creativity in your life by piddling around more. Intentionally and with purpose. The intention is to grow your enjoyment of life, and the purpose is to have a sustainable work habit, so you can live long and be healthy.

COACHING QUESTIONS:

- How often do you goof off, piddle around, putter – without guilt?
- How would you love to goof off, but you don't, because there is just too much to do?
- Intentionally give yourself the gift of piddling around, to let the magic happen.
- Don't let, "I can't, you don't understand, easy for you to say" stop you. Just do it.

GREEN TREE TIMES

Available Monthly

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GREEN TREE TIMES

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Spring Forward to Better Health



Jayesh Gosai, M.D.

Even if your New Year's resolution to "get fit in 2022" has hit a roadblock, the spring season's warmer temperatures (and visions of summer vacation) offer plenty of motivation to get you back on track toward improved health through better nutrition and exercise.

Small steps can reap long term rewards when it comes to eating habits – you can control hunger by making a few changes:

- Control sugar cravings by eliminating sodas, juice, diet drinks and flavored water – they stimulate acid secretions and actually make you more hungry. Diet drinks can be the worst culprit since they can cause addictive behavior by altering brain chemistry. Water -bottled, spring, distilled or plain - dilutes the acid and curbs hunger. Eat fresh fruit and forget the sugar-laden juice beverages.

Control food portions and eat on schedule – four smaller meals a day is best. In-between snacks and night binging causes more hunger, digestive problems and an unsatisfying eating cycle.

Step away from the screen. Studies show that people who eat while on the computer or mobile device will eat more and feel less satisfied as those who break from work, gaming or social media. Sit down and dedicate time to eating a meal, then go

outdoors for 15 to 20 minutes. You will not only feel refreshed the sunlight will provide you with vital Vitamin D.

If you are planning to lose weight, go for a sensible program that offers long-term success. Make smart choices that reflect your lifestyle and offer a balanced, realistic program. Weight Watchers is a good example of a nutrition-based healthy-eating plan.

As the weather improves, we see an increase in Urgent Care and office visits for minor muscle pulls and sprains due to exercise. Also dehydration, even at low levels, can cause serious symptoms. If are ready to begin an exercise program, be sure to prepare before you go out walking, running or to the gym. Have your cell phone and set the stopwatch (to time your workout), bring water and remember to use sunscreen. A few other tips to consider:

- Stretch all body muscles before and after even a minimal work out.

- Drink two glasses of water before you exercise and hydrate during your work-out.

When exercising outdoors be sure to check the surface area. It is easy to get preoccupied and not look down. Most ankle twists, falls and injuries happen on uneven pavements and slippery grassy areas.



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Community News and Events

Green Tree Garden Club will meet on Thurs., April 14 in the Carlisle Room of the Green Tree Fire Hall for an 11a.m. Lunch and Meeting, 12 noon presentation entitled, "Cultivation and Care of Dahlias," by Jennifer Floyd, VP and Heather Ramsey, Treasurer of the Greater Pittsburgh Dahlia Society.

The Green Tree Garden Club will hold a **Mothers' Day Geranium Sale** on Sat., May 7 from 9 a.m. to 1 p.m. in the parking lot of the Green Tree Fire Hall.

A variety of colors will be available for purchase.

The Garden Club will host a **Spring Festival** on Sat., May 14 from 10 a.m. to 3 p.m. at the Green Tree Municipal Center and the Green Tree Fire Hall. The festival will include a Craft/Vendor Show, Flea Market, Spring Plant Sales, an Outdoor Cafe, a Bake Sale and Basket Raffle.

Interested in a membership? Contact Roni Canard at 717-747-6565.

Peter Pan, the children's ballet will be presented by the Carnegie Performing Arts Center on Sat., April 30, at 8 p.m. Sun., May 1, at 2 p.m. at the historic Andrew Carnegie Music Hall, 300 Beechwood Avenue in Carnegie.

Fierce Captain Hook is portrayed by Alexis Retcofsky of Crafton, a graduate of Theater Arts at Point Park University. Peter Pan, will be enacted by Kendra Spolter of Chartiers Valley Middle School. Wendy Darling is Sarah Kief of Bridgeville, who is a junior at Lincoln Park Performing Arts. Tinkerbell is danced by Ellie Cozza, a student at Chartiers Valley and Tiger Lily is portrayed by Lana Platt of Carnegie.

Director Monica Ryan choreographs the original production with a cast of 50 children.

Tickets are available at the door and are \$20/adults, \$18/students and seniors. Group rates are available. Info at 412-279-8887 or www.carnegieperformingartscenter.com.

Green Tree Rotary Club Scholarship, The Green Tree Rotary Club will be giving away two \$1500 scholarships to eligible seniors attending college or trade school in the fall semester 2022. Must be a Green Tree resident to apply. Deadline is April 29, 2022. Applications at greentreerotary.org or click on the link on the Green Tree Borough page.

Answers for Kids' puzzles

man's teeth	They are cheap	striped boy's shirt	man's teeth
girl's shoes	Water	boy's freckles	girl's shoes
button collar	April showers	girl's heart	button collar
the sleeve button	An egg	man's fingers	the sleeve button
	They Twitter	A honey bunny	
	A funny bunny	With a G	
	Because it wasn't raining		

Riddle Fun:

Ten Differences:

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The Fishin' Hole



Sam Hall

Most likely, the first day of trout season is behind you as you read this because of the early date this year. The Fishing Hole hopes you had a safe, wonderful, and successful first weekend. After a brutally cold last week of March, the weather appeared ready to cooperate to kick-off the 2022 trout season. Send your pictures and stories from first weekend to samdhall@comcast.net.

While fishing for trout will continue for the next couple of months, so will fishing for bass, sometimes in a competitive environment. The Fishing Hole wishes good luck to Bishop

Canevin High School sophomore Vivian White who will fish for the Pennsylvania State High School Fishing Championship at the end of this month on Mosquito Lake in Ohio.

Vivian will also be a part of a brand new fishing team at Bishop Canevin High School. The team will fish in tournaments, as part of the Bassmasters youth program here in Western Pennsylvania starting in May and continuing throughout the summer.

Incoming freshman Matthew Vaughn will be a part of that team as well. Take a look at Matthew's monster Walleye of 25.5 inches (pictured here) that garnered him a Pennsylvania Angler Award this past year.

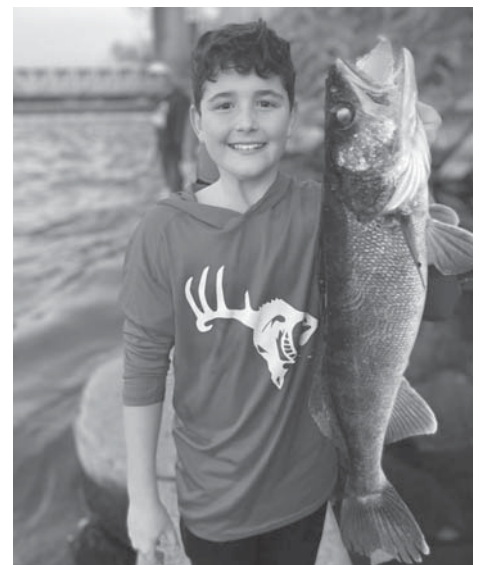
Bishop Canevin Athletic Director Dale Checketts and the Crusaders have enjoyed unprecedented success during this school sports year. The Crusaders have already won district championships in girls volleyball, football, and both boys and girls basketball, as well as their first boys basketball state championship. Checketts hopes to have that same kind of success with the new fishing program.

The team needs boat owners and boat drivers. If you are interested in participating, please contact Melanie White by calling 850-508-6336 or emailing her at lancemel@gmail.com. Spend the day on the water with the future of angling. It will be time well spent, I am sure. The teams fish for an allotted amount of time and may keep five fish for the weigh-in. The heaviest bag wins the tournament.

Meanwhile we are entering prime time for anglers on our local streams, rivers and lakes. Trout are still plentiful in the trout approved waterways as we head into April and now the small mouth bass will also start to heat up as we get deeper into the month. Also, now biting in the three rivers are the Hybrid Striped and White Bass. Early spring, around the mouths of creeks going into the river, is a great time and location for these bass. We are probably still a month away from prime time catfishing, but if you want a very aggressive fish that can get to great size and fights like crazy; there are few fish that are the equal of the Hybrid Striper. During these next two months, Alewives and Gizzard Shad (both a huge part of the Hybrid Striper's diet) seek warmer

water, and a difference of a few degrees can be enough to concentrate the fishing activity. Overcast days, dusk and dawn, and night are popular fishing times for Hybrid Striped Bass anglers. Long baitcasting or spinning rods (6-8 feet) with 10-lb., abrasion-resistant monofilament line is preferred.

No matter the species you seek, make sure to get out on the water and get into some "prime-time" fishing in our area over the next two months. Keep those lines tight and we will chat next month.



Matthew with his award winning Walleye.

~photo courtesy of Dawnlee Vaughn

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LIBRARY INFORMATION

Most libraries throughout the area are now open and offering the ability to borrow books. Some activities are in person and some are still remote. Check with the library near you for the details.

ask a librarian

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greentreepubliclibrary.org, 412-922-9292

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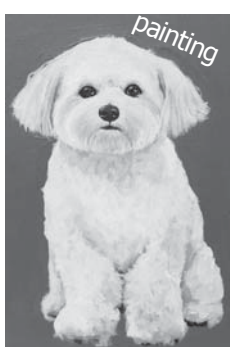
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Fun and Games for Kids

(Answers on page 3)



Find the 10 differences between the pictures below.



Spring Time Riddle Fun!

What has to be broken before you can use it?

Why is April the cleanest month?

What can run fast, but can't walk?

If 10 kids try to squeeze under one umbrella, how do none of them get wet?

Why are birds terrible gift givers?

How do birds communicate?

What do you get if you cross a bee and a rabbit?

What do you call a rabbit that loves these riddles?

How does spring end?



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and Jim Mackin

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412-279-5030
carnegiechristianchurch@gmail.com

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Daytimers will meet April 26 at
11 a.m.

NOTE: Contact churches di-
rectly or visit their website to
see in-person services, virtual
activities, and Easter activities
for the month.

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