

Brook Park Journal

JULY 2021 IN THIS ISSUE

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Food Truck Schedule for July 15-August 15



July 24 (Sat)-	Urban Trail Coffee & Jordans Donuts
July 28-	Hibachi Lou and B's Sips of Summer
August 11-	Las Chicas
August 14 (Sat)	Urban Trail Coffee
August 18 -	Mission Mahi and Kung Fu Tea
August 25 -	Nakama and Hot Benz

Brook Park Social Groups

We are SO EXCITED to announce that social groups and events will be returning for the 2021-22 season! In the past, Brook Park/ Field Club sponsored various social groups and events throughout the year. Traditionally, these have run during the school year, September-May/June. So, the beginning of this social season is right around the corner!

Below & at right, you will find a list of established groups and events with a brief description for each. NEW ideas from our survey are listed on the next page with **bold** items being the more popular items. Start thinking about what groups you would like to join and what groups or events you may be willing to help coordinate. We will need your help!

Sign-ups will begin in August and groups will start up in September. If a group/event does not have a coordinator, it will not happen, so please consider chairing a group. Often, chairing is as simple as sending out a start up email. You could even co-chair with one, two or even three other people. If you want help getting the ball rolling, please reach out to Heather Byers at byers_heather@hotmail.com. She is ready and willing to offer a helping hand.



We recognize that after a year and a half, many are welcoming these gatherings back with open arms while many others feel more hesitant. If this is not the right time for you to re-join or join these gatherings, we support your decision. In addition, chairs and coordinators

will be mindful of how the group meets. Many are still more comfortable meeting outdoors and it is acceptable to require masks. We want to continue to watch out for our neighbors' wellbeing.

Book Swap: Traditionally a women only group that meets once a month. Members show up with the books they have read that they are ready to pass along and as the name suggests, books are swapped.

Bunco: Traditionally a women only group, meeting once a month to play the dice game, Bunco. We've had two groups, one that meets one Tuesday a month and one that meets one Thursday a month.

Creative Cooking: Traditionally a women only group meeting once a month over food. Some months a committee cooks a dinner for the group to share, other months it is only soups or appetizers. The group typically does 1-2 dinners per year at a restaurant.

Kid Connection: Our neighborhood play group. In the past, it has met once a month for the kids and caregivers to socialize.

6 Pack & a Snack: Someone opens up their home as a host. Host sets attendee limit (ie, if you only can hold 20 first 20 that sign up are in). Each person attending brings their own drinks and a snack to share. Civic Association supplies paper products to eat and drink from, facilitating an easy way to get to know your neighbors!

Halloween Parade: Typically the Saturday before Halloween, participants dress up and parade a section of the neighborhood preceded by the NA band and firetrucks.

Luminaries: Kits are sold to line the sidewalks and light the evening of Christmas Eve.

Holiday Bonfire: Traditionally held in December, this neighborhood wide event includes a tree lighting, Santa arriving on a firetruck, caroling and culminates in a bonfire in the pool parking lot.

Santa Visits: St. Nick himself makes housecalls!

Egg Hunt: This is a traditional Easter egg hunt held at Wall Park on Sloop Road.

Perennial Swap: This has been held in a variety of ways from meeting in the pool parking lot with perennials individuals have to swap to posting online what each person has available to exchange. The end result is the same, swapping perennials in the spring.

NEW Social Group ideas from the 2021 Survey!

Groups	Events
Walking (75% want walking groups)	Christmas cookie swap
Gardening	Block parties
Needle crafting (knitting, quilting, etc.)	Golf outing
Golf	Field Day @ Old Orchard
Fantasy football league	Clean-up days
Sports watch	Axe throwing
Yoga/Tai Chi	Khalahari trip
Outdoor adventuring (hiking, kayaking, biking trails)	Scavenger hunt
Art (painting, photography)	Mini-golf
Geocaching	Art/craft show
Board/card games	Photo challenge/scavenger hunt
Pickleball	Sunrise/set watch gatherings
Cornhole	Snow figure challenge
Astronomy	Movies
Sports (basketball, tennis, softball, etc.)	Progressive dinner or cocktails
Faith based group	Race
Woodworking	Front porch music performance
Happy hour	Communal dumpster rentals
Day trips	Hard cider tastings
Smoking club (cigars/pipes)	Taps on appropriate holidays
Fishing	Tea parties
Kids' music classes	



Pool PROPERTY Update

Many have reached out with questions over the trees removed from pool property along Fassinger Lane and Rochester Road. At the end of the 2017 season, it was uncertain whether the pool would be able to open the following pool season due to lack of support and dwindling membership leading to a serious financial shortfall. To help ensure we would have this community asset for current and future residents, the pool board made the decision to sell the timber rights on their 21-acre property. That inflow of cash allowed the pool to remain open and the current pool board has worked diligently to make wise financial decisions to set the pool on a stable and sustainable course. As a surprise to all involved, the timber company did not move forward with the actual harvesting of trees until this year. As soon as the timber company relinquished rights back to the pool, the board collaborated with a current resident and local Boy Scouts to begin clean-up efforts, including the removal of invasive species. This took place at the same time as work to open the pool was starting. Guards needed to be hired and trained, mechanical work completed, and the pool needed to be painted and filled, bringing us to Memorial Day and opening weekend. Since then, priority has been given to the day to day running of the pool. It has indeed been a busy pool season with the return of events and a growing membership base. As the season progresses, the pool board continues to work hard to maintain a safe and enjoyable environment within the fence. At the same time, we continue to monitor the vegetation regrowth on the hillside and will work with local experts to control invasive species, prune, and monitor new growth.



NEW NEIGHBORS
 Please give a warm Brook Park welcome to the Welsh family. We are excited to welcome Lisa, Mike, and Madison Welsh to the neighborhood! Mike is an editor for AT&T Sportsnet and Lisa works at Turo Family Chiropractic. Their daughter, Madison is 6 years old. They moved here from West View to Broad Meadow Drive. Welcome, Welsh Family!



Hannah Pyles Update: NED!

Our brave little neighbor Hannah had a scan last week and it came back clear. Hannah has been battling cancer but she has reached the exciting phase of being “NED” (no evidence of disease). Woo hoo!!!!

Hannah is currently at children’s hospital for round 4 of Immunotherapy. We only have to do 5 of these. Hannah is tolerating this round very well. She’s eating still and playing all day! We are thankful this process has been fairly easy on her. We have just started the process of looking into maintenance therapies for when her protocol treatment is over and what that will look like for our family.



Days of Celebration

We all need reasons to celebrate! Check out this month’s National Days of Celebration.

As always, links have been provided, when possible, to help you with your celebrations. Enjoy!

- July 15 National Gummi Worm Day
- July 17 National Lottery Day
- July 18 National Ice Cream Day; Bruester’s, Handel’s, DQ...all good choices! Or, make your own in just 10 minutes. Combine 1 cup half-and-half, 2 tablespoons sugar and half teaspoon vanilla in a zipper lock sandwich bag. In a gallon size zipper lock bag, combine 3 cups ice and 1/3 cup salt. Place the sandwich bag full of ice cream ingredients inside the gallon bag with the ice. Zip shut and shake for about 10 minutes or until the ice cream is at a consistency you enjoy.
- July 19 National Daiquiri Day
- July 20 **National Pennsylvania Day!**
- July 21 National Junk Food day
- July 23 Olympic opening ceremonies; You can watch on NBC.
- July 25 National Hot Fudge Sundae Day
- National Wine and Cheese Day
- July 27 National Love is Kind Day
- July 28 National Waterpark Day. Want to properly celebrate?
[This brief article lists local waterparks, spray parks and more.](#)
- July 29 National Chicken Wing Day
- July 31 National Avocado Day

- Aug 1 National Friendship Day
- Aug 2 National Ice Cream Sandwich Day
- National Coloring Book Day; Coloring books aren’t just for kids! Coloring is fun and relaxing no matter your age. Check out Amazon’s selection of coloring books for grown ups.
- Aug 3 National Watermelon Day
- Aug 4 National Chocolate Chip Cookie Day
- Aug 6 National Water Balloon Day
- National Root Beer Float Day
- Aug 7 National Play Outside Day
- Aug 8 National Sneak a Zucchini On Your Neighbor’s Porch Day
- Aug 9 National Book Lovers Day
- Aug 10 National Lazy Day
- National S’Mores Day; Why stop at Hershey bars? Try yours with Reese’s cups, Kit Kat or your favorite candy bar. Why use graham crackers? Keebler’s Fudge Striped Cookies make a great substitute!
- Aug 13 National Left Handers Day; We salute you southpaws! Wonder where that term comes from? [Check it out here.](#)
- Aug 14 National Creamsicle Day

EXPLORING PITTSBURGH, VOLUME 2

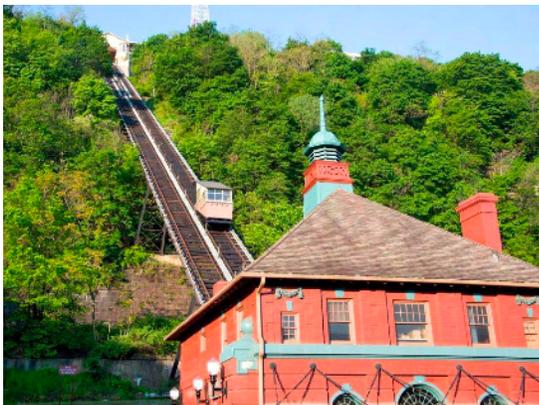
Highlights

Pittsburgh has no shortage of attractions. From museums to amusement parks, art galleries to kids' spaces (think Children's Museum, now reopened with TONS of playgrounds) you could keep busy for months exploring what our city has to offer. We'll do our best to share these with you in the coming months, but this month, we ask what is Pittsburgh best known for? Okay, yes probably the Steelers. However, there is an iconic symbol of Pittsburgh, one that is instantly recognizable and one that is nearly synonymous with Pittsburgh, the inclines. When was the last time you took a trek to the city to ride this symbol of our city and enjoy the views from the top? It's a great way to enjoy the beauty of our fair city and play tourist at home. Interested in trying it out? Check out rates and hours for [the Duquesne Incline here](#). Rates and hours for the [Monongahela Incline can be found here](#).

History

Pittsburgh has the inclines, but why? Actually it depends on which incline you're talking about. At one point, Pittsburgh had 23. The purpose for each of them goes back to our industrial roots. The Monongahela Incline was (and still is) a people mover. People wanted to live at the top of the hill, above the smog created by the local industry. However, the grade of the hillside was too steep for traditional horse and carriage and was proving troublesome even for people on foot. Along came the incline providing easy transportation making it easier to live at the top of the hill, where the air was better.

The Monongahela Incline opened on May 28, 1870. When it opened, the fare was six cents. 994 people paid for fares on the first day and 4,174 people paid the fare on the second day of operation. (<https://monongahelaincline.com/history.html>)



The Monongahela Incline

The Duquesne Incline was originally built to haul cargo up and down "Coal Hill." As time went on, it primarily carried Mount Washington residents who were tired of hoofing it up and down the foot paths. As more roads were built, the inclines slowly closed, including the Duquesne Incline, which closed in 1962. Local [Duquesne Heights](#) residents launched a fund-raiser to help the incline. It was a huge success, and on July 1, 1963, the incline reopened under the auspices of a non-profit organization dedicated to its preservation. (https://en.wikipedia.org/wiki/Duquesne_Incline)

Interested in reading up on the rest of our long gone inclines? Check out their stories at <https://oldpittmaps.wordpress.com/2012/05/02/pittsburghs-incline-history/>

Resources



The Duquesne Incline

The Pittsburgh Downtown Partnership is an excellent place to get information for all things downtown, from events to re-openings and even evolving health policies. Check out their web site at <https://downtownpittsburgh.com/>. You can even sign up for emails so you can always keep up to date with all kinds of goings-on. Events have included yoga in the square (Market Square), farmers' markets, restaurant re-openings, fireworks, performances, public transportation, public art displays and more.

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I CAN HELP! My name is Kathy Evans-Palmisano and have lived in Brook Park Manor for almost 25 years. As a retired RN and CNM (Certified Nurse-Midwife) with a Master's Degree in Maternal-Child Health, I am also a certified Personal Trainer and Energy Healer who has been helping people live healthier for 4 decades. You may have seen me in Wellbella or Let's Live Magazines as the Corporate Trainer for GNC's Body for Life Challenge or NFL Hall-of-Famer Lynn Swann's 12-week Transformation.

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