# GREEN TREE TIMES

VOL. 28, NO. 37 • JANUARY 2022

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# January Offers the Promise of New Adventures and Fresh Starts



You could try learning to snow board this year as an activity on your "Annual Bucket List.'

January is named after the Roman god Janus, the god of gates, doorways, beginnings and transitions. When you think of the first month of the year, immediately it conjures the idea of a fresh start, or a clean slate. It's as if a game is starting anew and you have a chance to make a change in the game play or enhance a method already in use. This is of course all conceptual and when looked at in real terms it usually means resolutions.

I am a believer of the "life passes a day at a time" and you don't wake up on your birthday a year older just like the world doesn't wake up a year older on January 1st. It's a slow, daily thing so making that change or starting "anew" can really happen at any time you like.

With all of that said, I'm always up for fun and tradition so bring on the birthday parties and I love New Year's Eve. I just don't want the pressure of having to fret about being ready to make a change at the stroke heard of and maybe even done is of midnight nor do I accept that I age overnight!

If you want to make a resolution but the idea of starting your new exercise routine of running 40 minutes on the treadmill daily is enough to make you crawl back into bed, how about a resolution to do just one thing a month to help someone else? That seems pretty easy and you, along with

someone else, will feel the rewards!

A book, Pay it Forward, by Catherine Ryan Hyde and her Pay it Forward Foundation, suggests that through acts of kindness among strangers, we can create a ripple effect that moves forward from one community to the next and to overall create a more caring society. We could all use that, I'm sure.

Some ideas that are easy and quick would be to prepare a meal for someone who needs it or would just really appreciate it. You can make it or just order and pick one up - simple.

Offer to babysit for some exhausted parents. They'll be grateful, regardless of the child's age! A break is a break!

On a larger scale you could sign up for a service project. Help paint or fix things at a community center or school or anywhere needing free

Of course, the one everyone has when you drive through to get a coffee or fries, pay for the person behind you. It's anonymous and fun!

The options are endless and can be fun for you as well as meaningful and bring some light to someone's day.

If you do something and want to share, please send in stories and pictures to us to share with the readers.

Another unique type of resolu-

tion could be to make it a "bucket list" type activity. A bucket list is a plan for living life to its fullest and prioritizing opportunities to engage in all sorts of activities. A bucket list can be made at any point in life and for any amount of time. For this purpose it would be for 2022. Here are some tips for putting bucket list plans into action.

Stop and think about what you really want to experience this year. Leave factors like money or proximity out of it. No ideas are off-limits. This is your opportunity to brainstorm, and nothing is too crazy or silly.

Write the bucket list in a comfortable or inspiring place, which may help ideas flow more freely. The place might be a cozy nook at a bookstore or a quiet spot on the beach, if you happen to be on a vacation from the 'burg and somewhere south.

Choose things that are meaningful to you as well as ideas that are frivolous and fun. Make your list a mix of each, and don't take yourself too seriously.

Divide the bucket list by time. Are there items you can check off in a particular season, such as learning to snowboard? If your bucket list involves traveling to a bustling city, determine if you'd like to do that during warmer or cooler weather. Categorizing the list by periods throughout the year can make it easier to prioritize certain activities over others.

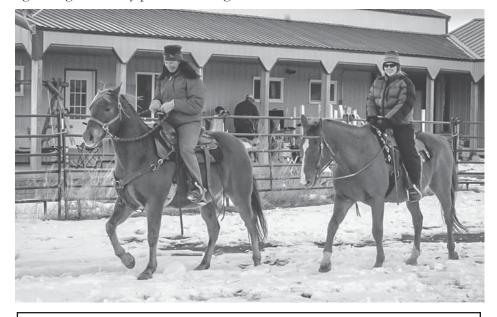
Determine if each bucket list activity will be a solitary or joint pursuit. Various activities are more enjoyable when shared with others, but some you might be more inclined to do alone.

Remember, this list is just for the year so the activities do not need to be extravagant to be worth listing. Maybe you are watching Rip and John on Yellowstone and dreaming of riding a horse. Another idea could be to take a wine tasting or cooking class. Try out scuba diving or snorkeling in a local pool through Splash Scuba. Plan to watch a movie that you have been putting off because you've been so busy. Whatever you think of works!

It's too late to do for this year but if you make this a recurring New Year's theme, then set aside a budget for funding bucket list activities. Bucket lists may include some costly activities, so start saving now so money does not stand in your way. Open a savings account specifically for funding bucket list excursions and set up automatic deposits.

Bucket lists can encourage people to live life to the fullest and it's never too early to get started on a list of your own.

If you plan to do a more tradition resolution don't discount the



Yellowstone inspired horseback riding could be fun any time of the year.

# MUSINGS...TURNING THE PAGE



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.

Turn the page, continue reading,

And let the next story begin.....

Suzanne Weyn

When my New Year's Resolutions always left town by February, I gave them up. Instead, I choose a theme

for the year, something I care about and want to grow. It actually feels like the theme chooses me. All year, then, I tune into – actually live into – that theme.

My 2021 theme was Wonder, both the noun and the verb.

# Reporting on Wonder

As weird as 2021 was, with the practical and emotional roller coaster of the pandemic, I experienced a lot of wonder. Here are samplings: Wonder, the noun:

When my daughter and grand-daughter visited from the west coast in May, I was filled with the wonder of reunion with loved ones.

My garden was spectacular this year. I loved it and it loved me back.

Four squirrels chase each other – under a car, up a tree, down the tree, under the car, up the tree, round and round. So much fun for them and for me. I watched in wonder.

Wonder, a verb:

What would it take for people to focus more on what they have in common than on what they see differently?

·I wonder what would change if work newscasters reported mostly good You? news instead of mostly bad?

•When and how will COVID 19 stop mutating?

Holding wonder close kept me curious and feeling grateful for what is beautiful, what is good, and what might be.

#### 2022 Theme: Connection

The theme that chose me for 2022 is Connection. Maybe that's because I'm in awe of the many ways people have figured out to stay connected even when apart. I recently attended arguably the best conference of my life, and it was on Zoom. Who could have imagined?

My intention is to watch for and create connections. I have never been an initiator in relationships. It may be time for that to change. I want to honor connections – relationships with people who have a home in my heart even when we aren't in touch for long periods. I want to remember connections with people who have died, whose presence I still feel. I'm open to new connections.

Will You Let a Theme Choose

As you look forward to 2022, what idea or feeling pops into your mind repeatedly? What question? What would enrich your life to contemplate? Research? Why would that be worthwhile? Ask yourself a bunch of questions and give it time to bubble up. Name your theme for the year. Write it on a sticky note and post it on your bathroom mirror. By June, it will change your way of being and your behavior.

Stories don't end. They continue as long as you're alive. You just have to get on with things.

Turn the page, start a new chapter, find out what's in store for you next.

Daren Shan

## **COACHING QUESTIONS:**

- 1. How well have New Year's resolutions worked for you in the past?
- 2. If you are willing to ponder something that really matters to you and make it your theme for 2022, what is it?
- 3. Let me know your theme. It will connect us.

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Available Monthly

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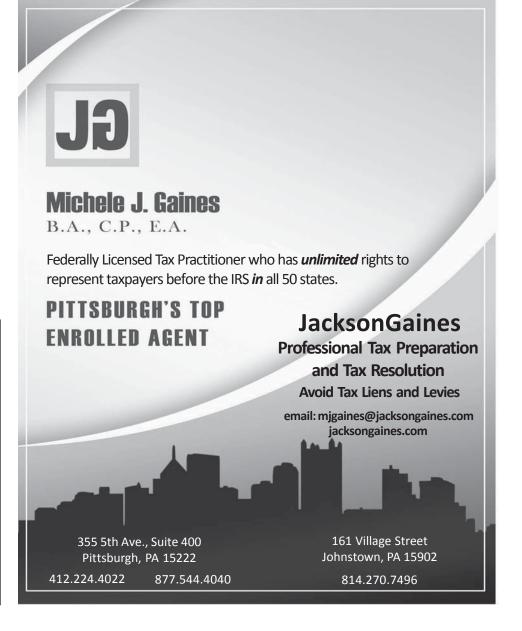
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# The Fishin' Hole



Sam Hall

Reeling in the New Year by sending best wishes for a healthy and happy 2022 to all the avid readers of the Fishin' Hole!

They say the winter temperatures will be colder than normal, but after an incredibly warm December, I am not convinced that much of what "they say" is all too terribly accurate. In either case, there is not going to be safe water for ice fishing for a while in our local area. While that is maybe a bummer for those of you who love the hard-water, it does mean more fishing for the folks who prefer the liquid version. Remember if you are trout fishing, the season remains open until February 20th but your creel limit is reduced to three combined species of trout through that time as well.

As of the moment I am typing this, North Park Lake is less than two weeks removed from a full stocking of Rainbow trout. There are reports of fish being caught at Canonsburg Dam in Washington County and, on Raccoon Lake in Beaver County. Yes, there are plenty of fish out there for you to reel in at this start of 2022.

Do your best to stay warm and dry when fishing in the coming months. Ice fishing or open water fishing can quickly become very little fun if you find yourself miserable and uncomfortable. A little planning goes a long way. One other safety note in case there is a sudden cold snap in the next week. Remember, four inches of clear, solid ice is the safe amount of ice to support you and your fishinches of any ice!

but, not so much that it blows the minutes! streams out making them unfishable. It is a roll of the dice, but keeping a close watch on the forecast will help you make a more informed gamble.

Maybe your fishing equipment is away until springtime. For many that is true. For many these next couple of months are about whiling the time away by dreaming of the warmer weather and springtime fishing. For those I would say, hang in there, it will seem longer than it truly is. Remember on the very first full day of winter we immediately start to gain an extra minute of daylight every single day. That's right, spring's approach can literally be measured in

ing gear. Never fish on less than four minutes. In 90 extra minutes of daylight it will be April. That is a very The Erie tributaries have been positive thought. That is one of my producing a tremendous amount of New Year's resolutions, to try to stay steelhead for anglers this fall and early more positive. What are your resoluwinter. I fully expect that to continue. tions? Send me your pictures and sto-As always the weather is the main ries to samdhall@comcast.net and concern when planning a trip to Erie. keep those lines tight if you are us-You want to find a time with at least ing them. If not, we will see you back a decent amount of rain or snow-melt on the stream in, oh, about ninety



Sunny days and sunny fish aren't that far away!

# January Offers New Adventures and Clean Slates

(continued from front page)



value of utilizing a multifaceted approach to achieving your goals.

A recent study from psychology professor and researcher Dr. Gail Matthews examined the effects of writing down goals, committing to goaldirected actions and creating accountability for

those actions. The participants in the study were separated into five groups and asked to identify their goals. Each group was then asked to rate each goal based on how difficult and important they thought it was. They also were asked to rate the extent to which they had the skills and resources to accomplish the goal and rate their commitment and motivation to do so.

Participants were also asked to disclose their previous history with the goal, including whether or not they had pursued it or succeeded in their pursuits in the past. Group one was directed to think about their goals but not write them down, while groups two through five employed progressively greater initiatives in pursuit of their goals. The further efforts employed by group five included writing their goals down, sharing those goals with a supportive friend and sending goals progress reports to that friend.

At the end of the four-week study, Dr. Matthews concluded that those who made a public commitment by sharing their goals with a friend, sent weekly progress reports to their friend, and wrote down their goals achieved significantly more than participants who did none of those things. These findings can serve as a useful tool for individuals who plan to make resolutions this January.

Whatever direction you decide to take, if any, this year, I am hoping for a healthy, safe and happy 2022 for everyone! It's been a rough couple of years and any way that we can make others and ourselves feel better, I, for one, say, let's do it!



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Green Tree Times January 2022

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# Interesting Notable Facts about Martin Luther King, Jr.



Honor Martin Luther King, Jr. on Monday, January 17, 2022.

Martin Luther King, Jr. was one of the most influential figures of the 21st century. King's tireless activism during the Civil Rights Movement of the 1950s and 1960s improved the lives of millions of people, and his tragic assassination on April 4, 1968, marked one of the darkest days in American history.

King's oratory prowess is welldocumented. Individuals across the globe are familiar with his "I Have a Dream" speech, which King delivered during the March on Washington less than a year before his death. Less familiar are five other notable facts about the life of Martin Luther King,

- 1. If he were alive today, Martin Luther King, Jr. would still be years away from his 100th birthday. King was assassinated in 1968, when he was not yet 40 years old. Born in Atlanta in 1929, King could very much still be alive today and would have celebrated his 93rd birthday on January 15, 2022.
- 2. King was an extraordinarily gifted student. At an age when many

students were preparing to enter their sophomore or junior year of high school, King began his freshman year of college at Morehouse College. King enrolled at Morehouse when he was 15 after the school opened enrollment to junior high students in an effort to overcome a dip in enrollment related to World War II. King passed the entrance exam and enrolled in the fall of 1944.

- 3. King was ordained as a minister prior to graduating from Morehouse. The Baptist ministry was something of a family business for the Kings, as Martin Luther King Jr.'s father, grandfather and great grandfather were all Baptist ministers. However, King did not initially intend to follow that path. He ultimately changed course and entered the ministry at age 18, graduating from Morehouse with a degree in sociology a year later.
- 4. King survived a knife attack years before his assassination. King

was stabbed in the chest with a letter opener during a book signing event in Harlem in 1958. His assailant, Izola Curry, was ultimately deemed mentally incompetent to stand trial. Though the attack did not kill him, King had to undergo intensive emergency surgery and was hospitalized for several weeks.

5. Conspiracy theories surround King's assassination. King's assassin, James Earl Ray, was found guilty and sentenced to 99 years in prison. Authorities, including the United States Department of Justice, concluded Ray, a career criminal, acted alone. However, some, including surviving members of King's family, believed his assassination was part of a conspiracy.

Despite his tragic assassination in 1968, Martin Luther King, Jr. left his mark on the world. That legacy is even more remarkable when considering the unique twists and turns King's life took prior to his death.

# MONDAY, JANUARY 17, 2022



# Strategies to Disconnect More Often

Devices are a big part of life in the 21st century. People may have access print books provide no such access to the internet. Tablets and e-readers to tablets, laptops and even desktop computers, but it's unlikely they spend as much time on those devices as they do on their smartphones.

A recent analysis of data for 11,000 users on RescueTime, an app designed to help people track their time and improve their productivity, found that 20 percent of smartphone users spend more than 4.5 hours on their smartphones on a typical weekday. With the new year, millions of people will no doubt be resolving to make better use of their time in the months ahead. Disconnecting from devices like smartphones can help individuals accom- in the new year. The success of such resolutions may depend on the approach plish those goals. The following are some strategies individuals can employ as they aspire to spend less time on their devices in the year ahead.

Close some social media accounts. Social media can be a useful tool to stay connected with family, friends and the local community. But those connections can be maintained through one or two social media platforms. That's a lesson millennials or Gen Z-ers can take to heart, as the Global Web Index indicates that the average person has 8.4 social media accounts. Closing some social media accounts can reduce the temptation to pick up a device, ultimately paving the way to more time away from tablets, smartphones and laptops.

Turn off your notifications. According to research from the BusinessofApps, the average smartphone user in the United States receives 46 app push notifications each day. The sound of a smartphone notification has become as recognizable as any sound, and the volume of notifications the average users receive in a 24-hour period no doubt contributes heavily to how much time they spend on their phones. Turning off notifications makes it easier to disconnect from devices, and may even make individuals more productive.

Change your reading habits. E-reader enthusiasts may have access to millions of books at their fingertips, but that access could come at a steep cost. Distractions abound when reading books on tablets, smartphones and e-readers. The internet is only a swipe or two away when reading e-books, while

employ the he same notification system as smartphones, so readers who insist on going the digital route can turn those notifications off before cuddling up with a good book. But that might not be enough, as readers can still visit the home screen of their devices and begin browsing the internet. Print books are ideal for those who want to read with as little device-related distractions as possible.

Millions of people will aspire to disconnect from their devices more often individuals employ.

# Community News and Events

The Green Tree Borough will have Christmas tree recycling from Jan. 3-17. Place your tree curbside and Public Works will pick up as time permits.

At the Green Tree Garden Club's holiday luncheon the officers for 2022 were installed. Kevin Maurer is the new President. Regular monthly meetings will resume in February, and guests are always welcome. The 2022 schedule will be posted in late January on the club's site www.greentreeboro.com/gardenclub.php

Watercolor Painting Classes, for 8 weeks, will start January 11 and continue through March 1, from 9 a.m. - 12 p.m. at the Carlisle Social Hall, Green Tree. Cost is \$110, GT residents and \$125, non-residents. Register at the Green Tree Administrative Office and you will then receive a complete list of needed supplies.

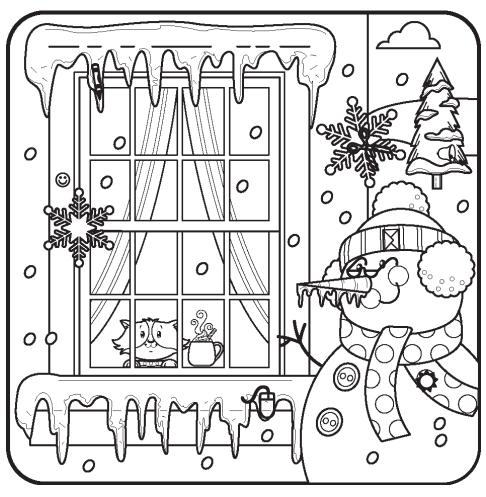


# Fun and Games for Kids



Find the eight pictures below.

Find the 10 differences between the pictures below.







# Free Throw Championship!

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

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





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

# 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

# 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 Very Rev. Richard Seiler, Jr. Pastor Independent - Catholic - Sacramental Contact regarding services.

# 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

# Bible Baptist Church

412 Old Washington 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

# 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

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# Carnegie Primitive Methodist Church

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

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# Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Livestream Service through Southminster Presbyterian Church at 11 a.m. at spchurch.org Pastor Paul Nigra www.hawthornechurch.org

# Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington 412-431-8396

mtwashingtonbaptistchurch.org

Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

# 1st United Presbyterian Church of Crafton Heights

50 Stratmore Avenue 412-921-6153 Live Streaming Worship on Sundays at 11 a.m. on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver Live stories for kids are read by Pastor Dave each day on Facebook

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

# 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.

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# Mt Pisgah Presbyterian Church

Sunday's, 11:30 am - 12:30 pm: Art and Music classes for youth presented by "Hearts on Fire" with professional teaching artists.

Sunday's, 6 - 7 pm: "Exploring the Faith Series" Conversations about faith, religion, spirituality.

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# 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

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10 Manilla Ave., Pittsburgh, 15220 greentreelibrary.org, 412-922-9292

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