

GREEN TREE TIMES

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May is Filled with Flowers, Farmers Markets and Festivals



Picking a Mother's Day bouquet.

April showers have brought the May flowers and the lawn mowers! Some things that are sure to make you feel the spring season is finally here to stay is the smell of cut grass and the sound of a neighbor's mower.

As you are out and about this month, you'll see the colorful flowers popping up everywhere.

Fall down the rabbit hole at Phipps Conservatory and enjoy more colorful fun at the Summer Flower Show: Alice's Adventures in Wonderland. The show starts May 16 and runs through September. It will feature an oversized magic mirror, story book scenes, colorful interactive elements, topiary creatures and more. Info at phipps.conservatory.org.

Phipps' Conservatory is also having their 90th annual May Market on May 8-9 and is free and open to the public. The market will feature vendors offering gardening accessories, lawn decor, seasonal plants, handmade goods, fresh food items and much more!

The Farmers Markets come to life during May and offer locally grown produce as well as other goodies including baked items, cheeses, meats, flowers and more. They each have some unique features and vendors.

The Green Tree Farmers Market starts Thursday, May 21, 4-7 p.m. and will run every Thursday through October.

The Terminal Farmers Market (Strip District) will be held every Saturday, starting May 2, 11 a.m. - 3 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 19 at Bay 41, 115 41st Street. Info at lunited.org.

The Citiparks Farmers Markets start May 10 with Squirrel Hill (Sundays, 9-1 p.m.), and May 29 for Northside (Fridays, 3-7 p.m.) and continue each week until November. Info at pittsburghpa.gov, then click citiparks.

There are markets in Carnegie (starts in July), West End, Bridgeville and Mt. Lebanon. Contact your bor-



Farmers Markets offer fresh local produce.

ough or local library to look for any others that may be near you. Buying fresh and local is well worth any ex-

tra effort getting there to shop.

Neighborhood Flea will begin May 23, 10- 3 p.m. at Southside Works. Event will feature over 90 local vintage sellers and artisans along with food trucks and live music all day. This pop up even will continue every second Sunday through October. Info at neighborhoodflea.com.

Mother's Day is around the corner and it's time to show your mom, your grandma or any mother figure in your life how much they mean to you.

Something a little different to try is skipping the material gift and offering an experiential gift. One idea is a spa day, full of pampering. Send her on her own or join and both of you will receive the benefits! You could buy her a wellness day at a yoga center or gym. Another fun thing could be a creative experience like trying pottery, candle making or a painting class. A trip to a museum or play or even a movie together, could be an experience to remember forever. The ideas are plentiful.



A fun pottery class.

Showing you care, can also be simple. A phone call or heartfelt letter, card, email or even text will be appreciated, I'm sure.

It's May, and it's Pittsburgh, so that means festivals! A favorite is the Annual Greek Food Festival at St. Nicholas Greek Orthodox Cathedral from May 5-10. Enjoy delicious homemade Greek food, live Greek bands, Dance Performances, outdoor grill, and dining under the tent. Hours and more info at stnickspgh.org.

Have fun at Bites and Pints Food & Drink Festival being held every Fri., Sat., and Sun. starting May 22 at Kennywood. Festival includes chef inspired tastings of international cui-

sine, specialty cocktails, craft beer and wine. Info at Kennywood.com.

The Greater Pittsburgh Food Truck Festival is back and will be held on May 22-24 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.

The free Millvale Music Festival will be held May 15-16 and will feature over 350 musicians on 31 stages as well as 60 visual artists, spoken word performers, and comedians along with food trucks and more. Info at millvalemusic.org.

The Annual National Road Pike Days Festival will be held May 16-17. It is known as the "world's longest festival" happening along 90 miles of the Historic National Road in Pennsylvania (Route 40) through Somerset, Fayette, and Washington Counties.

Various communities and towns along the Route 40 hold their own activities – some with festivals, arts and crafts shows, music, vendors, entertainment, food, etc.

You can find schedules and maps of activities at nationalroadpa.org.

The Annual Carnegie Crawl returns on Friday, May 8 and the local businesses will be open late and the



National Road Pike Days Festival.
~courtesy visitwashingtoncountypa.com

event will offer live music, different specials, food, drinks and other activities. Info at visitcarnegie.com.

Enjoy the warmer and longer days! I know I will try to get outside whenever I can, and listen to the birds chirping, the bees buzzing and yes, the inevitable mowers mowing.

MUSINGS... OPENHEARTEDNESS



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.

"No matter what we're doing on the outside, people respond primarily to how we're feeling about them on the inside."

~The Arbinger Institute

We Are Often Blind

We are often blind to ourselves, unaware of how we come across to others.

We may say kind words, but if our hearts are closed, people don't

feel kindness. We may believe we're being reasonable, fair, even generous. Yet something in our tone, posture, or presence tells a different story. And what others respond to is not so much what we say, but how we are being when we say it.

The "how" comes from something deeper: the way we are seeing the other person.

If I am feeling judgmental, blaming, or self-righteous toward someone, that attitude will come through, no matter how carefully I choose my words or try to hide my feelings. The other person will likely experience me as critical, superior, or dismissive. And how will they respond? Often with defensiveness, justification, frustration, or hurt.

And just like that, we are stuck - each of us reacting to the other, each convinced we are right, and often blind to our own contribution. Many relationships live in this loop for years.

Story

A coaching client I'll call Clara once told me she had said nothing but kind things to her friend. "Everything was fine," she said... and then suddenly, her friend was upset with her.

But I had been working with Clara long enough to know that, beneath her words, her heart had been in quiet conflict with this friend for quite some time.

That is what her friend was responding to.

Getting Unstuck

So what can we do? How do we get unstuck?

The first step is both simple and difficult: to see our own part. To notice where we've been blind. To gently open a heart that may have been closed.

One powerful way to begin is to shift our focus. Instead of gathering evidence that we are right - or seeking allies to confirm our position - we can become curious. We can ask:

How might it feel to be on the receiving end of me?

What might this person be wanting or needing right now?

In what ways might I be making things harder for them?

What if I'm wrong, or at least not entirely right?

What might I be missing?

How could I support them, even in a small way?

What quiet, perhaps invisible, act of kindness could I offer?

If we ask these questions sincerely, something begins to shift. Our perspective softens. Our hearts open, even just a little.

And while there's no guarantee that the relationship will immediately change, something important does change: the quality of our presence.

And people respond very differently to an open heart than to a closed one.

COACHING QUESTIONS/TIPS:

1. Think of someone with whom you'd like a better relationship - a partner, family member, colleague, neighbor, or friend.
2. Sit with the questions above.
3. Then notice: what small step feels genuine? What simple act might reflect a more open heart?
4. It doesn't have to be visible. It doesn't have to be acknowledged.
5. What matters is not that they see it—but that you become it.

Note from the Publisher: If you enjoy reading Musings, Sharon has gathered them together in a book, titled "Fresh Views on Resilient Living." It would make a great holiday gift! It's available on Amazon or you can scan the QR code to go to the link.



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Community News and Events

The **Pittsburgh Rose Society** will hold its annual 2026 Rose Show from 1-3 p.m., Sat., June 13, at the Whitehall Borough Building Community Room, 100 Borough Park Drive. This event is free and open to the public.

The Annual Mother's Day Geranium Sale sponsored by the **Green Tree Garden Club** will be held at GTGC Spring Festival on May 9, 10 – 3 p.m. In addition, the event will include a Craft/Vendor Show, Flea Market, Spring Plant Sales, Outdoor Café, Bake Sale, and Basket Raffle. 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., May 30 at 1:30 pm in the Municipal Center Park Garden. Tickets are \$30. Call Kevin at 412-922-8816.

The **College Club of Carnegie**, welcomes members and guests to enjoy our: "Celebration of America's 250th Birthday" themed meeting on Sat., May 2, 2026, at Scoglio's Restaurant, 1580 McLaughlin Run Rd, Pittsburgh, 15241. Social at 11:30 a.m. with lunch served at noon. Donated raffle items as well as a Fifty/Fifty Raffle will be offered to benefit our Scholarship Fund. Women with post-secondary educations are invited to call Therese Condit, Membership, for more information at 412-279-4458.

The **Association of University People/AUP** welcomes singles 50+, who are 4-year college graduates, to join their group. Members can participate in enjoyable activities and connect with new friends at events like happy hour, brunches, dinners, meet ups at live music venues and local wineries, unique book group, day trips and Scrabble. Those interested can attend three activities as guests before deciding to join. To obtain more info about AUP, the activities or become a member email aupsingles@gmail.com.

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Shelly Davis
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How to Take a Pause from the Daily Grind

If could be time to think about a new job. If work obligations are eating into personal time and responsibilities are growing exponentially, it might be time to seek a new path that offers a better work-life balance.

An obvious thing to do is focus on self-care, although it can be difficult to do. People need to dedicate time for activities that help them unwind, such as meditation, yoga, reading, or taking a walk outside. Just a few minutes of self-care each day can help. Individuals can incorporate some deep-breathing exercises into a lunch hour or use time after dinner to stroll the neighborhood with the dog or family to decompress.

Try to make time for hobbies in your life. Individuals can treat hobbies and other interests just as they

would personal or work obligations. Add time for hobbies to your daily



calendar and assign them the same significance as work-related tasks.

A tough but important thing to do is prioritize exercise. The Mayo



Clinic says exercise can alleviate stress and release endorphins, which can improve mood and reduce anxiety. Exercise also can clear the brain by helping a person focus on movements instead of worries. Make exer-

cise a non-negotiable component of daily life. Taking the stairs, walking to work or school, parking further away from stores in parking lots, and doing little bursts of activity several times a day can ensure exercise becomes part of the routine.

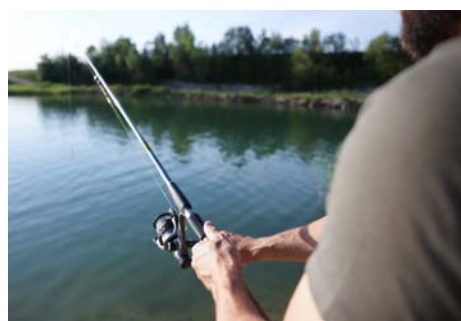
The easiest of all can be to utilize personal and sick time from work. Many people are letting their vacation and other personal days go to waste. A recent survey released by the fintech lending firm Sorbet found that 62 percent of American workers with personal time off (PTO) did not use it all. Plus, 5.5 percent did not take any time off the previous year. Fears of falling behind and pressures to appear dedicated are driving these behaviors. According to the invoicing company Skynova, the average American takes 14 days off from work a year while Europeans take 24 days. Using all personal time is definitely a way to take a break from the daily grind.

It is important to take breaks from routine to recharge and enjoy a different outlook on life.



Stress affects just about everyone. The American Institute of Stress estimates 80 percent of adults in the United States experience stress on a regular basis. Worldwide, the World Health Organization reports that more than 75 percent of adults experience stress at some point in their lives.

Health woes, employment, politics, and negative news all can contribute to people feeling stressed. So can engaging in a daily routine that elicits the "Groundhog Day" effect, or when each day seems like a carbon copy of the one before. Finding ways to take a break from a daily routine can help individuals become happier and healthier.



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The Fishin' Hole

The opening day of Trout Season in Pennsylvania came this past month and the weather was just incredible. Fishing during opening day in short sleeves was very unusual but, so much fun. Friends of the Fishin' Hole have had an amazing month of trout fishing on our local waterways from Butler County to Washington County and a lot of places in between. Marshall Whitaker and Sheldon Hancher each got their hands on some gold. Gabe Clark landed his fish on the first cast Saturday morning, and check that monster 26.5 inch Brown Trout Zachary Laughlin landed in Jefferson County. That's definitely the fish of a lifetime! We hope you had as much fun this April as these guys. April only leads to May and that "may" be the best month of the year for all species, so get out and keep those lines tight. Send your pictures to samdhall@comcast.net and let's get ready for summer.



by Sam Hall

Pennsylvania Trout Season 2026



From left to right: Sheldon Hancher, Marshall Whitaker, Gabe Clark and Zachary Laughlin.



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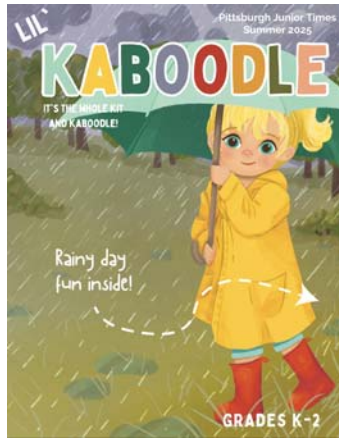
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Page created by Matthew Hall

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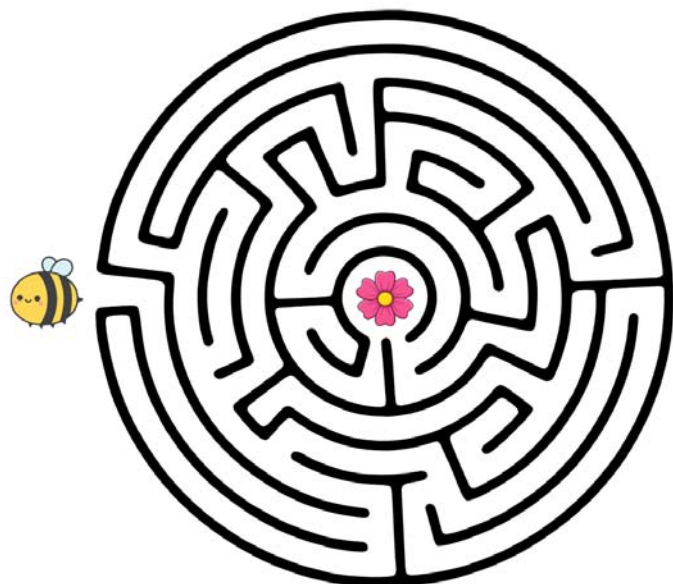
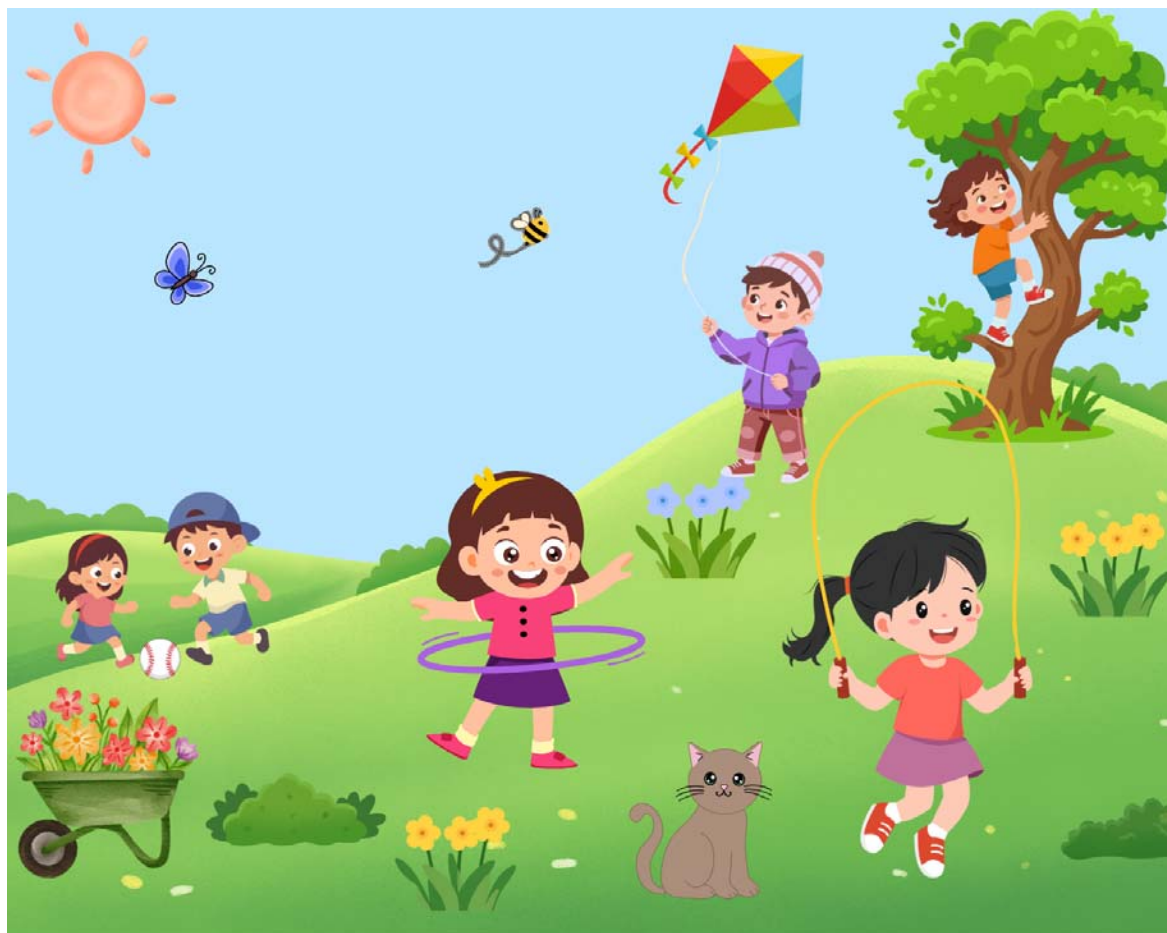
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Pastor Maurice C. Frontz III, STS
Facebook.com/ststephenpittsburgh

First Christian Church at Carnegie

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Anthony and Lydia Streets
Carnegie, PA 15106
Minister Robert W. Hale,
412-279-5030
carnegiechristianchurch@gmail.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
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Crafton, PA 15205
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Bible Study - 9:30 a.m.
Sunday School - 10:30 a.m.
Pastor Paul Nigra
www.hawthornechurch.org

St. Matthew's Evangelical Lutheran Church

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Jin Kyung Ko, Pastor

Carnegie Presbyterian Church "New Hope Worship Center"

1100 Washington Ave. #104, Carnegie
412-279-3223
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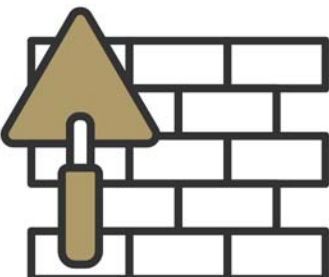
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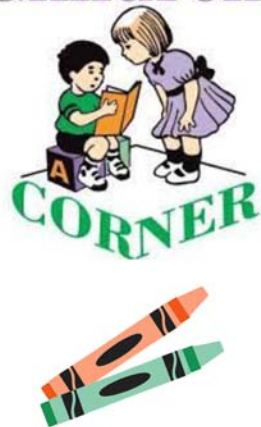


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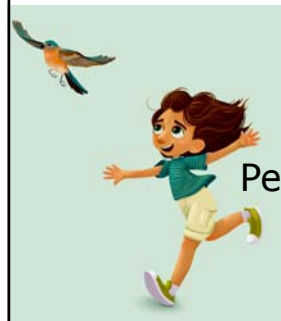
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