# GREEN TREE TIMES

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# Giving Thanks, Offering Help and Having Fun



Serving a meal to those in need is a great way to offer help!

The temperature today of 80 degrees just doesn't match up with the orange leaves outside the window, but I'll take it!

November is the start of the "Holiday Season." Many are looking forward to the hustle and bustle ahead, but there are also many that are struggling with finances, housing, illness, and hunger. This month, the time of giving thanks is the perfect time to look into volunteering or making a donation to help others if you can.

Amen to Action, an annual mealpacking event held on the day after Thanksgiving, will again partner with Meals of Hope and the Greater Pittsburgh Community Food Bank.

The event starts with an ALL faiths worship service then everyone starts packing.

Last year they broke the record of packing over 1,000,000 meals at 11 locations using thousands of volunteers. All volunteer spots are filled but you can still help now with a monetary donation at amentoaction.org.

The Western PA Diaper Bank is helping thousands of families who need this basic item for their children. You can help by donating money at wpadiaperbank.org or drop diapers at a location near you or you can purchase through amazon.com. It couldn't be easier! If you need help yourself, visit the website to find the location nearest you to receive the products needed.

The Salvation Army of Western PA offers quite a few ways to help this holiday season (and all year). The Angel Tree program provides hope and Christmas joy to kids and families. You can shop for a specific family through the Amazon or Walmart gift registry, make a monetary donation or get gift ideas to purchase. Visit easternusa.salvationarmy.org/western-pennsylvania/angel-tree/

WTAE's Project Bundle Up provides winter outer wear to those in need from donations made by people in the area. You can help by donating at projectbundleup.org.

Volunteering to be a Food Rescue Hero could be a thing that interests you. Maybe you'd rather spread the word, or help out administratively. There are many volunteer opportunities at 412 Food Rescue! The goal is to prevent perfectly good food from going to waste and getting redirected to those in need. Info at 412foodrescue.org.

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 and to help sort and distribute toys and gifts for kids), and Ronald McDonald House (prepare a meal in their kitchen). There are many places that I haven't mentioned but the organization Pittsburgh Cares can help you find the volunteer program that fits your abilities and interests. Info at pittsburghcares.org.

If you would rather just do something closer to home, think of a senior neighbor or the mom with three young kids that might need some shopping done or maybe just a visit. If it snows, offer to shovel the sidewalk or driveway of someone in need. The ideas are endless. I know time is a precious thing these days, but spending some time helping others is worth the effort to fit it into your schedule!

With that said, in addition to helping others, you need to take care of yourself and have fun, enjoy life and your many blessings.

For those of you who love a good movie, The Three Rivers Film Festival starts on Nov. 13 and goes through Nov. 20. There will be many films



There are many films to see at the Three Rivers Film Festival.

available to watch at three different theaters and some films are available virtually. The Pittsburgh Shorts Film Festival starts Nov. 21-24. You can go online for the schedule and to purchase tickets at filmpittsburgh.org.

It can't be ignored, it's also time to start shopping! If possible, try to buy local and support our communities and small businesses.

Right around the corner, try shopping downtown Carnegie at the vari-

ous small businesses like More Than Words, Ooh La La Boutique, Modern Mercantile, The French Spy, Full Moon Candle, Country Chic Sisters Boutique and the new book store, Woolly Bear Books and Gifts. Info at carnegieborough.com

Crafton has the Blue Snail Gift Shop which has some wonderful oneof-a-kind items. Definitely worth stopping in and then have something to eat at Sarafinos.



Shop small local businesses!

Contemporary Crafts has a store all of the time to visit and shop either in person or virtually but there is a special event, CRAFTED: Home for the Holidays that will be Nov. 22 from 5:30 - 8 p.m. and features fine hand crafted wares for the perfect gift!

They will be serving up snacks along with a festive cocktail or mocktail. Info at contemporarycraft.org. I Made It! for the Holidays at The Block Northway, will be held Sat., Nov. 16, 10 - 4 p.m. You can shop quality handcrafted goods, connect with makers and enjoy a variety of other fun activities. They are proud to promote sustainability through encouraging Pittsburgh to shop small. Imadeitmarket.com.

Save the dates for the Handmade Arcade on Dec. 6-7 at David L. Lawrence Convention Center.

Phipps has a lot to offer this time of year with "Holiday Magic: Winter Flower Show and Light Garden on Nov. 16 from 9:30 a.m. - 11 p.m. with the Winter Lights Garden opening evenings 5-11 p.m.

This show has the theme "enchantment" and will feature iridescent snowflakes, a captivating castle and glowing carriage, 50 lanterns and

(continued on page 4)

# MUSINGS...ELEMENTS OF A HAPPY LIFE



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.

Elements of a Happy Life

- 1. Curiosity
- 2. The experience of joy
- 3. Stillness

~Pernille Damore, N.P., holistic physician

People throughout history have attempted to figure out what it takes to live "the good life." I like the simplicity of Pernille Damore's framework for a happy life: curiosity, the experience of joy and stillness. These elements, when intertwined, create a balanced, well-lived life. The framework is enriched by the belief in a higher power, which provides a spiritual depth and broad sense of connection to life.

#### Curiosity

Curiosity is not merely about acquiring knowledge. It is also about nurturing a mindset of openness and wonder. It encourages us to look beyond the surface and delve deeper into the essence of things. When we approach life with curiosity, we remain engaged, eager to grow, and receptive to the lessons that come our way.

The best way to respond to an adversary or a difficult situation is with curiosity. Instead of escalating a disagreement, curiosity dilutes it. I can ask:

How is she seeing this situation? What do I see when I put myself in his shoes?

What's another solution besides the one I'm holding onto?

#### The Experience of Joy

Joy is a profound and transformative emotion that transcends mere happiness. It is a state of being that arises from deep within, often independent of external circumstances. The experience of joy is characterized by a sense of fulfillment, contentment, and connection to something greater than oneself.

Joy can be found in the simplest of moments: a child's laughter, the beauty of nature, or the warmth of a loved one's embrace. It is in these moments that we feel most alive and connected to the world around us. Joy is not just an emotion but a way of experiencing life that brings meaning and purpose. When I smiled and said hello to a stranger on my walk this morning, and she smiled and said hello back, I felt a moment of joy. Through that small connection, I was glad to be alive.

#### Stillness

"Stillness is where creativity and solutions to problems are found."

~Eckhart Tolle

In a world that is constantly in motion, stillness is a rare and precious state. Stillness is the practice of quieting the mind and finding peace within. It is in moments of stillness that we can reflect, meditate, and connect with our inner selves.

Stillness allows us to step back from the chaos of daily life and gain

perspective. It is in these moments of quiet contemplation that we can hear the whispers of our soul and the guidance of a higher power. Stillness is not about inactivity but about being present and fully aware of the moment.

#### The good life

In a life guided by these principles, there is a recognition that the world is both a place of wonder and a space for deep connection. It is a life that embraces both the inner and outer realms, allowing for the expansion of the mind, the upliftment of the heart, and the quietude of the spirit.

#### **COACHING TIPS:**

- 1. Where could you get curious in your life instead of feeling annoyed?
- 2. Pay close attention as you go through your day. Notice even the smallest experience of joy. Savor it for a moment.
- 3. Is there busyness or chaos in your life? Turn off all devices and listen to the silence. Breathe. Smile.
- 4. Feel gratitude for the unexplainable: a glorious sunset, the fact that your body works most of the time, the wagging tail of a dog you love.

# **GREEN TREE TIMES**

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# GREEN TREE TIMES

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# Community News and Events

This holiday season, experience the true wonder of **Christmas at Unity Presbyterian Church's Festival of the Nativity!** Mark your calendars for Saturday, Dec. 7, from 12p.m. - 5p.m.

Step into a magical world as you gaze upon 40 or more breathtaking nativity sets, each with its own unique story to tell. It's a celebration of the birth of Jesus like you've never seen before!

And that's not all! Listen to live Christmas music that will warm your heart and get you into the festive 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 7, noon to 5pm and let the magic of Christmas begin!

Music Lineup:

12-1:45- Pittsburgh Music Academy, strings and piano recital

2-2:45- ICTUS, a festive choral group

3-3:45- Nancy Schultz piano students recital

4-4:45- Riversong String Ensemble

The Nutcracker, an old fashioned holiday ballet performed annually by the Carnegie Performing Arts Center, will perform this year at the Pittsburgh Masonic Center, 3579 Masonic Way in Pittsburgh. Performances will be on Saturday, December 14 at 7 p.m. and Sunday, December 15 at 5 p.m. Tickets are \$20 for adults and \$18 for students and seniors and are available at the door or online through the website. For more information please contact the Carnegie Performing Arts Center at (412) 279-8887 or access the website at www.carnegieperformingartscenter.com.

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, meeting up at local wineries, 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

"The **South Hills Women's Club** will meet on Monday, November 11, 2024, at Vanadium Woods Lobby, 50 Vanadium Road, Bridgeville, at 8 p.m. Following a brief meeting, guest speaker, Christopher Whitlatch, will speak on "Notorious Pittsburgh."

Chris, author of "Notorious Pittsburgh," will present some of his favorite criminal stories from Pittsburgh's seedier past.

Refreshments and dessert will be served. If interested in attending, please contact Diane at 412-965-4714 or Judy at 412-414-1232 with questions. New members and guests are welcome to attend."

## Green Tree Rotary Adds Canopy to an Electric Wheel Chair

Bob attended church every week, rain or shine. He had to travel several blocks in his electric wheelchair, then up and down a very steep hill. When it rained, he and his chair got drenched; since he only had use of his left hand, he couldn't hold an umbrella.

Green Tree Rotary heard about Bob, and before long, installed a nice canopy on his wheelchair to not only protect him from the rain, but from the hot sun as well. It was a small project for Green Tree Rotary, but it made a big difference in this man's life.

# HOLIDAY SHOPPING TIPS

Holiday shopping time is here! Here are some financial tips to keep in mind while you make your holiday preparations.

# Create a Holiday Budget

Experts recommend keeping holiday expenses to 1-1.5% of your annual income. Create a list of expenses, including gifts, etc. and stick to your budget accordingly.

# Consider Discounts & Price Match

Make the most of your budget and take advantage of the holiday discounts.

Many retailers will accept Price Match - so be sure to do your research & consider these options as your shopping this year.



# **Maximize Credit Card Rewards**



Not only are credit cards a safer way to make purchases as they are not directly tied to your funds, but credit card rewards can be a great incentive. Many cards offer price protections as well. Check with your credit card company to see if this is available.

# Watch for Credit Card Fees

It is common for some companies to charge a credit card processing fees, which is required to be disclosed to you before making a purchase. These fees are charge to cover credit card network fees. Obviously, it is up to you to decide if the fee is worth the purchase, just be sure to account in your budget.



# **Consider Debt Consolidation**



After the holidays, consider consolidating your debt to save on unecessary interest & support your local credit union!
SouthWest Communities FCU will be running a Loan Special to help!

Happy Holidays from all of us at SWCFCU!

www.swctcu.org







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# The Fishin' Hole



by Sam Hall

We continue to fight very low and very clear water conditions, not just here in the Pittsburgh area but even in Erie. Last week did give the tributaries enough rain for a while, at least for the Steelhead to make their way into the streams and spread out a little bit. Reports though from the area say all conditions are very tough with skittish fish throughout the tributaries. If you go, make sure to stay back from the fish and use as small a presentation as possible. If you don't have to go immediately, I would advise you wait until water levels increase

Closer to home, our rivers and streams remain low. The Ohio is still

dates 2-18 people.

well below "summer pool" levels and that is keeping the fish out away from the mouths of the streams even down here. The good news is that the fish are still stacking in the holes in the river just outside the mouths of the streams. Find them and you will be handsomely rewarded. The fish know despite the low water that they have to eat as much as they can now to prepare for the upcoming winter. Once you find the river holes, you will find all the varieties of fish. In the final weekend of October I caught, in the same hole in the Ohio, walleye, smallmouth, Hybrid Stripers, largemouth, channel cats, freshwater drum and for the first time in my life a buffalo carp. That is so much fun to not know what will be at the end of the line next. It is kind of like fishing in the ocean.

While I have this tale of great fishing in October, I also have a tale of woe from the same month. Early one Saturday morning near the end of the month, I waded into the Ohio with two poles. I went to my spot where I know there is a significant drop from water about a foot deep to

water that is 12 feet deep in a very short distance. I put my vest and one pole down on a small island about 15 feet behind me and set up my first pole in a pole-holder staked in the river and cast it out to the deeper water, I then turned and walked back to get my other pole and set it up to fish. I was in my happy place you might say. I was just getting started and excited for the morning of fishing that lie ahead. As I bent down at the island to pick up my other pole, I saw out of the corner of my eye that my first pole already had a bite, and it was more than a bite. It was a full "fish on" situation. I ran toward the pole which was fully bent and leaning towards the deep water. Saying a quick prayer that I had sunk the poleholder deep enough into the riverbed. I had, it held, but I had not remembered to loosen my drag and the fish popped the pole right out of the holder. I arrived on the scene at just the right moment to see my entire pole go flying into the deeper portion of the Ohio River as if it were being towed by a motor boat. It was bad to lose a pole, but it was completely haunting to never know what was on the other end of that line. It haunts me still as a write this. Lesson definitely learned. I end most of these Fishin' Holes with "keep those lines

tight," but after that morning, I am thinking of changing it to "keep those lines tight and loosen that drag before you step away." Send your pictures and stories to samdhall@comcast.net.





My first buffalo carp! ~photo courtesy of Sam Hall

(continued from front page)

# Giving Thanks, Offering Help and Having Fun

cascading lights. There will be so much more but I'll leave the rest for you to discover on your visit. Info at phipps.conservatory.org.

Towards the end of the month we are much closer to the actual holidays ahead and that means kicking off the season.

Pittsburgh's Highmark Light Up Night will be on Sat., Nov. 23 with events all day long including music, magic, and entertainment ending with a super size fireworks finale! Info at downtown pittsburghholidays.com.

The Peoples Gas Holiday Market starts Fri., Nov. 22 and continues through Mon., Dec. 24 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.

We need some snow to also help us get in the spirit and that's a real possibility, so have some salt ready and shovel handy! Welcoming colder temperatures, and maybe snow, is part of the holidays so I guess I'm on board and looking forward to some sparkling white stuff!





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bachelor parties or just friends hanging out. Accommo-



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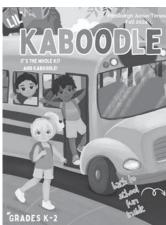
(Answers on back page)

Find the 10 differences between the pictures below.

# More puzzles and fun!

pittsburghjuniortimes.com





Check out the newest Big Kit Lil' Kaboodle issue!

# Library Information Back to School Programs

Reading Programs are for all age levels at the libraries. Be sure to call or visit the website to sign up.

## GREEN TREE PUBLIC LIBRARY

10 Manilla Ave. Pittsburgh, 15220 greentreelibrary.org 412-921-9292

# CARNEGIE LIBRARY PITTSBURGH MAIN - OAKLAND

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#### **CRAFTON PUBLIC LIBRARY**

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# 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.

# United Presbyterian Church in Ingram

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Website: ingramupchurch.org Rev. Wayne D. Meyer

# 1<sup>st</sup> United Presbyterian Church of Crafton Heights 50 Stratmore Avenue

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pastor@pittsburgbaptisttemple.com Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

# Church of the Nativity (Épiscopal)

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. carnegiepm.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. Office: 9-1 p.m., T, Th, Fri Jin Kyung Ko, 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

# Church of the Atonement

(Épiscopal) 618 Washington Avenue, Carnegie, PA 15106 412-279-1944 The Rev. Ben Wright

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Rev. Dr. Karen Claassen

# St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave. 412-921-1125 Pastoral Office Hrs. by Appointment

Jin Kyung Ko, Pastor

# 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

# 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 "New Hope Worship Center" 1100 Washington Ave. #104, Carnegie

412-279-3223 Worship Sunday Service: 10:30 a.m. Sunday School 9:30 a.m. Rev. Dr. Colleen F. Molinaro www.carnegiepresby.org

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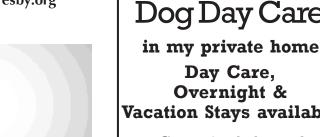
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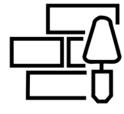
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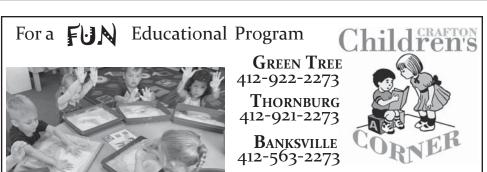
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