

Brook Park Journal

SEPTEMBER 2021

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Social Groups Update

Social groups have begun! This year will probably look different, but at least we're meeting! Below you will find a list of social groups, the chair and the chair's email. If you are interested in joining or learning more about the group, please feel free to reach out. As always, if you are interested in starting something new (still waiting for someone to start fantasy football :) ...), please reach out to Heather Byers at byers_heather@hotmail.com and she will help you out. A great BIG thank you to this year's chairs!

Book Swap
Tuesday Bunco
Creative Cooking

Kid Connection
6 Pack & A Snack
Thursday Bunco (full)
Holiday Bonfire
Halloween parade
Luminaries
Easter Egg Hunt

[Jan Haddad](#)
[Heather Byers \(interim\)](#)
[Michelle Isner, Susan Fisher](#),
Kat Cottone
[Sarah Rattigan](#)
vacant
Patty Basara
Dennis Moul, Kathy Prigg
Kathy Prigg, Jessica Carver
Amy Kane, Val Doyle
Holly Kikel



Dr. Marissa Barash married Mr. Dylan White on August 14, 2021 at the Omni William Penn Hotel. The couple will honeymoon in the Turks and Caicos islands.

Marissa grew up in Brook Park, is a graduate of North Allegheny Senior High School and Duquesne University, and earned her doctorate at Marywood University. She is currently a psychologist for the Allegheny Health Network. Dylan grew up in Nebraska and Somerset, PA and works for the Hearst Corporation as a videographer and producer.

Food Truck Schedule, Sept 16-Oct 15

Sat Sept 18	Knock About Coffee
Weds Sept 22	PGH Hummas
Weds Sept 29	Mamma-Licious
Weds Oct 6	Ms Meatballs
Sat Oct 9	Knock About Coffee
Weds Oct 13	Hangry Mikes
Weds Oct 20	South Side BBQ with Hot Bunz
Weds Oct 27	Fudge Farm



Brook Park Play Doh Contest

There are many fun National Days listed in this issue of the Brook Park Newsletter! From a short list of one hit wonders to various food days there is plenty to check out and celebrate. We encourage you to check out those wonders and learn more about Johnny Appleseed, including his association to Pittsburgh and booze. They are both fun distractions! Make sure you don't miss the history of Play Doh and play along with neighbors this month. Play Doh is NOT just for kids! It's soothing to squish and shape and mold, releasing anxiety and fear. It is also a wonderful medium to pound when angry. These properties are why it is used in therapy for both kids and adults. Its pliable, easily moldable texture makes it a great compound to use in occupational therapy. And, of course, people of all ages love creating with it.

That's where YOU come in! We're calling on YOU to create a Play Doh masterpiece (or at least a Play Doh something) and share it with us. What can you, your kids or anyone living with you make out of Play Doh? Your job, no matter your age, is to dream something up and make it, take a picture of it and send it, with the creator's name, to



[Theresa Wilkinson](#). ALL ages welcome! But wait, what if you don't want to spend the money on brand name Play Doh? No problem! Play dough is super easy to make at home in a variety of colors, scents and mix-ins such as glitter. Below are several links to play dough recipes, and of course, all claim to be the best. Give one a shot or find another, or buy the brand name stuff, but be sure to share what you create by Oct. 10!

[Play Dough Recipe 1](#)
[Play Dough Recipe 2](#)
[Play Dough Recipe 3](#)

Paws With a Purpose

Bring the family and help kick off Domestic Violence Awareness Month. Crisis Center North and our furry PAWS team are hosting a Pet Walk – and more – at North Park. Your entry is a donation to Crisis Center North's PAWS program and includes a “swag” bag with a T-Shirt and treats for your pet!

But wait, there's more:

- Enter your pet in the costume contest
- Enjoy the pet photo booth
- Paint your pet's portrait
- Enjoy pet treats and the food truck
- Check out the table of fun baskets

Oh, and if you don't have a pet... just borrow one or simply come join in the fun.

Can't make the date? Sign up to virtually walk.
October 3, 2021, 10:30a-1:30p North Park Boathouse!
[PAWS Against Domestic Violence Pet Walk Event](#)



SEPTEMBER REVIEWS by Melissa French



The **White Lotus** is named for the fictional exclusive island resort for the ultra wealthy that is the main setting for the HBO/HBO MAX series starring Connie Britton, Steve Zahn and Jennifer Coolidge among many other talented actors. The premise, we quickly learn, is that there has been a death at the resort. It takes the rest of the six episodes to discover who has died and why. But “murder mystery” is definitely not the genre of this show. This isn’t Agatha Christie. It is a darkly funny satire of modern American culture, and really skewers the super wealthy as they cluelessly wreak havoc among those with whom they come into contact. Although wealthy white Americans are not the only ones who come under scrutiny, only a couple characters remain truly blameless by the end of the series.

The dialog and acting are the true stars here. Jennifer Coolidge (from **Legally Blonde**, **Best in Show**, **American Pie**) plays her role of ‘zaniness due to grief’ so adeptly that I think she is a shoe-in for a lot of acting award nominations. The young actors in the cast really hold their own against the seasoned veteran actors, and they are to be complimented as well. There are a couple of dramatic tropes that I feel maybe could have been avoided in the plot (that I don’t want to give away), especially in the final episode, but I think that most of them are earned and don’t detract too much from the series’ fierce examination of human motivations and their effects on others. (There are a few VERY SHOCKING visual moments along the way that make this a true MA rated series.) I would recommend this to people who like satirical, dark comedies and thrillers like **Big Little Lies** and **Succession**, because it’s definitely not for everyone.

On the opposite end of the entertainment spectrum falls ‘**Sweet Girl**’. This is an R-rated (mostly for violence) action thriller starring Jason Momoa (Aquaman, Game of Thrones) on Netflix. I was initially willing to give it a glance because it was filmed here in Pittsburgh, and I like seeing Pittsburgh on screen. For what it’s worth, this movie is actually SET in Pittsburgh, too. It’s not pretending to be New York or Chicago. This film, more than any other I’ve seen recently, really uses Pittsburgh to enhance the story. If you’re going to trap the bad guys’ cars in Pittsburgh, you find an old tunnel to trap them in. If you’re trying to hide your car from police, you use the hills and terrain to do so. It is a movie that really feels “of Pittsburgh”. There is one big dramatic physical scene towards the end where I think what the main character accomplishes is physically impossible, given the location. You’ll know it when you see it. Let me know what you think. (I don’t want to ruin it by saying more!)

This is a bit of a sneaky movie. It starts off sad and almost contemplative. Then it quickly sets up the true “action stuff”: car chases, shoot outs, explosions, fight sequences, etc. You know the drill—a grief stricken father and husband is trying to get revenge for what has been done to his family. Not the most original plot in the world, but the very watchable action props it up. If that’s all it was I might have just enjoyed it for the Pittsburgh-ness. HOWEVER. That is not all there is. There comes a point in the movie when—all I’m going to say is—things change. I really hope you watch this with no spoilers. The movie makes you go back and look at some things that you had previously questioned about the filmmaker’s choices, and reexamine them. The meaning of the title somehow shifts. It’s one of those movies that makes me miss the days of watercooler movie discussions at work!

Brook Park Cocktail by David French

Hey fellow Brook Park residents! I'd like to share with the Brook Park newsletter readers some cocktail recipes that you can make at home.

My first recipe is the Old Orchard Stroll. This is a fall-themed cocktail with some surprising and spicy flavors. All these ingredients can be found at your local Wine & Spirits and/or grocery store. I hope you enjoy!

**Old Orchard Stroll**

1oz Bacardi coconut rum

1oz Domaine de Canton ginger liqueur

1oz apple cider

Shake ingredients with ice, strain into rocks glass filled with fresh ice

David has been a Brook Park resident since 2010, and an amateur mixologist for over 15 years. He regularly posts free original cocktail recipes to Twitter @NULLphoenix. If you have questions or comments about cocktails, or would like help with anything cocktail-related, please reach out: phoenix@null.net

Days of Celebration

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

Sept. 16 National Play Doh Day!

What originally began as wallpaper cleaner is now loved by millions of kids and adults alike. The smell alone has endeared it to many! What to know more? [Read more about Playdoh's origins and Toy Hall of Fame history.](#)

Sept. 17 National Professional House Cleaners Day

Sept. 19 Talk Like A Pirate Day...ARRR!

Sept. 20 National Pepperoni Pizza Day

Sept. 21 National Chai Day

Sept. 22 Autumn Equinox
aka The First Day of Fall

Sept. 23 National Great American Pot Pie Day

Sept. 24 National Punctuation Day.!?

Sept. 25 National One Hit Wonders Day

Here are 5 of the top one hit wonders of all time, according to Rolling Stones Magazine. They are listed here in no particular order. Click/tap on the title for the song/video.

[Come On Eileen](#) Dexy's Midnight Runners

[Spirit In the Sky](#) Norman Greenbaum

[My Sharona](#) The Knack

[No Rain](#) Blind Melon

[96 Tears](#) ? and the Mysterians

Sept. 26 Johnny Appleseed Day.

Think you know about Johnny and his love of apples? Think again. This early American had more to do with land development and booze than peace, love and nature. [Read more about him here.](#)

Sept. 27 National Forgiveness Day

National Chocolate Milk Day

Sept. 28 National Good Neighbor Day

Sept. 29 National Coffee Day

Sept. 30 National Chewing Gum Day

Oct. 1 World Smile Day

Oct. 2 National Name Your Car Day

Oct. 4 National Cinnamon Bun Day

National Taco Day

National Vodka Day

Oct. 5 National Do Something Nice Day

Oct. 7 National Chocolate Covered Pretzel Day

Oct. 8 National Pierogi Day

Oct. 10 World Mental Health Day

Oct. 13 National Bring Your Teddy Bear To Work or School Day

National Take Your Parents To Lunch Day

Oct. 14 National Dessert Day



TIPS FROM THE PROS

Preparing your home for fall

Summer sure went by quickly, didn't it? Now that fall is coming, it's time to start thinking about fall home maintenance tasks.

- Fall is a great time to plant, whether it's perennials or grass seed. Roots will establish before winter and you'll have a great looking yard or garden next spring.
- As the leaves start to fall, check your gutters for any clogs. Clean them to prevent blockages that can freeze up and cause problems in the winter.
- Schedule a tune-up for your furnace. If there are problems, it's better to know before it's cold outside.
- Have your chimney inspected and cleaned. This allows you to safely burn throughout the colder months.
- Bring in ceramic pots. The beautiful (and expensive) pots that you bought to showcase your flowers may crack and break during the freeze-thaw periods of winter and spring.
- Clean your lawnmower, empty the oil and gas, and store it until next year.

If your fall plans include selling your home, give me a call! I live in Brook Park and am experienced working in our area!

Darla Garcia
mindyanddarla@piattsir.com

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Meet Pittsburgh, Volume 3

It is a glorious time of year to go and explore Pittsburgh! Typically, there are cooler temperatures and lower humidity making being outside much more pleasant. Locally, Soergel's and Shenot's begin offering pick-your-own apples and fall festivities like hayrides and visits to the pumpkin patches. Just a bit North, McConnell's Mill will be hosting their annual McConnell's Mill Festival the last weekend in September. And, of course, there's Steeler's football. Everywhere, people are getting outside while they still can. This article will follow suit, highlighting some lesser known local trails and natural areas to help you get out and enjoy this time of year.

Highlights

North Park is difficult to miss and trails can be found throughout the park, from the paved loop around the lake, to heavily wooded trails near the nature center and even a wetlands boardwalk near the ice rink. But, did you know Blueberry Hill also has a nature trail? Trail heads can be found across the athletic field from the "gator" playground and behind the tennis courts. Also, Ohio Township has not just a paved 1/3 mile walking/biking loop around a playground and athletic field, but also a paved wooded trail by the nature center. These are all beautiful and true assets to the community, but let's look at something lesser known.

Tom's Run Nature Preserve off of Tom's Run Road (off Mt. Nebo) features a nature trail just over 3 miles. Getting here literally includes turning off the paved road, but is less than 15 minutes from our neighborhood. In parts, the trail follows the stream and at one point crosses it. It is mostly wooded and pet friendly. Not only have many people been seen to have dogs, at one point, a lamb on a leash was spotted.

Last to be highlighted this month is the Audubon Greenway Conservation Area on Magee Road, again less than 15 minutes from our neighborhood. The 161 acre area is owned by the Allegheny Land Trust and open for public use. There are trails throughout the property, both wooded and in fields, which are great for hiking and open for horseback.

History

We tend to take North Park for granted, but it was not that long ago the area was clear cut farm fields. Creating a park, let alone several county parks, from such areas would be costly and politically difficult. According to Pittsburgh Magazine, "In 1927, Allegheny County commissioner Edward V. Babcock, who proposed what would become North and South Park, decided to buy the land himself and turn it over to the county at cost." North Park ended up being the largest of the nine county parks at 3,000 acres. Interesting trivia tidbit, two Native American tribes once lived in North and South parks to protect the buffalo brought to the parks by county commissioners in 1927. Chief Big Beaver and his tribe went to the North and Chief Wild Eagle and his tribe went to the South. Difficult winters forced the South Park tribe out while the North Park tribe was asked to leave after they failed to protect the buffalo and instead used the herd for food and clothing. [You can read the full article here](#). Interested in historical photos of North Park? [Check them out here](#).

Resources

Mentioned above was the Allegheny Land Trust. This organization is a local land conservation nonprofit created "to help local people save local land." Their mission is to conserve and care for local land for the health and well-being for current and future generations. They have green spaces throughout the county that are open to the public for a variety of uses including hiking, biking, canoeing, wildlife view, and in a few cases, hunting. Interested in learning more, checking out their events or finding more of their green spaces to explore? Check out their website at www.allegenylandtrust.org

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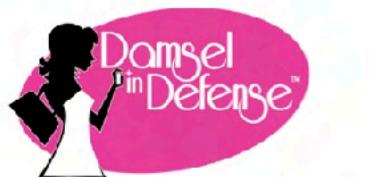
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I CAN HELP! My name is Kathy Evans-Palmisano and have lived in Brook Park Manor for almost 25 years. As a retired RN and CNM (Certified Nurse-Midwife) with a Master's Degree in Maternal-Child Health, I am also a certified Personal Trainer and Energy 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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