GREEN TREE TIMES

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In Like a Lion and Out Like a Lamb?



What will it be this year?

March is the month where almost anything can happen. Will it snow 6+ inches? Will it be warm and sunny like an early summer day? Will it do nothing but rain for days and even produce thunder and lightning? It's unpredictable. The age old question of the lion and the lamb fits March perfectly! It's also the month that gives us the first day of spring and even though we lose an hour of sleep, we gain a longer day starting March 9 at 2 a.m. It's a month filled with hope, renewel, and the first signs of the emerging green of the daffodil and also the green of St. Patrick's day!

Pittsburgh is the place to be this time of year! We have a beautiful spring and we hold one of the largest parades in the country to celebrate St. Patty's day. This year the parade is on Sat., March 11 at 10 a.m. and is perfect for the entire family! Following the parade are many activities celebrating the holiday including fun events held in Market Square and downtown. Entertainment includes street performers, live music, and many different dining opportunities at the various restaurants.

This year P3R is excited to unveil their inaugural Pittsburgh Parade Day Dash presented by GNC, a vibrant and family-friendly celebration happening just before the 10 a.m. start of the parade. This event will feature

a 5K and a 1 Mile Family Fun Run/ Walk that will start near the parade route and follow a scenic route through downtown Pittsburgh. More info at P3R.org.

There are Irish pubs all around the Pittsburgh area. Visit West Main Pub in Carnegie, Mullaney's Harp & Fiddle in the Strip, and Monterey Pub on the North Side. They are all offering something special to celebrate the holiday but call each one for specific details. Unfortunately, a local favorite, Riley's Pour House, won't be able to participate this year due to the devastating fire last fall but hopefully they will be back in 2026!



St. Patrick's Day fun!

You can also celebrate the green of St. Patrick's Day on Fri., March 14, during Shamrock Night, at Phipps Conservatory. Everything will be illuminated green and there will be music throughout. Get a sneak peek at the in-progress Spring Flower

Show and tour the new Tropical Forest Panama: Bridge to Biodiversity. This cultural forest system exhibit opens on March 1 and will feature a park ranger station, a display of the complex layers of the tropical forest. View a live poisonous dart frog terrarium and so much more.

For an extra dose of color, visit the Spring Flower Show: A Bloom for Every Room starting March 22. Enjoy the signature bloom dedicated to each room. Walk among the variety of tulips, the colorful pansies, the pink and blue delphiniums and more. Info at phipps.conservatory.org.

Now is the perfect time to start planning your garden and home projects. The 43rd Annual Pittsburgh Home & Garden Show will be held Mar. 7-16 at the David L. Lawrence Convention Center. This event features over 1,500 exhibitors. Enjoy health and wellness speakers, cooking demonstrations, gardening/farming education, and kids activities. More info at pghhome.com.

A truly delicious treat from nature, maple syrup, is being celebrated this month. The Audubon Society of Western PA is celebrating Maple Madness with three events: March 6 & 13 at Buffalo Creek Nature Park for Adults Only Happy Hour - Maple Drink Tasting, March 15 & 22 at Beechwood Farms Nature Reserve for a Hike through Maple History and March 23 & 30 at Succop Nature Park for the Sweetest Season Pancake Breakfast. Info at aswp.org.

The Somerset County Maple Weekends on Mar. 1-2 and 8-9, 10 a.m. - 4 p.m. will feature tasting, tree tapping, sugar making, horse drawn carriage rides, pancakes and sausage, and maple products to purchase. More info at golaurelhighlands.com

Attend a full day Maple Sugaring Workshop at Raccoon Creek State Park on Mar. 8 at 10 a.m. Learn how to collect maple sap, the boiling process and the processing of syrup into candies and sugar. Conclude the day with a pancake dinner. Purchase tickets online. On Mar. 9 at 10 a.m., learn

the Basics of Maple Sugaring. View evaporators, taps and finished syrups and candies. This event is free.

The Northwest PA Maple Syrup Producers Association invites you to attend the Maple Taste and Tour Weekend on Mar. 15-16. There are a variety of participating sugarhouses. Go to the website and pick a county and place and then go enjoy the fun! Info at pamaple.org.



Maple sugar activities are all around the area.

To end with a limerick, seems to be fitting so,

We've had so much fun in the snow. But it's time for the cold to go. When you look to the ground, Pick the clovers you've found, From the grass that sprouts from below

Look for those first blooms and enjoy the season!



Beauty poking through the snow!



MUSINGS...BE HEALTHY



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.

Especially as we age, it seems important to be healthy. To stay healthy!

Many years ago I came across these Ten Warning Signs of Good Health written by Jeanne McLennan, a coach, like me. I loved them then and I love them now. How many of these warning signs do you experience?

Ten Warning Signs of Good Health

- 1. Persistent presence of support network.
- 2. Chronic positive expectations; tendency to frame events in a constructive manner.
- 3. Episodic outbreaks of joyful, happy experiences.
- 4. Sense of spiritual connection.
- 5. Tendency to adapt constructively to change.
- 6. Rapid response and recovery of stress response systems to repeated challenges.
- 7. Increased appetite for physical activity.
- 8. Tendency to identify and communicate feelings (in a way that honors the dignity and worth of all involved).
 9. Repeated episodes of gratefulness
- 9. Repeated episodes of gratefulness and generosity.
- 10. Persistent sense of humor.

Go through these one by one and see where you stand on each of them.

- 1. Who are the people you could call if you needed physical or emotional support?
- 2. Are you a worrier who expects the worst? How could you flip that to expect the best?
- 3. When was the last time you hooted and hollered with joy? Or even grinned at a bird out your window?
- 4. Do you believe in a power greater than yourself? Feeling connected to God or the Universe adds meaning and depth to life.
- 5. Change is constant. Can you embrace it instead of resisting it?
- 6. Stress response systems are the fight-flight-or fawn responses. Learning to manage stress in new ways can add years to your life. Some techniques include exercise, relaxation, mindfulness, and connecting with others.
- 7. Physical activity makes you healthier and happier. It also reduces the chance of serious illness.
- 8. Talking openly and respectfully about feelings improves relationships.
- 9. The happiest and healthiest people I know are grateful and generous. They take care of themselves, but

they spend more time serving others and feeling grateful.

10. An intact sense of humor is a blessing. My older brother now lives in a care home. I call him often and share some jokes with him. He has a deep belly laugh, and after a few one-liners he is refreshed from the inside.

These signs are written as "Warning Signs" because Jeanne has a persistent sense of humor!

COACHING TIP

I guarantee that if you practice making each of these 10 Warning signs a reality in your life, you will feel healthier and happier. Other people will also seek out your company!

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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Shelly Davis
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Community News and Events

The **College Club of Carnegie** will meet on Sat., Mar. 1, at the Walnut Grill Robinson, 1210 Settlers Ridge Center. There will be a Social at 11:30 a.m. with luncheon following at noon. "Hello Spring" will be the theme of the meeting. A 50/50 raffle will be offered to benefit our scholarship fund program. Women with post-secondary educations are invited to call Therese Condi for further information at 412-279-4458.

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, day trips and Scrabble. 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**, 80+ years strong, will meet on Mon., Mar. 10, at Vanadium Woods Lobby, 50 Vanadium Road, Bridgeville, at 8 p.m. Following a brief meeting, guest speaker, Amanda Dunyak Gillen, will speak on "The History of the Frick Pittsburgh, the Frick family and mansion, the Clayton." Refreshments and dessert will be served. If interested in attending, please contact Diane at 412-965-4714 or Judy at 412-414-1232. New members and guests are welcome to attend.

On Thurs., Apr. 10, the **Green Tree Garden Club** will have refreshments at 6:15 p.m., followed by a presentation entitled, "Native Plants for the Garden and Landscape" by Dr. Candy DeBerry, Director of the Biochemistry program at Washington & Jefferson College. This will take place in the Carlisle Social Hall, Green Tree Fire Hall, 825 Poplar Street. Guests are welcome to attend the meeting at 7:15pm at no cost. Reservations required. Interested in Membership? Contact Kevin Maurer at 412-922-8816.

GREEN TREE TIMES

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Lenten Fish Fry Fridays

Below is a list of places that are offering fish on the Fridays throughout Lent. To find others, check with the local news stations, your borough or the library.

Corpus Christi Parish, Saint Barbara Church Hall

45 Prestley Rd., Bridgeville, 15017

March 7, 21, April 4, 11 a.m. - 1p.m.; dinner 4-7pm

Eat in or takeout, no curbside

Orders: 412-914-3461

Online orders until midnight Thurs.: corpuschristiPGH.org

Resurrection Parish, Saint Thomas More Church

126 Fort Couch Rd., Bethel Park, 15241

Fridays, not Good Friday, 4:30-7 p.m.

Dine in at Family Life Center

Curbside pickup and drive-up orders in front of Ave Maria Academy Online pre-orders encouraged Sat.-Thurs: resurrectionpgh.org

No phone orders

Saint Catherine Labouré Parish, Saint Louise de Marillac School

310 McMurray Rd., Upper St. Clair, 15241

Fridays 4-7pm

Dine in or takeout, www.stlouiseschoolpa.org/family-fish-fry

Saint Michael the Archangel Parish, Saint Bernard Church

311 Washington Rd., Mt. Lebanon,15216

Fridays, not Good Friday, 11:30 a.m.-1:30pm, 4:30-7 p.m.

Dine in or take out

Order: 412-440-2697, Info: smapgh.org

Archangel Gabriel Parish, Saint Malachy Church

343 Forest Grove Rd., Coraopolis, 15108

Fridays noon-7 p.m.; Good Friday 3-6 p.m.

Except Good Friday, phone orders start at 10 a.m.: 412-771-0848

No online orders or curbside, Info: 412-787-2140

ArchangelGabrielParish.org/FishFry

Saint Philip Parish, Ascension Church, Conner Hall

114 Berry St., Crafton, 15205

Ash Wednesday, Fridays, Good Friday, 4-7 p.m.

No phone or online orders • No curbside

Dine in or takeout, Info: saintphilipparishpgh.com

Saint Raphael the Archangel Parish , Sts. Simon and Jude Church

1607 Greentree Rd., Green Tree, 15220

Fridays, not Good Friday, 4:30-7 p.m.

Eat in or takeout, Orders: straphaelcgs.org

Presto Volunteer Fire Department

5228 Thoms Run Road, Presto, PA 15142 Fridays March 7th & 21st, April 4th & 18th 3:30-7 p.m.

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View menu and order online: https://www.prestovfd.org/

Order over the phone by calling 412.221.5677

South Fayette VFW Post 586

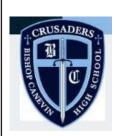
637 Miller's Run Rd., Cuddy 15031

Ash Wednesday and every Friday during Lent, 11 a.m. to 7 p.m.

South Side Kids Annual Fish Fry at Piper's Pub

1828 E Carson Street, Pittsburgh, PA 15203

Fridays during Lent, March 7 through April 18, 11:30 a.m. to close



Bishop Canevin: Class of 1975 50 Year Reunion.

"Celebrating friendship, family, life and the 50 years since we began our personal journeys.

Reunion: Friday, May 23, 2025 5pm. Venue: Canevin High School - where our journey began.

The Class of 1975 is attempting to locate 100% of their classmates. Please scan the QR Code provided by the Green Tree Times to access the list of classmates.

If you have information on any of these individuals, please email me directly at markjschuster57@gmail.com."







The Fishin' Hole

by Sam Hall

The winter has made me cranky and irritable. When I am driving and there is someone in front of me, I get mad at them for going too slow or not signaling. If there is someone behind me, I get mad at them for driving too fast or having headlights that are just too bright. My office at work is too cold most of the time. When I am in the helicopter, first I am freezing to death and then, after about a half of an hour, it is suddenly just unbelievably hot and I get annoyed with the pilot for having it on too high. I get mad at the garbage man because when they take away the trash they don't put the lid back on the empty can properly. Yes, winter has officially gotten all the way to me. I am irritated when the wind blows the leaves from the park across the street into my front yard. Full disclosure; one of the trees in my backyard has had some leaves that have been holding on throughout this winter. Every once in a while, when a storm comes through, some of those leaves will drop down into my backyard and that really sends me over the edge! I won't even get started on the shoveling and salting of the front walk and the mood that puts me in right now. Or, the wind screaming into my face as I walk through any parking lot. Especially the one at work!

So, today I thought to myself, there must be something good about winter that I can grab onto to help change my point of view. Some ben-

efits I am just not seeing to not going fishing for ten straight weeks. Some benefit I am not seeing to feeling like I have to brace myself for a punch in the gut every time I am about to open a door to the outside world. So I looked some up, and there are a few good ones.

Cold weather reduces inflammation and as an "old guy," I know that helps me a lot. Cold weather actually increases metabolism and again, as an "old guy," I know that helps me a lot. Cold weather leads to deeper, more restful sleep and as a person who certainly doesn't get enough sleep, I know that helps me a lot. Cold weather also greatly reduces the population of pests like mosquitoes and ticks and invasive species like the spotted lanternfly, and as a person who loves to spend a lot of time outdoors, I know that is helping me a lot.

March is here and with it will come spring. Despite all the new found positives of cold weather that I have recently discovered, I know that will help me the most. Spring time fishing is right around the corner! Check your gear, test your boots and get new fishing line on your poles. We are about to be able to go outside without scraping anything off the windows of our cars! We are about to be able to come inside without knocking a whole lot of stuff from our shoes before doing so. I don't know about you, but I for one cannot wait to get bitten by a mosquito!

Send your pictures and stories to samdhall@comcast.net and next month we will get ready for the first day of trout season.



Can't blame me for daydreaming about the spring days ahead!

LIBRARY INFORMATION

Ask a Librarian!

Most libraries throughout the area areoffering daily activities for all ages. 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 greentreelibrary.org, 412-921-9292

CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND

4400 Forbes Ave., Pittsburgh, 15213 carnegielibrary.org., 412-622-3114

CRAFTON PUBLIC LIBRARY

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

THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

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

SCOTT TOWNSHIP PUBLIC LIBRARY

301 Lindsay Rd., Scott Twp., 15106 scottlibrary.org, 412-429-5380

CARNEGIE LIBRARY OF PITTSBURGH Mt. Washington

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

CARNEGIE LIBRARY OF PITTSBURGH WEST END

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Page created by Matthew Hall

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55 Forsythe Road, Pittsburgh15220 Off Greentree Road in Scott Twp. ststephenpittsburgh.org 412-279-5868 Pastor Maurice C. Frontz III, STS Facebook.com/ststephenpittsburgh

First Christian Church at Carnegie **Teaching From God's Word**

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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 30 West Prospect Avenue

412-921-2323

Website: ingramupchurch.org Rev. Wayne D. Meyer

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

Pittsburgh Baptist Temple

112 W. Sycamore, Mt. Washington 412-431-8396

pittsburghbaptisttemple.com

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

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Rev. Tom Ribar, Pastor

Church of the Nativity (Episcopal) 33 Alice Street, Crafton

412-921-4103 www.nativitychurch.org

The Rev. Shawn Malarkey

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.

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

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

St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave. 412-921-1125 Pastoral Office Hrs. by Appointment Jin Kyung Ko, 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

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

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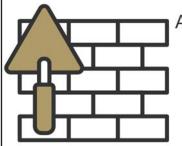
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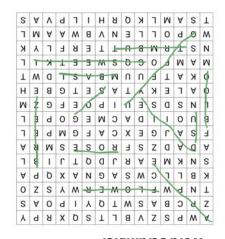
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