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Brook Park Journal

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Brook Park Pool Season Wrap Up

Our 2021 swim season officially ends on Labor Day, September 6. It's been a wonderful summer with many sunny days and we are so thankful for the friendships and fun at the pool. The Brook Park Swim Club board thanks the pool members for their continued support. Memberships for the 2022 season will be available beginning February 2022. We look forward to opening day 2022!

Social Groups Update

It is now mid-August and summer is wrapping up. Traditionally, in Brook Park, the start of fall is also the start of social groups and many fun neighborhood events to look forward to. Over the summer, the Civic Association announced that social groups and events will be returning. Of course, current public health concerns have thrown us yet another curve ball. We are still cautiously optimistic that we will be able to move forward with our Social Groups. We understand some folks may not be comfortable returning to indoor group settings, but others are eager and excited. We support you in your decision whether or not to join and hope that everyone feels confident in what is best for their household.

Please use the Google Form at the bottom to sign up for our traditional groups and events.

Groups include all of the old favorites:
Book Swap, Bunco, Creative Cooking, Kid Connection, Six Pack & a Snack

Plus annual events including:
Halloween Parade, Holiday Bonfire, Christmas Eve Luminaries, Santa Visits, Easter Egg Hunt

We've included a space to add a group/event if you are interested in beginning something new. Also, we will need some new volunteers to chair these groups or events; they cannot happen without your assistance! Lastly, as groups begin to meet, we encourage everyone to take appropriate precautions to protect your family, friends and neighbors. **No one wants an outbreak in Brook Park.** Fingers crossed as we move forward.

Click here to access the Google form. The form will be available until September 1.

School Bus Safety!

School buses are back very soon and our children's safety comes first. Please keep an eye out for our kiddos as your drive through Brook Park. Also, all neighbors are asked to park cars in their garages and driveways for the safety of our school buses and school age kids. Of course there are always temporary exceptions: guests, teenage drivers, basketball games, emergency vehicles. Thank you for your thoughtfulness.

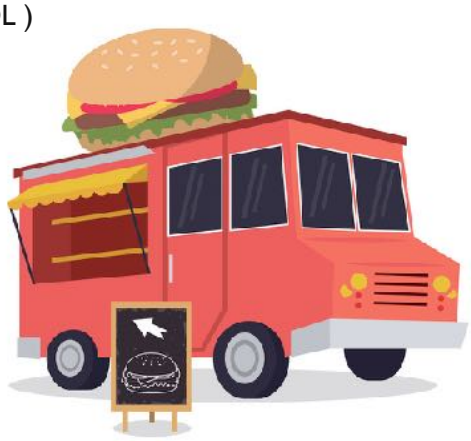
WELCOME BABY RATTIGAN!

After much anticipation, many neighborhood walks, and frequent cooling down at the pool, our family was thrilled to welcome baby Bridget on July 21. We feel so blessed that everyone is healthy and adjusting to the new normal. Big sisters Hannah and Naomi couldn't be more excited, and Bridget has been happily tagging along with them on more walks and pool trips now that she's here in the real world.

Food Truck Schedule

Aug 16-Sept 15

Weds Aug 18	Mission Mahi and Kung Fu Tea
Sat August 21	Benvenuti's Pizza (At the POOL)
Weds Aug 25	Nakama
Weds Sept 1	Truckin Triangles
Weds Sept 8	PGH Crepes
Sat Sept 11	Jordans Donuts
Weds Sept 15	Aviva Pizza
Sat Sept 18	Knock About Coffee
Weds Sept 29	Mamma-Licious



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!

Aug 16 National Tell a Joke Day;
Need some new material?
Check out the Laugh Factory Here

Aug 17 I Love My Feet Day!

Aug 18 National Fajita Day

Aug 21 World Honey Bee Day;
Why are they important? How long do they live? Why do they dance?
Learn all this and more here.

Aug 22 National Tooth Fairy Day

Aug 23 National Cuban Sandwich Day;
What is this delicious thing?
It is a variation of a ham and cheese sandwich that likely originated in cafes catering to Cuban workers in Tampa] or Key West, two early Cuban immigrant communities in Florida centered on the cigar industry. Later on, Cuban exiles and expatriates brought it to Miami,] where it is also very popular. The sandwich is made with ham, roasted pork, Swiss cheese, pickles, mustard, and sometimes salami on Cuban bread.

Aug 24 National Peach Pie Day

Aug 25 National Banana Split Day

Aug 26 National Dog Day

Aug 30 National Toasted Marshmallow Day

Aug 31 National Trail Mix Day

Sept 2 National V-J Day

Sept 3 National Food Bank Day; Many of our food banks are in need of donations. Check out NHCO to see what they are most in need of.

Sept 4 National Wildlife Day
World Beard Appreciation Day

Sept 5 National Cheese Pizza Day

Sept 6 Labor Day
Last day of Brook Park Swim Club's swim season

Sept 7 National Beer Lover's Day

Sept 8 National Ampersand Day (&)

Sept 9 National Teddy Bear Day

Sept 11 Patriot Day

Sept 12 National Chocolate Milkshake Day

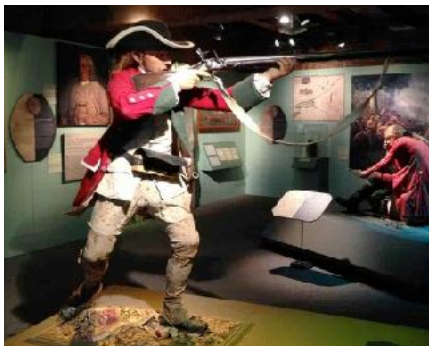
Sept 13 National Kids Take Over the Kitchen Day

Sept14 National Cream Filled Donut Day

Meet Pittsburgh, Volume 3

As the summer winds down and Pittsburghers begin to think about fall, most of the attention goes to STEELERS, and occasionally Pitt football. Believe it or not, there is life outside of football in the 'burgh! This month, we are focusing on the **Heinz History Center**, including its ghosts. We hope you learn something or are inspired to try something new this month. If you have suggestions of what to highlight, feel free to share them with us! Email Heather Byers and she will make sure to include them.

Highlights



Located at the edge of the Strip District, the Heinz History Center is our affiliate of the Smithsonian here at home! The museum includes a permanent exhibit of all things Pittsburgh history. In this exhibit, titled "Innovation," you will find interactive exhibits about the earliest indigenous peoples, the first European settlers, and ethnic groups that helped settle and create our home and Pittsburgh culture. There are exhibits about Ferris, creator of the Ferris Wheel who is from the area, Andrew Carnegie, and labor unrest. You can, of course, find information about the steel industry, but also Westinghouse and the aluminum industry, as well as medical innovations including the polio vaccine and artificial heart. In other areas of the museum, you can find artifacts from Pittsburgh's once thriving glass industry. In "visible storage" you will find items from Mr. Rodgers Neighborhood (including the iconic tree), as well as a variety of personal items. There is also the sports museum, but not just Steelers, Pirate and Pens. Yes, you will find all kinds of fun, interactive exhibits about our professional teams, but also auto racing, Olympic hopefuls, even marbles!

While you can get schooled in all things Pittsburgh at the History Center, it is also our local Smithsonian affiliate, and often features traveling exhibits from the Smithsonian collection. Past exhibits have included Toys, Moon Landing, even Treasures of the Vatican. Currently, there are two special exhibits, We Can Do It (western PA's role in WW II) and American Democracy.

History

This is not a history of the museum, but rather a history of the building, because it's haunted, if you believe in such things. The building that now houses the museum was once the Chautauqua Lake Ice Company. In the days before refrigeration, the company cut ice from Lake Chautauqua and stored it in the building for use throughout the year. The building was built to keep the ice cold, with six foot thick walls, few doors and small windows. In addition to storing the ice, the factory also created some of its own using compressed ammonia. In addition the company rented space to smaller companies, including a whiskey company which was storing 800 barrels of alcohol. On February 9, 1898 a fire started and quickly grew out of control in spite of desperate attempts by firefighters. As you can imagine, the alcohol and ammonia fueled the fire and the building actually exploded. The thick walls fell and crushed nearby wooden framed houses. The fire spread across the neighborhood. By the time the fire burned itself out, 18 people had died. Owners rebuilt an almost identical building in the same spot, now the History Center. Staff, guards and visitors have all shared spooky experiences including the sound of ice chipping, visions of people who suddenly disappear and unexplained shadows. Check it out and see what you think!

Resources

The Heinz History Center is not just a museum. It is also a treasure trove for anyone interested in genealogy, among many other things. They have resources, including classes, for individuals interested in researching their family tree. They also regularly have classes and lectures on topics as varied as Jewish heritage, local breweries and even swearing in ceremonies of naturalized citizens.

TIPS FROM THE PROS

What are the best/worst things you can do for a home's resale value?

When it comes to renovating to your home, you may wonder about the future potential. Will your changes add value and give you a strong return on the investment you've made? Proven positive upgrades include: a new front door, converting an unused office space into a bedroom, upgrading the kitchen or master bath, and installing new garage doors.

Projects that don't tend to increase value include: expanding the size of a master suite, building an additional garage, or adding home theater. Other updates that don't give a return on the investment—and can actually turn away potential buyers—include Installing a hot tub and decorating with carpeting or wallpaper.

But remember—it's your home and you do live in it! It's important to have a place where you feel comfortable and surrounded by a look that you love. You can always make updates and stage your home to have broader appeal. And when you're ready to that, we are here to help!

Darla Carcia

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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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