

GREEN TREE TIMES

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Ice Cream, Anyone?

In keeping with the always expected hot and humid Pittsburgh summer, the heat has been upon us for many days now.

One thing to cool you down is an ice cream cone! It's a perfect time to have one because July is National Ice Cream Month.

Also, to kick off the month, Pittsburgh will celebrate the 4th of July with activities starting at 4 p.m. at Point State Park. The day will include the Clearview Family Fun Zone, musical entertainment on the main stage,



Celebrate Independence Day all around the area.

the People's Food Truck Corral, a DJ on the North Shore's PNC Great Lawn, food concessions throughout and of course, the fireworks at 9:35 p.m. Info at pittsburgh.gov/july4/.

Canonsburg 4th of July parade will be held all day long on Thursday, July 4 starting at 9 a.m. with all of the traditional festivities to follow.

South Fayette and Upper St. Clair will have joint fireworks on July 4 at 9:30 p.m. in Fairview Park.

Crafton's Fireworks in the Park will be held on July 4 starting at 4 p.m. with live music, food trucks and family activities. Fireworks at dusk.

Scott Township fireworks will be at 9:30 p.m. on July 4 at Scott Park.

Dormont Day will be Thurs., July 4 from 7-10 p.m. at the Dormont Pool parking lot and hillside. Food, drinks, live music and fireworks at 9:30 p.m.

Carnegie offers up a celebration on Sat., July 6 all day at Carnegie Park with fireworks after sunset.

Oh, did I mention that delicious cream will be at every 4th of July event (I hope)!

Another Pittsburgh tradition that is quite a big dill is Picklesburgh! It is back and will be held at Blvd. of the Allies on July 18-21. This is a free, three-day, culinary celebration that goes beyond the dill pickle to include international dishes and handcrafted foods from local chefs, fun pickle themed merchandise, live music, a "Li'l Gherkins" area with free kids' activities, and even a competitive bobbing for pickles and a pickle juice drinking contest. Surely, there will be some type of pickle ice cream. Info at picklesburgh.com.

Other festivals to check out include the Whiskey Rebellion Festival, being held on July 12-13. This festi-



Festival fun all month long!

val celebrates the heritage and unique character of the region by focusing on the historical significance of the Whiskey Rebellion, a history that is exclusive to western PA and primarily Washington County.

Enjoy historic reenactments, period exhibitions and demonstrations, family fun, frontier art, heritage music and a variety of food. Enjoy an Abby's Ice Cream in the Lil' Rebels area!

Pittsburgh Beerfest is an adult festival to be held July 13 at either 1 p.m. or 7:30 p.m. at Stage AE and will include sampling more than 150 local and craft brews, seltzers, and cocktails as well as live local music, food booths and more. You'll have to grab



Ice Cream makes everything a little better!

an ice cream nearby at Happy Day Dessert before the event. Info pittsburghbeerfest.com.

The Annual Northside Music Festival will take place on Pittsburgh's Northside on Friday, Saturday, and Sunday, July 12-14. This free, three-day festival will feature 75 bands on outdoor and indoor stages. There will be beer gardens, family-friendly programming during the daytime, with food trucks, children's activities, an artists' market, a Gospel Sunday program and ice cream (Butterfat Gelato). Info at northsidemusicfestival.com.

All of this hot summer weather makes for the perfect setting to enjoy the water activities around the area.

Starting with our three rivers...Did you know that you can rent a jet ski to cruise around the rivers? It's true! Steel City Jet Ski Rentals, provides people the opportunity to ride a jet ski on Pittsburgh's three rivers.

Cruisin' Tikis Pittsburgh offers 2 hour sightseeing charters on the Pittsburgh rivers. The cruises are \$400 for up to six people and include an experienced, fully licensed Coast Guard certified Captain. Info at cruisintikispittsburgh.com.

Rent solo and tandem kayaks to paddle along Pittsburgh's waterways and explore downtown Pittsburgh from a unique perspective. Info at ventureoutdoors.org.



Kayaking adventures on our rivers and nearby lakes.

In addition, the Pittsburgh Party Pontoon has officially made a home in the 'burgh! No pedaling required, just relaxing and enjoying the sites. With seating for up to 18 people, in a bar style layout with additional benches, this boat is perfect for your next day out. Info at pittsburghpedalboats.com.

The Gateway Clipper Fleet offer cruises every week. Go to gatewayclipper.com to find the perfect match for you.

North Park has a lake that provides fun water activities including kayaking, pedal boats and Stand up Paddleboarding.

(Continued on page 3)

MUSINGS... THE POWER OF SWEET MOMENTS



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.

"Enjoy the little things, for one day you may look back and realize they were the big things."

– Robert Brault

Sweet Moments

This morning I stood on my porch watering the flowers in my yard, back and forth, rhythmically showering roses, daisies, pachysandra. A bird sang a loud melody. It was hot, so I watered my feet. I offered to spray a woman running by on the sidewalk. She laughed and kept on running. It was a very sweet moment. I came into the house smiling.

There are so many sweet moments in a day: the first swallow of a cup of coffee, the smile of a loved one, a text from a friend. But we often miss them. We are focused on getting things done. Checking off the items on our to-do list. We spend time feeling bad for something we said yesterday or strategizing how to solve a problem tomorrow.

Being Fully Present

Noting sweet moments - experienced in real time - may be even more powerful than keeping a gratitude journal. For years therapists

have recommended keeping a daily gratitude list as a way to elevate mood, to live more happily. And gratitude lists are wonderful. I know people whose lives have literally turned around 180 degrees from keeping gratitude lists.

But a gratitude list is usually written after the fact. Noting a sweet moment is done in the present moment. Sweet moments are deeply personal. They evoke emotions – joy, nostalgia, wonder – that resonate within us. Catch raindrops on your tongue or witness a butterfly emerge from its cocoon. These experiences give us delight and touch our souls.

Sweet moments surprise us. They're unscripted, like stumbling upon a wildflower in an unexpected corner. Their spontaneity makes them magical.

A Good Way to Live

When we note a sweet moment, we hold it close, feel its warmth, and connect with it instantly. Whether it's a smile from a stranger or the taste of a strawberry on the tongue, these moments bridge the gap between our hearts and the world.

Sweet moments accumulate like pebbles in a jar. Each one adds

weight to our emotional well-being. Over time, noting sweet moments becomes a habit. And the collected moments create a reservoir of positivity.

As we navigate life's labyrinth, let's open to the sweet moments – the dew-kissed grass, the interaction with a 3-year-old, the warmth of a loved one's hug. These moments, when savored, become our emotional anchors. They raise our mood, not just momentarily, but profoundly. Life's sweetness lies not in peak experiences, but in the delicate dance of everyday magic.

The present moment is filled with joy and happiness.

If you are attentive, you will see it." – Thich Nhat Hanh

COACHING TIPS:

1. Be on the look-out for sweet moments. Where do they show up? (Tune into all your senses.)
2. How does it feel to experience the gift of noting sweet moments?
3. What will help you stay present enough in your life to note several sweet moments every day?

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Ice Cream, Anyone?

(continued from cover)

Raccoon Creek State Park and Moraine State Park have lakes with free swimming beaches. Both have concessions and restrooms. You can rent pontoon boats, fishing boats and more at Moraine. It'll feel like a mini vacation only 40 minutes away.

All of the above water activities can accompany an ice cream cone before, during or after your boating, kayaking or jet skiing fun!

As I mentioned, July is National Ice Cream Month and Pittsburgh does not disappoint when it comes to quality ice cream!

It is the perfect addition to all of the fun to be had this month! There is great ice cream in all areas around Pittsburgh. To name a few, try Millies, Cookie Cookie Ice Cream, DiFiore's

Ice Cream Delite, Scoops in Carnegie, Scoops on Beverly, Antney's, Jeni's Splendid, Oddfellows, Klavon's, Bruesters, or Happy Day Dessert Factory. Make an ice cream bucket list and try them all!

Summer is a time that is reminiscent of a childhood with not a care other than getting too sun burned. Although that may be far from the truth of our lives, it's an attitude.

Try to embrace summer like a 9 year old with the wind blowing through your hair as you pedal your bike as fast as you can to meet friends at the neighborhood pool for some swimming, a hotdog and an ice cream cone.

It doesn't get any better than that! Happy Summer!

Community News and Events



Green Tree Rotary Club is pleased to announce the awarding of two \$1,500 scholarships to two graduating seniors: Alaina Barlock, who is graduating from Bishop Canevin High School has not yet

selected which university she will be attending, but she plans to major in Business, and may attend law school Allison Leung,

who is graduating from Keystone Oaks High School, will be attending the University of Pittsburgh, majoring in Computer Science.

For many years, the Green Tree Rotary Club has awarded scholarships to Green Tree students in their senior year who plan to attend college or a trade school in the fall semester. The scholarships are competitive, based on academic achievement, community participation, and financial need. The two students selected this year are outstanding, and we wish them every success in their future careers.

You are invited to join the **Green Tree Garden Club** on Thurs., Aug. 8 for a presentation entitled, "Perennials: Three Seasons of Color in the Garden" by Bill Goff, Penn State Master Gardener. This presentation will look closely at an example perennial garden and how it changes throughout the growing season. There will be a discussion of appropriate plants as well as care and maintenance of the perennial border. This will take place in the Carlisle Social Hall, 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.

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

Debit Card Safety Tips Summer Travel

Let the credit union know of your travel plans

Send a secure message through mobile app, online banking or call. We'll note the travel & avoid any automated blocks on your cards for suspected fraud due to location.

Limit the # of cards you travel with, but have multiple options

Only travel with necessary cards, keep others safely at home. By having multiple options, you can be covered. Credit cards are the safest option as the funds don't come direct from your checking.

Know the limits of each card

Avoid unnecessary phone calls & plan accordingly to make the necessary arrangements before a purchase.

Set up account alerts

Always know what's going on with your accounts. Set up alerts on our mobile app or online banking.

Take a picture of cards & personal items

Have a record if anything should happen. If storing pics on your phone, be sure to password protect them.

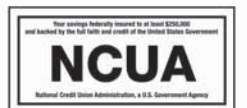
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The Fishin' Hole



Sam Hall

Summertime and the living is easy. The fishing, on the other hand can become a little difficult. Temperatures during the last couple weeks of June this year were particularly high and were accompanied by some very dry conditions as well. Here are some summer fishing tips to help you battle the heat and still catch the fish. First, change when you fish. The sun comes up very early over the next month and, almost always, sunrise will be the coolest portion of the day. The old saying "The early bird catches the worm," could easily be changed to "The early angler catches the fish." Not only will the fish be more active

early in the morning, you will have less stress on yourself and your person from fighting the heat.

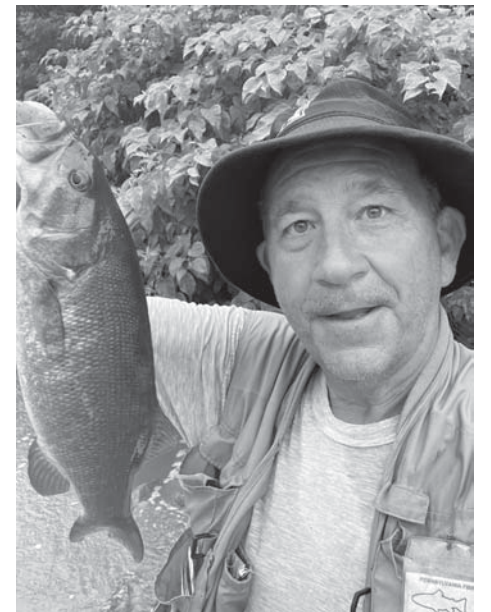
Night time fishing can be very fun and rewarding, too. Giant catfish are caught everywhere in our local rivers during the night all summer long. *Safety first*, should always be your motto when heading out for a night time excursion. Make sure you are familiar with the area you will be fishing in terms of how you can reach it when you are walking. Head lamps are excellent for giving you the use of two hands and also giving you some light to see for baiting your line and dealing with landed fish. Night time fishing will bring with it a peril maybe even worse than the dark, the dreaded mosquito. Nothing will ruin a night of otherwise fantastic fishing faster than being eaten alive by mosquitoes. Make sure you have a very good repellent and use it strategically. A hat that has been treated with mosquito repellent will be something you treasure as much as a really good bite on a night time outing to the river.

The fish will move to either deeper or cooler water in the daylight hours for the most part, but, they can also be found in faster moving water because the levels of oxygen will be increased in those areas.

As for yourself, make sure you have sunscreen and try to find a nice shady spot to fish. Stay hydrated and you will be less likely to tire in the heat. If you haven't wet-waded to go fishing yet, give it a try. A good pair of water shoes will get you to some spots you might not have been able to reach from the shore and being in the water can change a miserable, hot day into a refreshing, relaxing day of fishing.

The state will have a "Fish for Free Day" coming up this month on July the Fourth. If you are a new angler or just one that has taken some time off and did not buy a license this year, this is your chance to get out on the water without the expense of purchasing a license. Catching a nice fat walleye beats any fireworks display by a mile. Get out, keep those

lines tight and send your pictures and stories to samdhall@comcast.net.



Not complaining about this small mouth bass! ~photo courtesy of Sam Hall

HAPPY FISHING!

LIBRARY INFORMATION

ask a librarian

Summer Reading Programs

Summer Reading Programs will be starting for all age levels at the libraries. Be sure to call or visit the website about signing up for the fun!

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greentreepubliclibrary.org, 412-921-9292

SCOTT TOWNSHIP PUBLIC LIBRARY

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Fun and Games for Kids

(Answers on back page)



Isshinryu Karate Academy Hosts World Tournament

by Ralph S. Cuccaro, 4th grade



(from left) Sensei Josh Mehl, Noah Yakicic, Ralph Cuccaro, Hanshi Tom Laurent ~photo courtesy of Ralph Cuccaro

In 1954, Tatsuo Shimabuku started Isshinryu Karate in Okinawa, Japan. In the 1960s, Hanshi William H. Duessel started Isshinryu Karate Academy to teach Isshinryu here, and the dojo has been located in Green Tree for 31 years. Youth classes are on Tuesday evenings and Saturday mornings. Adult classes are Monday, Wednesday, and Thursday evenings. In this location there are 13 teachers and it is non-profit.

“One of the interesting things about this dojo is there are many high ranking dons, including two ninth degree black belts,” explained Josh Mehl, a 5th degree black belt, who has been at the dojo since 1996.

On August 3rd Isshinryu Karate Academy is hosting a world tournament from 8:30 - 5:00 pm in downtown Pittsburgh at Wyndham Grand Hotel. So far there are 165 participants planning to attend, including from Asia and Europe. For more details on the tournament go to iwka2024.com.

Find the 12 differences between the pictures below.



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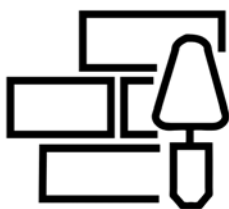
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