GREEN TREE TIMES

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'Tis the Season of Giving, Gratitude, Excitement and Magic



Watch a demonstration or try a hands-on activity at the Handmade Arcade

It's that time of year when you feel the change as well as see it, smell it, hear it, touch it and taste it! It's an energy or vibration-like buzz of all of the activity when you are out and about. It engages all "six" senses!

Anyone who says New York City is the place to be for the holiday season has never been to Pittsburgh in November or December! It's a magical place during the holidays.

It kicks off with the celebration of the 62nd Annual Highmark Light Up Night downtown on Saturday, Nov. 18, 4-10 p.m. The activities will be plenty and for everyone! Light up Night is said to have started in Pittsburgh in 1960 and the tradition was replicated by other cities all over the country. Visit downtownpittsburgh holidays.com for more details.

The People's Gas Holiday Market downtown will open the Friday night before 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 Gingerbread House display will be held again inside the City-County Building and will kick off on Light Up Night.

The Rink at PPG Place opens Fri., Nov. 17 as well. Online advance ticket purchases are available now at ppgplace.com.



Skating around the decorated tree. ~photo courtesy Rink PPg Place

Phipps Conservatory kicks off the season on Nov. 17 at 5 p.m. with their Holiday Magic! Winter Flower Show and Light Garden and will offer extended night time candlelit hours until 11 p.m. This year is said to be bigger, better and more breathtaking



~photo courtesy Paul G. Weigman than ever. Information at phipps.conservatory.org.

Pittsburgh Botanic Garden's Dazzling Nights returns on Nov. 24 - Jan. 1, 2024. 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.

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

In addition to enjoying all of the fun festivities, it's also the time for shopping!

Contemporary Crafts is having CRAFTED, the annual event on Fri., Nov. 10, 5:30-8 p.m. Explore the merchandise and find the perfect gifts. Info at contemporarycraft.org.

Visit the I Made It! for the Holidays Market, the indie craft marketplace, at The Block Northway on Sat., Nov. 11, 10 - 5 p.m. and the retail location at The Mall at Robinson every day during mall hours. Information at imadeitmarket.com.

Enjoy shopping for unique hand made ceramics, fiber art, paper, glass and fine art as well as holiday themed gifts at the Sweetwater Center for the Arts Holiday Mart from Nov. 30 -



Holiday shopping!

Dec. 3, 2023. Information at sweetwaterartcenter.org.

The Handmade Arcade annual Holiday Market will be held at The David L. Lawrence Convention Center on Sat., Dec. 2 from 11 - 6 p.m. or early bird from 9-11 a.m. This event features 275 makers and partners with different organizations and artists to host hands-on activities. Friday Happy Hour will be Dec. 1, from 5-7:30 p.m. for early browsing. Info at handmadearcade.org.

An event that serves as the perfect break for in between all of the busyness of the season is the escape offered by the Three Rivers Film Festival and the Pittsburgh Shorts Film Festival. It is being held Nov. 8-19 and will feature 22 independent films in a variety of genres and 10 blocks of short films. This event never disappoints.Info at filmpittsburgh.org.

November is also a reminder month of our many blessings and 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!

Amen to Action, an annual mealpacking event held on the day after Thanksgiving, partners with Meals of Hope and the Greater Pittsburgh Community Food Bank to host thousands of volunteers at various locations.

The volunteer slots are full but you can help by donating. You can provide 100 meals with \$35.00.

Amen to Action has provided over 1,000,000 meals to our communities each year since 2017. Info at plf.org/amentoaction.

Some other places that could use your services would be The Greater Pittsburgh Community Food Bank (donating, helping load and unload food, sorting), Toys for Tots (helping distribute around the area), Salvation Army (helping prepare and serve dinners, help sort and distribute toys for Treasures for Children), Open Your Heart to a Senior (United Way, program: shoveling snow, raking leaves, taking to appointments, grocery shopping), and South Hills Interfaith Mission (helping wrap gifts, organize donations). There are many places that I haven't mentioned but visit pittsburghcares.org to find a program for you.

If everyone that can, does just a small thing, it'll add up to a big difference for many people in need this season.

Happy Holidays!

MUSINGS...THE POWER OF WALKING



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.

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"All truly great thoughts are conceived while walking."

~Friedrich Nietzsche

I have been walking the beautiful trails of Whidbey Island with my daughter Lisa and her dogs. We've walked wooded trails and beach trails, each one a marvel! These walks took me back to other places I've walked - the steep Sierra Nevada trails as a child, the Inverness hills when pregnant, the city sidewalks and beautiful wooded walks near my Pennsylvania home. As I walked, the power of walking became clearer and clearer to me.

Physical Benefits

Soren Kierkegaard wrote, 'Everyday I walk myself into a state

of well being and walk away from every illness."

The physical benefits of walking are profound and well-documented. Regular walking can improve cardiovascular health, reduce the risk of chronic diseases, and help manage weight. Hippocrates, the father of modern medicine, recognized this when he famously stated, "Walking is the best medicine."

A credible recent study from the University of Cambridge found that 75 minutes of moderate-intensity

6:00pm.

physical activity per week, such as walking, significantly lowers the risk of developing cardiovascular disease, cancer and early death. This is only 11 minutes a day!

Psychological Benefits

John Muir wrote in his journal, 'I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in."

Walking has the power to clear the mind and spark creativity. Walking also serves as a natural stress-reliever. It allows for solitude and introspection, giving us the space to process our thoughts and emotions. This is why Henry David Thoreau remarked, "Me thinks that the moment my legs begin to move, my thoughts begin to flow." Nature walks have been found to reduce symptoms of anxiety and depression while enhancing feelings of well-being and connectedness.

Spiritual Benefits

"Angels whisper to a man when he goes for a walk." Raymond I Myers

The spiritual benefits of walking are deeply rooted in history and culture. Walking can be a meditative practice, a journey of self-discovery, and a connection with the divine. Each step taken in a mindful and deliberate manner can become a

Festival of the Nativity

spiritual experience. Thich Nhat Hanh, the renowned Zen master, captures this essence when he writes, "Walk as if you are kissing the Earth with your feet." Walking with reverence can instill a profound sense of connection to the world and a feeling of spiritual fulfillment.

Pilgrimages, which involve long walks to sacred places, are practiced by various cultures worldwide. The Camino de Santiago in Spain, for example, is a famous pilgrimage route that attracts thousands of people each year. It is believed to be a transformative journey for many, with pilgrims seeking not only physical but spiritual healing and growth.

Conclusion

Heed the wisdom of the sages and take a walk. It may just be the best medicine for your body, mind, and soul.

COACHING QUESTIONS/TIPS:

1. Where is your favorite place to walk?

2. Where is your favorite place to walk near your home?

3. How might you build a regular walking practice into your life to enjoy its many benefits?



spirit. It's the perfect soundtrack to your holiday season. Enjoy delicious refreshments in our cozy lounge. It's a great place to relax and savor the moment with friends and family.

But most importantly, come and experience Advent with a sense of wonder. This is a free event for the community, and we look forward to being a part of your holiday traditions!

Unity Presbyterian Church, 1146 Greentree Road, at the intersection of Greentree Road and Potomac Ave. Be there on December 9th from noon to 6pm and let the magic of Christmas begin!

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A Refresher Course On COVID-19

It's understandable if people want to put the COVID-19 virus in the rearview mirror. Since it first surfaced in late 2019, the COVID-19 virus has claimed the lives of millions of people across the globe. In 2020, the virus upset every aspect of life, from work to school to recreation and more.

Though COVID-19 has not disrupted most people's daily lives in quite some time, it still poses a threat to anyone who contracts the virus. And since 2019, researchers have learned and continue to learn more about COVID-19. As another cold and flu season begins, it can't hurt for people to reacquaint themselves with some basic information about COVID-19.

What is COVID-19?

The Centers for Disease Control and Prevention notes that COVID-19 is a disease caused by the SARS-CoV-2 virus. While millions of people have survived COVID-19 after contracting the virus, the World Health Organization reports that, as of the first week of October 2023, the virus caused more than 6.9 million deaths.

Is the virus highly contagious?

The CDC reports that COVID-19 remains highly contagious and spreads very quickly. ThatÕs one reason why a pre-winter refresher course on COVID-19 makes so much sense. Though the virus is contagious throughout the year, cases may spike in winter, when individuals spend more time indoors around other people.

What are the symptoms of COVID-19?

The WHO reports that the most common symptoms of COVID-19 are fever, chills and a sore throat. But the WHO also notes there are some additional, if less common, symptoms, including:

muscle aches severe fatigue or tiredness runny or blocked nose, or sneezing headache sore eyes dizziness new and persistent cough tight chest or chest pain shortness of breath hoarse voice heavy arms/legs numbness/tingling nausea, vomiting, abdominal pain/ belly ache, or diarrhea appetite loss loss or change of sense of taste or smell difficulty sleeping

The WHO urges anyone to seek immediate medical attention if they are experiencing difficulty breathing; an inability to speak in sentences; confusion; drowsiness or loss of consciousness; persistent pain or pressure in the chest; cold or clammy skin; or a loss of speech or movement.

Who is most at risk of severe illness from COVID-19?

Individuals age 60 and older and people with underlying medical problems such as high blood pressure, diabetes, low immune function, and cancer are among the groups considered most at-risk for severe illness from COVID-19. In addition, people with chronic conditions affecting the heart, lungs, kidneys, or brain and individuals who qualify as obese also are at risk of severe illness.

When should I get tested?

The WHO recommends testing for anyone with symptoms such as acute onset of fever, cough or above mentioned symptoms. Anyone who has come in close contact with an infected person, even if they are not presenting symptoms, also should be tested for COVID-19. Free at home tests are available to everyone at covid.gov or you can go to a local pharmacy to be tested.

COVID-19 may no longer be the disruptive force it was at the onset of the pandemic. However, the virus remains a threat, and it's worth anyone's time to reacquaint themselves with the basics of COVID-19. More information is available at who.int.

Community News and Events

A Holiday Wreathmaking Workshop presented by Megan Pattinato is on the agenda for Thurs., Nov. 9 at the Carlisle Social Hall in the Green Tree Fire Hall, sponsored by the **Green Tree Garden Club**. In addition, club members will be decorating Gingerbread houses for their service project for Vincentian Marian Manor and the election of officers for 2024 will take place. Doors open at 5:30 p.m. with refreshments and a business meeting. The wreathmaking workshop begins at 7:15 p.m. Contact President Kevin Maurer for more information at 412-922-8816.

Shop local vendors and businesses at the **Carnegie Holiday Farmers Market** will be held on Nov. 19, 10 am - 1 p.m. craft show will be held Sat. Oct. 14, 10-3 p.m. in Broughton Fire Hall, 1030 Cochrans Mill Rd, South Park Township. Plenty of parking. Over 50 Crafters, food, delicious baked goods, Chance Auction and raffles.

The **College Club of Carnegie** will meet on Sat., Nov. 4, at Bella's, 91 Fort Couch Road, Pittsburgh. There will be a Social preceding lunch in the noon hour. "Luncheon of Thanksgiving" will feature entertainment by jazz singer, Lydia Marks. Women with post-secondary degrees are invited to call Therese Condit, Membership Chairperson, at 412-279-4458 for further information.

The Nutcracker, an old fashioned holiday ballet performed annually by the Carnegie Performing Arts Center, will perform at the Andrew Carnegie Music Hall, 300 Beechwood Avenue in Carnegie. Performances will be on Sat., Dec. 9, at 7 pm, Sun., Dec. 10, at 2 pm, Sat., Dec. 16, at 7 p.m. and Sun., Dec. 17, at 2 p.m. Tickets are \$22 for adults and \$20 for students and seniors and are available at the door or on line through the website. For more information please contact 412-279-8887 or www.carnegieperformingartscenter.com.

Saint Philip Catholic Parish will host a display of the Eucharistic Miracles that have been authenticated by the Vatican. The public is invited to view the posters in Conner Hall of Ascension Church at 114 Berry St. 15205 at the following times: Sat., Nov. 4, 9:30 a.m.-1p.m. and 4 p.m. - 7 p.m., Sun., Nov. 5, 10:30 a.m. - 2 p.m.

The exhibit was inspired by the diligent computer work of Blessed Carlo Acutis, a middle school student in Italy who loved the Eucharist, who died of leukemia at age 15 in 2006 and who is expected to become the very first saint of this generation because of his faith, holiness, and love of the True Presence in the Eucharist.



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The Fishin' Hole



Sam Hall

This past month was at once one of the most frustrating and one of the most rewarding of my lifetime of angling. First, as September was winding down, the bite on local waterways began to slow a bit for me. Weekend mornings that had been 10-15 fish a day mornings became 2-3 fish mornings. I found myself very frustrated by the middle of October. I was in a spot with a tremendous amount of activity in the water where I was fishing but I could not catch the fish. I would watch these fish clearly in a feeding frenzy, breaking the surface with baitfish flying around in a panic non-stop, but I would fish for three

hours and only catch a fish or two. It was driving me crazy! During the bulk of the month of October, if you had asked me during any quiet moment what I was thinking about, I would have told you it was those fish and why they could be eating so much and so frantically, but never caring about what I was throwing at them. I tried minnows, all my plastics, drifting, bottom-fishing, worms, tipped jigs with minnows and worm, all with the same result. That result was fish going nuts all around while I catch nothing. It gnawed at my brain and there is not a lot there to gnaw on. I had never encountered active fish that I could not get to the bank ever before in my life.

Sure, I've had lots of days when I got skunked, but never when the fish are right there in front of me eating away like a starving man at a buffet table. Then, one night in the middle of the night, it quite literally came to me out of nowhere. I needed something to keep the bait in the water column where they were feeding but not allow the bait to be swept away by the current. A floating jighead would allow me to weigh the line enough to hold the bait in the strike-zone, and not allow the bait to be swept away by the current. Eureka! Of course, I had experienced other breakthrough ideas in my mind during this whole episode that did not pan out the way I expected. Nonetheless, I was sure this time. When the bait shop opened Saturday morning, I was there to help the owner unlock the doors. A short fifteen minutes later, it was still dark outside but I was at the spot with my floating jighead. The very first cast of the day gave me the answer I had been searching so long to get. It was a four pound Hybrid Striped Bass. This was the first of 18 fish I caught in that spot over the next three hours. I love catching fish, but figuring out the

answer to this particular situation was so absolutely rewarding to my soul it is hard to describe. The next two weekends provided some of the best fishing of the year and convinced me that maybe there is a little more left of my brain to make gnawing at it worth the effort.

The state has already started to hit approved trout waters in our area with a solid stocking of late-season trout. Canonsburg Lake, Dutch Fork Lake and North Park Lake all have fresh fish if you like to chase the trout. The full run is on for Steelhead up in Erie on the tributaries. Make sure to check the weather closely before you go and dress warm, and make sure you can stay dry. Have a great November, keep those lines tight and send your pictures and stories to samdhall@comcast.net.



A Largemouth and a Striper from a busy day!

~photo courtesy of Sam Hall



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	SCOTT TOWNSHIP PUBLIC LIBRARY 301 Lindsay Rd., Scott Twp., 1510 scottlibrary.org, 412-429-5380	
Carnegie Library of Pittsburgh Main - Oakland	Carnegie Library of Pittsburgh Mt. Washington	
4400 Forbes Ave.,Pittsburgh, 15213 carnegielibrary.org., 412-622-3114	315 Grandview Ave., Pittsburgh, 152 carnegielibrary.org., 412-381-3380	
CRAFTON PUBLIC LIBRARY 140 Bradford Ave., Pittsburgh, 15205 craftonpubliclibrary.com, 412-922-6877	CARNEGIE LIBRARY OF PITTSBURGH West End 47 Wabash St., Pittsburgh, 15220 carnegielibrary.org, 412-921-1717	
The Andrew Carnegie Free Library and Music Hall	Carnegie Library of Pittsburgh Sheraden	
300 Beechwood Ave., Carnegie, carnegiecarnegie.org, 412-276-3456	720 Sherwood Ave., Pittsburgh, 152 carnegielibrary.org., 412-331-1135	

4



Fun and Games for Kids



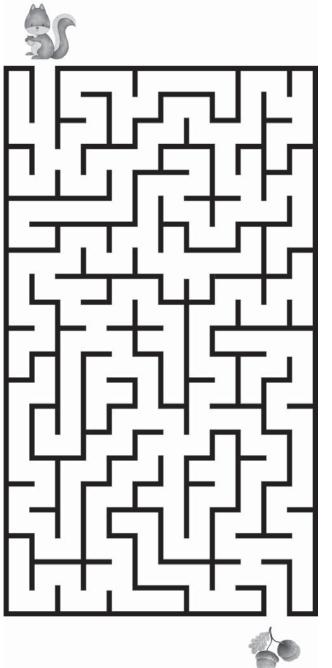
Hink Pinks

A Hink Pink is a pair of rhyming words that match a silly definition.

Example: sky colored hint = blue clue

- 1. silly rabbit
- 2. cruel monarch
- 3. smart cat
- 4. paperback thief
- 5. sea movement
- 6. huge hog
- 7. weird ape
- 8. angry employer
- 9. steak stealer
- 10. empty seat

Help the squirrel find the acorns!



Find the 10 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!**

Call 412-956-9265 or email: pittsburghjuniortimes@comcast.net

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"

"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 Teaching From God's Word Anthony and Lydia Streets Carnegie, PA 15106 Minister Robert W. Hale, 412-279-5030 carnegiechristianchurch@gmail.com

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

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

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.

St. Raphael the Archangel Holiday Craft Show, Sat. Nov. 11 from 9 a.m. - 3 p.m. at SS. Simon & Jude Gymnasium. Will feature over 65 tables of crafts, a Chinese Auction of items donated by the participants, and food available for purchase.

Start your Christmas shopping with unique gifts from our participants!

For information contact Lisa DeRose pghbarber981@aol.com or 412-563-6821.

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.) 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



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



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