

GREEN TREE TIMES

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October is a Colorful Month Filled with Festivals and Fun



Enjoy a bike tour during the nice autumn weather.

~photo courtesy Bike the Burgh

Fall is officially here and happens to arrive on my son's birthday, so it's a good day but I certainly don't mind the warm temperatures hanging around like it's summer! I am looking forward to the leaves changing soon and we need colder weather for that to happen so I'll accept it when it arrives.

Pittsburgh is a city of traditions and October is festival month! Things might look a little different with CDC recommendations but for the most part, the fun will be the same.

Autumn festivals are located all over the area. I have personally visited many over the years and will continue to try new ones for fun!

Janoski's Pumpkinland in Clinton is held each weekend, except the weekend of the 31st and features family fun including a corn maze, straw jump, pony rides, pumpkin patch and painting, food, garden and more. Info at janoskis.com.

A little to the south is Trax Farms. Their fall festival is full of activities for the entire family as well including music, food, games, and it's free admission. Info at traxfarms.com.

Wexford is home to Soergel Orchards and they have all you could want every weekend in October including many activities for the kids, apples, pumpkins and so much more! Info at soergels.com.

Some other festivals include Triple B Farms, Simmons Farm,

Lonesome Valley Farms, Hozak Farms, and Cheeseman Farm.

The 38th Annual Houston Pumpkin Festival will be held on Oct. 8-10 and will feature fun for everyone including 175+ food and craft vendors, music and entertainment, a parade and pumpkins galore!

Something very different this year



The dragon lantern is larger than life!

~photo courtesy of Pittsburgh Zoo

is the Asian Lantern Festival at the Pittsburgh Zoo & PPG Aquarium. This adventure will be held select nights through Oct. 30 and will feature illuminated wildlife themed handcrafted steel and silk sculptures as you walk the zoo pathways. This is a family friendly nighttime event. Info at pittsburghzoo.org.

Another festival is the Hickory Apple Festival on Oct. 2-3 with live music, crafts, activities, good food and of course everything apples! Info at hickoryapplefest.com

Have fun at the Dormont Street and Music Festival on Oct. 9, 1-8 p.m.

at Potomac and Belrose. Enjoy live music, food, Arsenal Cider Brew Garden and many vendors!

If you are up for a drive, Seven Springs has Fall Craft Days on Oct. 9-10 and 16-17, from 11 a.m. - 6 p.m. and will feature 100+ crafters, live performances, scenic chairlift rides, family fun and more. Info at 7springs.com.

While the weather is still nice, try the Bridges in the Burgh Bike Tour on Oct. 4, 10 a.m.-12 p.m. at 10 a.m.

Ride over 4 bridges, cycle along the river trails, past fascinating landmarks, and around the Downtown triangle of Pittsburgh. On this tour you will visit the Southside Works, Station Square, the Point and the North Shore. Info at biketheburgh.com.

It's been said that Pennsylvania has a longer and more varied fall foliage season than any other state in the nation! With that in mind, if taking a drive to look at the colorful leaves is of interest, there are many places in western PA to visit.

A favorite of mine is McConnell's Mill State Park. This can be a walking tour or a drive.

Frick Park has a lot to see by way of walking or riding a bike.

Another great place is Cook Forest State Park which is about a 2 hour drive from Pittsburgh but well worth the trip.

Just driving around the country roads near your home in October is going to give you some beautiful autumn sights.

The Fall Flower Show: Happy Troll-O-Ween! begins on Sat., Oct. 9 at Phipp's Conservatory and will run for only three weeks. This Chrysanthemum themed exhibit of spectacular colors and shapes include the Hidden Life of Trolls throughout. Info at phippsconservatory.org.

Another fun way to view the beautiful leaves is on the Gateway Clipper on Thurs., Fri. and Sat. throughout October as well as an Autumn Serenade Luncheon Cruise on Oct. 15-16. Stroll the outer deck of the boat to take in the vibrant colors of the foliage! The ride includes dining and entertainment. Information at gatewayclipper.com.

Another event, Over the Edge, is worth seeing because it is going to be amazing to watch and it also supports Easterseals of Western and Central Pennsylvania. This event will be Friday, Oct. 15 and will feature participants that will rappel down the Henry W. Oliver Building in downtown Pittsburgh in honor of Disability Awareness Month. It also includes a ground festival. Proceeds will support the mission- to ensure that people with disabilities and other special needs and their families have equal opportunities to live, learn, work, and play in our community. Info at eastersealsswcpenna.org.

October is also the month of Halloween activities ranging from slightly spooky haunted trails to terrorizing scare houses, trick-or-treating, parades, parties and more.

With the uncertainty surrounding COVID-19 outbreaks, it's best at this point to check with your local district or borough closer to Oct. 31 to check on times and the CDC recommendations for trick-or-treating.

Boosters are now available for many which will be another step to help us all move through and out of this pandemic. Back to normal, December 2019, is the dream. Hopefully that's not too naive.

One way or the other, the wheel keeps turning so do what you can to help as well as enjoy the changing colors, the remaining warm days, the crisp outdoor October air, the blue skies and your friends and family in any way you safely can!



Stroll through Phipps' Happy Troll-O-Ween Fall Flower Show.

~photo courtesy Phipps Conservatory

MUSINGS...OLD TIME FUN



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.

"Attitude is the difference between an ordeal and an adventure"

Bob Bitchin

Adventure

Finally, this morning, all the conditions were right! I had planned this adventure for several weeks, but it required time and energy from me, and coolish temperature without sun from the weather. The project was

washing my outside windows. And it was made old-fashioned because the canister gadget that hooked to my hose, and the crystals I dissolved in it were made by the Fuller Brush Company.

During breakfast, I went down nostalgia lane about the Fuller Brush Company. Do you remember it? When I was a girl, the Fuller Brush man came to our house on a regular basis, and my mother was always thrilled. She loved their products, and he always gave her some free little brush, which she treasured. She believed in the products and enjoyed the visit. My mother didn't drive at that time, and she wasn't excited by shopping....so this was a boon. I still have a little guilt toward the company, however, because my father stole Rob, the Fuller Brush man.

Here's the story. My dad was a manager for State Farm Insurance and his office was in the back of our house. He saw how much my mother got excited about the Fuller Brush man coming, and he liked him too. Eventually my dad recruited him. I don't know the details, but Rob became one of the insurance agents who came in and out of my childhood home all the time.

So back to my adventure. It wasn't totally easy. I had to read and reread the instructions to see how it worked. My hose nozzle had to be

replaced by this special container, and removing the nozzle was challenging. I was to wet the windows fully, then cover a hole in the gadget with my finger so the soapy water came out – squirting from the bottom to the top – then – rinse by removing my finger and squirting top to bottom. At one point the whole thing got so slippery I almost dropped it. At another point the container got away from me for a moment and squirted me in the face. I squealed.

In the end, it was fun; the windows are cleaner, and I got to walk down memory lane. I ordered more of the soap crystals with the plan of cleaning my second floor windows next!

For fun, I researched The Fuller Brush Company. It started in 1906 and is a great story! Check it out yourself at fuller.com/pages/fuller-brush-history

More Nostalgia

Remembering my childhood, the Fuller Brush man, and my dad's office in the back of our house reminded me of how different our relationship was with the telephone back then. Kids today would find it hard to believe.

Because my dad's business was in our home, we had two phones – one in the open hallway inside the front door, the other in my dad's office, at the back of the house. Because it was all the same phone line (and we actually had a party line be-

sides) we were supposed to answer the phone with some amount of dignity. However, my older brother Lon was a bit rebellious, and he sometimes answered,

"Myrtle's Hash House. You stab 'em, we slab 'em, the good ones go to heaven, the bad ones go to (drum roll)Hello."

We thought it was hilarious, but my dad did not. I remember him explaining that it was a business phone, etc. etc., the implications of which were lost on us. To this day, that greeting makes me laugh, even though it's not very funny.

Have Adventures

Maybe with the pandemic we have to be imaginative in creating adventures. This silly window washing energized me, sent me down memory lane, and got my windows way cleaner! Can't get much better than that.

COACHING QUESTIONS:

1. Remember something from your past that warms your heart or cracks you up!
2. Share it with someone (or me.)
3. Redefine adventure during this pandemic time...could it be a hike in the woods, a new kind of take-out, a Zoom party?
4. What chore could you turn into an adventure with a little imagination and maybe nostalgia?

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Improving Your “Health Literacy” Can Improve Your Health



Jayesh Gosai, M.D.

October is “Health Literacy Month.” Health literacy refers to your ability to collect and understand your health information so you can make the best decisions for you and your family. Health-literate people are able to obtain and apply knowledge and skills to enhance their own health and the health of others, now and in the future.

Only about 12% of adults in the United States have good health literacy, according to the U.S. Department of Health and Human Services. This means that about 88% of adults may lack the skills to manage their health and reduce their risk of disease.

Health literacy is important for everyone. At some point in your life, you

will need to be able to use and understand health information and services.

Having good health literacy skills allows you to locate information about your health conditions and the health services you need. It also helps you to communicate with healthcare providers about your needs and preferences and to understand the choices you have about treatments, doctors, facilities, services, and other items related to your health condition. This helps you to make better decisions regarding the services and options that are best for you and to overall better understand and stick to your treatment plan.

You can take steps to improve your Health Literacy. Health literacy involves your ability to understand information about your body and your health. The information usually comes from a doctor or other healthcare provider and may be presented in a number of ways. While it’s important for healthcare professionals to speak in plain language, acknowledge cultural differences, and ensure that patients understand health information, there are also steps you can take to improve your health literacy.

•Be sure to ask questions. If you don’t understand what your doctor is telling you or only understand part of it, ask questions. Studies show that many patients are embarrassed to ask questions when they’re confused by what a doctor is saying. Explain to your doctor that you’re having trouble understanding and ask that the information be explained again.

•Repeat what your doctor tells you in your own words. Your doctor may give you a lot of information in a short time. To make sure you understand, it can help to repeat what your doctor said in your own words. You can start by saying, “Let me make sure I understand. You said...” This gives your doctor a chance to clear up anything you’ve misheard or don’t understand.

•Bring a friend or loved one with you to your appointment. If they can’t come to the appointment in person, ask your doctor if they can join you virtually by phone or a video call. Ask the person to take notes for you, just in case you miss something.

•Ask for a patient navigator if one is available. A patient navigator is someone trained to help you navigate the healthcare system and coordinate your care. Besides helping you understand your healthcare, patient navigators also can help you access health services, assess your treatment options, get a referral, find a clinical trial, fill out forms, and apply for financial assistance. In many cases, a patient navigator will have more time to spend with you than your doctor does.

•Keep a list of questions for your doctor or patient navigator. The list can include terms you don’t understand, questions about research you saw in the news, or side effects that you’re concerned about. You can keep

the list on your phone or in a notebook that you bring with you to each appointment.

•Ask for a translator or bring one with you, if needed. If your first language is different than the one spoken where you live, you may not understand complex medical terms or instructions. Ask your doctor’s office if translation services are available. If these services aren’t available, bring someone with you who can translate for you.

•Request hand-outs or other materials to help you understand. Not everyone learns best by listening to someone talk. Some people learn best by looking at pictures. Other people learn best by reading the information, and still others learn best by watching a video. So ask for the information in the form that will be most useful for you.

•Don’t believe everything you read online and in social media. There are thousands of medical information websites and articles – most are not reviewed by experts. Some are marketing materials aimed at selling products that may do more harm than good. When you search for medical information online, make sure the website is operated by a reputable organization, such as the National Institutes of Health, the American Cancer Society, the American Society of Clinical Oncology, or other independent group. Check to see if the information has been reviewed by a person with expertise in that field. It’s also a good idea to look at a number of different websites to make sure the information is confirmed and supported by different organizations.

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.



GREEN TREE PUBLIC LIBRARY

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

SCOTT TOWNSHIP PUBLIC LIBRARY

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scottlibrary.org, 412-429-5380

CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND

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carnegielibrary.org, 412-622-3114

CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

315 Grandview Ave., Pittsburgh, 15211
carnegielibrary.org, 412-381-3380

CRAFTON PUBLIC LIBRARY

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

CARNEGIE LIBRARY OF PITTSBURGH WEST END

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carnegielibrary.org, 412-921-1717

THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

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

CARNEGIE LIBRARY OF PITTSBURGH SHERADEN

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

Community News and Events

The **Green Tree Garden Club** had many activities over the summer to celebrate its 50th anniversary and significantly expanded the garden in the Municipal Center Park to include a Rose Garden, dedicated in August. The new wind sculpture and the Presidents’ Garden were dedicated in June.

These gardens, as well as the Perennial Garden and Herb Garden, will be beautiful all fall, and the public is invited to stroll the garden. The covered gazebo is an ideal place to enjoy a packed lunch. The Little Free Library in the garden has gardening related books for adults and children and will be available year-round.

Chartiers Valley’s CVCPA (chorus) will be hosting a Homecoming Carnival on Wed., October 6th, starting around 3:15. Event will have games and prizes. All proceeds will benefit the CVCPA booster club.

The Fishin' Hole



Sam Hall

Choosing your fishing buddy is of paramount importance. It is a task many people do too quickly and without thinking it through. If you are new to choosing who joins you on your adventures, this month we will explore some of the key things to look for in a great fishing companion.

Just like yourself when you head out to go fishing, it is very important that the fishing companion is more interested in fishing than they are in catching. If your fishing buddy is easily frustrated when the fish are not biting, that frustration is very likely to spread to those around

them, and if you are one of those around him, that is a sure way to ruin a day on the water. A great fishing companion could really not care any less if the fish are biting or not. Their attitude should be more 'this is really cool being out here near the water and just soaking in the fresh air and hanging out with you.' The fish not biting should always be, to you and to your fishing companion, nothing but an excellent excuse to try it again next time!

The ideal fishing buddy will not be at all affected by any adverse weather conditions you might encounter while going to, arriving at, spending the time, and leaving from the fishing area. They will be prepared for any circumstances and never, ever complain about being cold, getting rained on, getting snowed on, being too hot, getting sun-burned or, even being bothered by mosquitoes. When you are dealing with those things the only thing that can make them worse, is having somebody beside you complaining about the very struggle in which you find yourself! Nothing is as bad as someone telling you how



cold they are when you literally are not 100% certain your toes are still attached to your feet because you haven't felt them for about a half an hour.

A great fishing companion will be someone who doesn't like to talk too much. Streamside chats can be difficult to hear in the first place and can sometimes lead to thinking or worrying about things you are specifically going fishing to avoid thinking or worrying. Even worse, streamside conversations may lead to the spooking of fish. I spent much of the time between the ages of eight and twelve years being shushed by my father on the streams learning that lesson.

The single most important quality of a great fishing buddy is that they be someone who is more excited by the prospect or actuality of you catch-

ing a fish than them. They should wiggle with delight at the very idea that you might be reeling in a fish, even if you are just snagged on the bottom of the lake. They should be 100% convinced that you are the greatest single angler to ever walk on planet earth and by sheer will you can turn what is really just a big twig into a 24 inch rainbow trout.

I lost one of the best fishing buddies ever this week. He had every one of these qualities and so many more! Hug your fishing buddy today no matter who it is.

I love you Jaxon.

Send your stories and pictures of you and your fishing buddy to samdhall@comcast.net and keep those lines tight. Next month we will have a steelhead report.



OPEN HOUSE

Sunday, Nov. 7 - 12:00-3:00 pm or
Wednesday, Nov. 10 - 6:00-8:00 pm

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Fun and Games for Kids

(Answers on back page)



Find the 10 differences between the pictures below.



Halloween Riddle Fun!

Why don't skeletons watch scary movies?
 Why do witches fly on brooms?
 What did the pumpkin need for it's boo boo?
 What do you call a nervous witch?
 Why are graveyards noisy?
 What did the ghost teacher say to her class?
 What do ghosts serve for dessert?
 Why don't mummies take a vacation?

HA HA!
 HA HA!

Halloween Spider Craft



Supplies: 3 craft sticks, white acrylic paint, white yarn, tape, black plastic spiders or black fuzzy pom poms, googly eyes, black pipe cleaners

Glue the sticks together in the center. Wrap white yarn around the middle, then keep wrapping along the sticks until you get to the end and then tape the yarn to the stick. Cut another piece of yarn and tie it to the end of the stick so you can hang it up!

To make the spiders, first cut small pieces of black pipe cleaner for the spider legs. Glue to the middle of the craft sticks. Add wiggly eyes to a black pom pom and glue to the legs. You could also just use plastic spiders.

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Off Greentree Road in Scott Twp.
ststephenpittsburgh.org
412-279-5868
Pastor Maurice C. Frontz III, STS
[Facebook.com/ststephenpittsburgh](https://www.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.allsaintspncpa.org
all.saints.pnc.church@verizon.net
Very Rev. Richard Seiler, Jr. Pastor
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Contact regarding services.

Crafton United Presbyterian Church

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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](https://www.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
Go to website for virtual worship.

Carnegie Primitive Methodist Church

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(Corner of Fountain St. & Dow Ave.)
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Daniel Pastorius, Pastor

First Christian Church at Carnegie

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

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Pastor Paul Nigra
www.hawthornechurch.org

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mtwashingtonbaptistchurch.org
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Rev. Ray G. Cunningham, Pastor

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All are welcome!
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Live stories for kids are read by
Pastor Dave each day on Facebook

St. Raphael the Archangel

Holiday Craft Show
Sat., Nov. 13, 9 a.m. - 3 p.m.
1607 Green Tree Road.
SS. Simon & Jude
Crafters and vendors, Chinese
Auction, bake sale and lunch avail-
able for purchase. Admission is
free. Proceeds benefit St. Raphael
the Archangel parish. More info,
contact Lisa DeRose at 412-563-
6821 or pghbarber981@aol.com

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.

The Parish of St. Raphael the Archangel

412-857-5356
straphaelcgs.org
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NOTE: Contact churches directly or
visit their website to see in-person
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Mt Pisgah Presbyterian Church

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Art and Music classes for youth pre-
sented by "Hearts on Fire" with pro-
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Sunday's, 6 - 7 pm: "Exploring
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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)

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unwind.
 they will relax and
 They are afraid
 I scream.
 it again."
 and I'll go through
 "Watch the board
 the coffin.
 Because of all of
 A twitch
 A pumpkin patch.
 are too heavy.
 Vacuum cleaners
 guts.
 They don't have the
 Riddles:

pumpkinbrows
 candy
 hat tip
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 boot button
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