GREEN TREE TIMES

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May Brings Flowers, Farmers Markets and Festivals



Shop local! Head to a Farmers Market for your next shopping trip.

The saying *April showers bring May flowers* couldn't be more true this year. April had some major rain days and it seems to have brought more green, more flowers, more mowing, and more signs of the warm weather season.

May seems to be the time that nature designates for baby animals to come into the world and for people to officially leave their house without worry of needing a warm coat.

As always, Pittsburgh doesn't disappoint in the way of activities. Get outside and enjoy!

This is the month when the Farmers' Markets come to life. These markets all offer locally grown produce as well as other goodies including baked items, cheeses, meats, flowers and more.

Supporting local farmers is beneficial in many ways. It reduces carbon emissions associated with long distance food delivery, helping the environment. It is also a place to socialize within our local communities and to make healthier food choices. Locally grown food that is accessible to all helps increase food security. Win-Win-Win!

The Green Tree Market starts on Thursday, May 16, 4-7 p.m. and will run every Thursday through October.

The Citiparks Farmers' Markets in Northside (Fridays, 3-7 p.m.) and Squirrel Hill (Sundays, 9-1 p.m.) will start this month and be held weekly. Info at pittsburghpa.gov and then click citiparks.

The Terminal Farmers Market (Strip District) will be held every Saturday, starting May 4, 10 a.m. - 2 p.m. with live music and over 35 vendors.

Lawrenceville will have their Farmers Market on Tuesdays, rain or shine, 3-7 p.m. starting May 21 at 115 41st Street , Bay 41. Info at lunited.org.

Market Square has a huge Farmers' Market that will run every Thursday from May 16 - Oct. 31. There will be over 20 vendors along with music, entertainment and more!

Bridgeville's will be held every Friday in May at 5:30 p.m., rain or shine. They will expand to Mon., Wed., and Fri. for June - Sept. All produce and goods are local and fresh. Cash only.

Contact your borough to find any others that may be near you.

Phipps' Conservatory is having a May Market on May 10-11 and is free and open to the public. The market will feature gardening accessories, lawn decor, and a plant sale including organic herbs, seedlings, perennial, shrubs and more.

Also, open in May are Butterfly Forest and The Summer Flower Show: Under the Sea. This show highlights the amazing life in the ocean. Visit all summer long for an unfrogettable experience of beauty, color and sea life displays. Info phipps.conservatory.org.

Handmade Arcade will feature 30 artists, craftspeople, and makers at its 5th annual Spring Market on Sat., May 18 from 9 a.m.- 5 p.m. hosted at Construction Junction. The 30 featured makers create innovative home decor, inventive ceramics, bold artwork, handcrafted accessories, statement jewelry, and more. The Spring Market is free and does not require registration. Free parking is available.

The Greater Pittsburgh Food Truck Festival will be held on May 24-26 at Hollywood Casino at the Meadows. This free festival will offer dozens of the region's best food trucks, live music and entertainment, craft beer and wine, artisans and vendors, a kids' area and so much more!



Info at pghfoodtruckfest.com.

Need some outdoor time? Every Wednesday have fun doing some "Lunchtime Fishing" at the North Shore Water Steps from 11:30 a.m. -1:30 p.m. through Tri-Anglers, a free fishing program. All gear is provided as well as fishing instruction and assistance with baiting and catching. No fishing license needed. Register and get info at ventureoutdoors.org.

A very unique and fun event held throughout the next 6 months is OpenStreetsPgh. "Bike, walk, eat, shop, move, play and more along the route on May 11 from 10 a.m. - 2 p.m." The streets on the route will be closed to car traffic. Info at openstreetspgh.org.

WonderWorks Music and Arts Festival is returning to Hartwood Acres May 25-26. This two-day event will feature 25+ musical performers, food, drinks and so much fun! Info at wonderworksfest.com.

Sometimes "cheesy" is really

good! The Pittsburgh Mac and Cheese Festival is back on May 18 at 3 Cross-



May is filled with festivals!

ings, Railroad Street in the Strip District. Top chefs serve 30+ different kinds of the traditional dish. The event includes live music, wines and whisky samples, the Bloody Mary and Mimosa Bar and more! Tickets and info at macandcheesefestival.com.

Enjoy Mother's Day at the Neighborhood Flea featuring I Made it! Market on May 12, 10 a.m. - 3 p.m. at SouthSide Works. Event includes over 85 vendors and a perfect brunch spot. Info at neighborhoodflea.com.

The big event that kicks off the summer here in Pittsburgh, The Three Rivers Arts Festival, starts May 31 this year and continues through June 9. Expect the same greatness as always but check out traf.trustarts.org for complete details.

Mother's Day falls in May and there are so many ways to show your mom how much they mean to you. You could simply call her and tell her or send her a heartfelt letter, card, email or even a text. If it's possible to get together, there are opportunities galore! Have a meal together, catch a movie, go to the library, take a walk, or just sit and chat. If you can't be together, just sit and think of her for a few minutes. As a mom, I can tell you, it's the time, and thought that truly means the most!



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MUSINGS...NIKSEN, THE DUTCH ART OF DOING NOTHING



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 and Nancy Smyth, her business partner in Two Wise Women, together published, "Chocolate or Lunch, How Choices Impact Relationships." If you have tense relationships, this book is for you. Both books are available through Amazon. *"Without great solitude, no serious work is possible."*

~Pablo Picasso

What is Niksen?

In our fast-paced world, where productivity and busyness are often glorified, the Dutch have quietly perfected an art that stands in stark contrast: niksen. Derived from the Dutch word "niks," which means "nothing," niksen encourages us to embrace idleness, to pause, and to simply be. As writer Olga Mecking beautifully put it:

"Niksen is about doing something without a purpose, like staring out of the window, hanging out, or listening to music, without worrying about the end result."

One of the most compelling benefits of niksen lies in its capacity to alleviate stress and promote mental health. In our hyperconnected world, stress has become an epidemic, with millions grappling with anxiety, burnout, and overwhelm. Niksen serves as a potent antidote, offering individuals a sanctuary of calm amidst the chaos. By embracing niksen, we grant ourselves permission to explore the depths of our imagination, free from the constraints of deadlines and expectations. In the stillness of niksen, creativity flourishes, unfurling like a delicate blossom in the sun.

Niksen invites us to reclaim our humanity—to savor the simple pleasures of companionship, conversation, and shared silence. Whether alone or in the company of loved ones, niksen encourages us to savour the richness of each moment, fostering bonds that transcend the fleeting allure of productivity.

Niksen Takes Practice

When we're used to plowing through our to-do list, it's hard to shift gears. In their book, "The Lost Art of Doing Nothing" Maartje Willems and Lona Aalders caution, "It takes time to grow this skill."

"At first, try for a brief moment every day. Sit dwn and don't come up with a dozen new tasks to complete. Look around you. And if you don't manage to settle into doing nothing, don't sweat it. It's okay to fail and attempt it again tomorrow." This morning I had 15 minutes until a scheduled call. I did my usual, thinking I could complete two tasks quickly in that time. Then I stopped myself and thought, "What if I do nothing?" And I did. I sat in a chair, looked out the window, saw a bluejay turn around on a wire several times. I breathed deeply. And relaxed my shoulders. When the 15 minutes were up, I was a new person.

In a world that glorifies productivity, niksen serves as a gentle rebellion. It reminds us that life isn't just about achieving goals; it's also about savoring the journey.

Allow yourself to experience a bit of niksen today!

COACHING TIPS:

1. When is the last time you did nothing and savored it?

2. Allow yourself some niksen moments this week, staring out the window, sitting quietly with a loved one, noticing the buds blossoming almost in real time.

3. Witness how good it feels, how it fuels creativity and energy, to have moments of niksen in your life.



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Community News and Events

Carnegie Crawl will start for the season on Fri., May 10, 5-9 p.m. Enjoy strolling through the business district and shop, eat and drink. Info at carnegieborough.com.

The Annual Mother's Day Geranium Sale, sponsored by the Green Tree Garden Club will be held at this year's GTGC Spring Festival on May 11 from 10 - 3 p.m. In addition, the event will include a Craft/ Vendor Show, Flea Market, Spring Plant Sales including annuals and perennials, Outdoor Café, Bake Sale, and Basket Raffle. Children's activities including caricatures and balloon sculptures will take place in the Municipal Center Park Garden from noon -2 p.m. The Spring Festival is held at the Green Tree Municipal Center and the Green Tree Fire Hall.

A **Spring Garden Tea Party** is scheduled for Sat., June 1 at 1:30 pm in the Municipal Center Park Garden. Tickets are \$25. Call Kevin at 412-922-8816.

You are invited to join the **Green Tree Garden Club** on Thursday, June 13 for a presentation entitled, "Preserving the Harvest" by Julie Kocsis, Penn State Master Gardener. This will take place in the Green Tree Municipal Center Park Garden (if inclement weather, it will take place in the Carlisle Social Hall of the Green Tree Fire Hall.) Guests are welcome to attend the presentation at 7:15pm at no cost. Reservations are required by contacting Kevin at 412-922-8816.

Scott Township will be holding their **First Annual Spring Fling,** on Saturday, May 18, 11 a.m. - 5 p.m. at Scott Park, 1 Park Dr., Carnegie. Event will include vendors, food, drinks and admission and parking are free! If you are interested in becoming a vendor, contact Carla Mann at 412-498-3447 or cmann@scotttownship.com

Memorial Day Events and Parades will be held in different communities in our area this month. Check with your local borough office to find what is happening near you.

The Association of University People (AUP) invites singles 50+, who are 4-year college graduates, to join them for activities and to meet new people. Activities include monthly dinners, social gatherings, concerts and day trips. Those interested can attend three activities as guests before joining. To obtain more information about AUP or become an AUP member, call and leave a message at 412-353-9088 or email Aupsingles@gmail.com

SAVE THE DATE: The Crafton Music Fest & Vendor Market, will be held on Saturday, June 1, 11 a.m. - 7 p.m. at Crafton Park, 117 W. Steuben Street. This event features live music, food, drinks, vendors, crafts, mini golf, inflatables, cornhole and more! Info at craftonborough.com.

COMING SOON!

REAL ESTATE AND CONTENTS AUCTION 317 Cabrini Drive 15220 Beautiful Area in Green Tree! 3 Bed, 1 full & 2 1/2 baths, original hard wood floors, move in ready, dead-end street. Entire contents of the home and the real estate will be on the online auction. Everything will sell the same day, including the house. **PREVIEW** at Green Tree Neighborhood Yard Sale - Sat., May 18.

PREVIEW at Green Tree Neighborhood Yard Sale - Sat., May 18. We will have new, used and vintage clothing, shoes, coats, purses galore, all for sale during the Yard Sale\$\$\$

Check Bullock's website and June Green Tree Times for Auction date! Bullock's Bid 'n Buy Auction Service www.bullocksbidnbuy.hibid.com

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The Fishin' Hole



Sam Hall

Wow! The "April Showers" got out of hand this year. The rain really hampered the streams for the first day of Trout 2024. Many folks still had a great time on the local lakes and caught plenty of fish. The rainiest April in the history of Pittsburgh took a toll on the smaller trout streams around the area for sure. It is normal that streams will change from year to year due to weather conditions and foliage changes like downed trees and soil erosion and build up, but this April many of our local streams saw incredibly dramatic change from week to week. There is good news and bad news that comes with all the

rain and the stream changes of course. High water will move the fish around from the areas where they were stocked, but high water can also completely obliterate a favorite hole where you have fished for years. For every hole, eliminated or changed by heavy rain, there will be a new hole that the fish will find. The question for the angler is, can you find those new holes? Take a walk before you even start fishing and search for the new spots. Look for changes in the current, or color of the stream or sudden changes in stream direction. My biggest tip for hole-hunting is, they don't need to be big at all. The smallest amount of water depth along with some cover and a place to ambush their prey will make a great home for many fish. Tree roots hanging out over, or into the water make a great hiding spot for trout moved by flooding, and so many anglers walk past them without a second look.

The springtime smallmouth bite is here as well in local streams and rivers, if you want to avoid the crowds that are trout fishing.

Shout out to friends of the Fishin' Hole Maddie, Christian and Stella who had a wonderful Mentored Youth Trout Day on Montour Run that included this beauty landed by Christian (pictured here) with some last minute help from his older brother Willy. They hooked the trout but I

think they all might be hooked for life, on fishing, which is exactly what Youth Mentored Trout Day is all about!

Keep those lines tight and get ready for summertime fishing! Send you pictures and stories to samdhall@comcast.net.



(Left-right) Triplets, Maddie, Christian and Stella on their first fishing trip. Christian with his first fish!

LIBRARY INFORMATION Fun Programs

Fun programs for all age levels are available at the libraries so try attending some events. Be sure to call or visit the website for more information.

Most activities are in person. Check with the library near you for the details.

GREEN TREE PUBLIC LIBRARY 10 Manilla Ave., Pittsburgh, 15220 greentreelibrary.org, 412-921-9292

CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND

carnegielibrary.org., 412-622-3114

CRAFTON PUBLIC LIBRARY

140 Bradford Ave., Pittsburgh, 15205 craftonpubliclibrary.com, 412-922-6877

THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

300 Beechwood Ave., Carnegie, carnegiecarnegie.org, 412-276-3456

SCOTT TOWNSHIP PUBLIC LIBRARY 301 Lindsay Rd., Scott Twp., 15106 scottlibrary.org, 412-429-5380 CARNEGIE LIBRARY OF PITTSBURGH **MT. WASHINGTON** 4400 Forbes Ave., Pittsburgh, 15213 315 Grandview Ave., Pittsburgh, 15211 carnegielibrary.org., 412-381-3380 CARNEGIE LIBRARY OF PITTSBURGH West End 47 Wabash St., Pittsburgh, 15220

> CARNEGIE LIBRARY OF PITTSBURGH SHERADEN

carnegielibrary.org, 412-921-1717

720 Sherwood Ave., Pittsburgh, 15204 carnegielibrary.org., 412-331-1135



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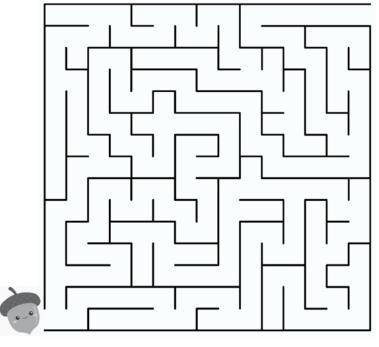




Help the squirrel find the acorn!

Find the 12 differences between the pictures below.





EQT Children's Theater Festival May 17-19

This year there are seven sensational shows that offer great fun and adventure! Tickets are \$10. In addition to the shows, have fun with 3-D Chalk Art, a interactive sculpture space, , a mini museum, a Musical Instrument Petting Zoo from Unisound, storytime, photo booth and Make & Take Crafts, Lego Building, Scavenger and Sticker Hunt and so much more! Get the full festival lineup at TrustArts.org/CTF!

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









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Friday June 21 7pm Tickets ONLINE \$18-\$24 www.CarnegiePerformingArtsCenter.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

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 10 a.m. and on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver

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/unitypresbyterianchurch Sundays 10:30a.m. -Live and Streaming Rev. Dr. Karen Claassen

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

Ambassador Baptist Church

"Representing Jesus" 1926 Babcock Blvd., Pittsburgh 412-477-3210 **www.HisService.com** ambassador.montgomery@gmail.com Western PA Theological Institute Independent, Fundamental "Preaching and Practicing the Word of God"

First Christian Church at Carnegie St. Teaching From God's Word

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

Mount Washington Baptist Church 112 W. Sycamore, Mt. Washington

412-431-8396 mtwashingtonbaptistchurch.org Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

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.org Rev. Tom Ribar, Pastor

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

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.



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.

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

Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106 (Corner of Fountain St. & Dow Ave.) Worship Sundays 11 a.m. carnegiepmc.com 412-207-2233 Todd 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

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Sunday Worship - 10:30 a.m. Bible Study - 9:30 a.m. Sunday School - 10:30 a.m. Pastor Paul Nigra www.hawthornechurch.org

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Find out more: 412-921-7725 United Presbyterian Church in Ingram 30 West Prospect Avenue 412-921-2323 Website: ingramupchurch.org Rev. Wayne D. Meyer

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

Church of the Atonement (Episcopal) 618 Washington Avenue, Carnegie,

PA 15106 412-279-1944 The Rev. Ben Wright www.atonementcarnegie.org www.facebook.com/ atonementcarnegie



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