

# Brook Park Journal

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## Neighborhood e-Blast Guidelines

In response to concerns raised regarding the use of the neighborhood email list, your board has held serious discussion about how this platform is used. To address your concerns, beginning at the start of the year, changes will be made and emails will be limited. These changes have been made out of respect for your time and inbox space.

Neighborhood-wide emails will be sent if they contain information regarding the following:

- Neighborhood lost and found
- Neighborhood events
- Serious alerts
- Relevant municipal information from McCandless or Franklin Park
  - Youth offering services (babysitting, snow shoveling, etc)
  - Residents looking for services & recommendations

Beginning now, emails will **not** be sent for the following:

- Political advertising (this does not include alerts if polling places change, etc. Rather emails will not be sent favoring or informing about any candidate or issue).
- Items for sale or free. These should be posted on the [Brook Park Market Place Facebook page](#). A link to the Facebook page will be in every month's newsletter also.
- Ongoing products or services offered by adults. These can be advertised for free in the newsletter for any paid Civic Association member.

We are grateful to have the neighborhood email platform as a way to easily communicate with residents, but wish to continue using it in a manner that best suits residents needs and wants. Thank you for your cooperation and support.



## Street Parking Prohibited During Snow Events

Winter is coming! As the last days of fall wrap up, it is a good time to remind everyone that during the winter months, both McCandless and Franklin Park have restrictions on street parking to enable snow removal.

From the McCandless website:

Severe road conditions prompt some drivers to leave their vehicles on Town streets. Vehicles parked on streets during such conditions make some operations extremely difficult and jeopardize the safety of vehicles. Vehicles must be removed as soon as possible, so that the town can conduct its snow operations effectively.

From the Franklin Park website:

# 202-13 Parking prohibited during certain hours.  
No person shall park a vehicle upon any Borough street between the hours of 2:00am and 6:00am, prevailing local time, and/or during snow removal times.  
To make snow removal (and all our commutes) easier, please refrain from parking on the streets this winter!



## Book Reviews to Start the Year

With cold temperatures outside and dark, gloomy days, winter is the perfect time to sit down with a good book. Below are the latest recommended readings, as suggested by your neighbors. Don't forget to check out what's in our own little lending library at the corner of Woodview and Broadlawn. If you have a book you would like to recommend, [you can do so here](#).

On Earth We're Briefly Gorgeous by Ocean Vuong  
On Earth We're Briefly Gorgeous is an almost autobiographical novel detailing the experiences of the narrator, Little Dog, as the child of an immigrant in America. Written in the form of a letter to his single mother, the book uncovers a family's history rooted in Vietnam and asks questions central to our American moment, serving as a brutally honest exploration of race, class, masculinity, and self-discovery

### The Ickabog by JK Rowling

The Ickabog is a monster who everyone is pretty sure is just a legend. But the king is fairly certain he saw one and uses its supposed existence to exert his control and scare his subjects.

### The Cases That Haunt Us by John E. Douglas

Douglas is former FBI and uses his expertise to revisit famous unsolved cases throughout history. He revisits such cases as Jack the Ripper, Lindberg kidnapping and Lizzy Borden, to examine suspects and offer his insights.



## Brook Park Luminaries 2021

What a beautiful night Christmas Eve was! Thank you to all who participated in displaying luminaries to create Brook Park/Field Club's own Light Up Night. There were 419 flyers distributed in mid-November and 275 kits sold. That does not include all you who put out your own luminaries. All, or nearly all, of King Albert, most of King Charles and King David participated. It created a truly lovely scene! None of this would have been possible without our neighborhood volunteers. A HUGE thank you to Amy Kane (and the whole Kane family) as well as Val Doyle for all your efforts!



Photo credit: John Duffy



### EXTENDED! Snow Creation Challenge

Here in Western PA, winter often means snow and snow means snow creations. If the white stuff begins to fly and people in your home

make snow creations...snow people, snow animals, igloos, other sculptures...we want to see them. Snap a pic and send the image to [wilkinson.theresa@gmail.com](mailto:wilkinson.theresa@gmail.com). We can't wait to see your creativity!

### Why Brook Park? SURVEY

We want to learn more about you and what people value about this neighborhood, so please share! Please tap or click to share your response to..[I/We chose to this neighborhood because...](#) Responses will be shared in the next newsletter. Thanks for sharing your views with us! We look forward to learning more about all of us!



## Cocktail Special for January 2022

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. This month's recipe is the **Break Out the Bitters**. All these ingredients can be found at your local Wine & Spirits and/or grocery store. I hope you enjoy!

### Break Out the Bitters

Mint Brown Syrup  
2 peppermint tea bags  
1.5 cups light brown sugar  
2 cups of water

Combine ingredients in saucepan. Boil, stirring regularly. Simmer for five minutes, strain, chill

1 oz E&J VS brandy  
1 oz mint brown syrup  
1 oz fresh lemon juice, strained  
1 oz Aperol

Shake with ice, strain, serve neat



I have been a Brook Park resident since 2010, and an amateur mixologist for over 15 years. I regularly post 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

## National Days Retiring, Time for Oatmeal!

January 2022 marks a FULL calendar year of our National Days series! We hope you have laughed or learned a little, but as of this month we will be retiring the series. If you enjoyed them and are looking for more, you can find the National Days list on their website at [www.nationaldaycalendar.com](http://www.nationaldaycalendar.com). We will continue to highlight fun things to celebrate though!

For instance, January is National Oatmeal Month. Admittedly, oatmeal by itself is neither fun nor exciting, but oatmeal has exceptional health benefits, and we've included a few delightful recipes here.

According to WebMD, thanks to oatmeal's high fiber content, eating it can help lower LDL (bad) cholesterol. Eating oatmeal can also help lower your blood sugar levels, provide antioxidants, and promote healthy gut bacteria as well as ease constipation and lower your chance of colon cancer. Oatmeal can also help you to feel full to manage your weight. Remember those oatmeal baths when you had chicken pox? That is not just an old wives' tale. Oatmeal really does relieve skin itching and irritation. All of this is dependent on what type of oatmeal you're eating. The instant packets are packed with sugar and sodium, so make sure to read labels.

Care to join the oatmeal celebration? Try any of these oatmeal recipes, or try using oatmeal instead of breadcrumbs in your next meatloaf. Of course, you can always just make yourself a bowl of oatmeal on one of our chilly January mornings.

### Basic Oatmeal Recipe

1/2 cup rolled oats  
1/2 cup water  
1/2 cup milk (your choice, cow, almond, soy, etc.)



1/2-1 tsp honey or maple syrup (the real stuff, not pancake syrup)

A few dashes of cinnamon

Combine all ingredients in a small pot on the stove top and simmer until thick and bubbly. Remove from heat and top with your choice of healthy options. Try banana slices and almonds or blueberries, maybe apples. Hulled roasted pumpkin seeds are a great option with any fruit, or by themselves.

<https://altonbrown.com/recipes/gluten-free-oatmeal-cookies/>

<https://altonbrown.com/recipes/oat-waffles/>

**TIPS FROM THE PROS: REAL ESTATE****What's the New Construction Happening in Brook Park?**

You may have noticed that there's some new construction happening in our neighborhood. Maronda Homes is building two separate communities. The first is Greystone Estates (4 homes) and across the street is Fassinger Farms (18 homes). The starting price is \$620K with upgrades averaging between \$50 - \$100K. Both communities are in Maronda's "Presidential" line of luxury homes and will sit on lots that are at least  $\frac{1}{2}$  acre in size. The two homes already built are the models, and the remaining lots will be released in phases—with the first phase now open and premium costs ranging from \$5K - \$66K.

If you're interested in learning more about the homes, please reach out to me. I'm a certified new home construction specialist and can help you to navigate the process from start to finish at absolutely no cost to you. I strongly advise anyone looking to begin new construction to have an agent representing them—it's the best way to ensure that you get what you want and it may even save you money in the end.



*Darla*

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## Meet Your Board Members

Brook Park Manor is a neighborhood with a unique approach to a civic association, including our unique and voluntary membership. Mostly, the civic association exists to bring the neighborhood together through email, events and social groups. The board works to make these things happen, and occasionally field neighborhood issues. But, who are these 11 people that help keep the gears turning?

Let us introduce ourselves...

**Brian Dahm** Brian grew up in Field Club and moved back to Brook Park in 2018 with his wife Julia. They have two exuberant children, Natalie and Dale, and he works as a finance director at UPMC. In his "free" time he loves to cook too much, listen to live music, and plays trumpet in two local bands. He joined the board to help ensure the family lives in a thriving community with opportunities for engagement for all ages.

**Colleen Paulson** I joined the board almost 5 years ago because I wanted to be a more active part of the Brook Park community. I've met lots of great neighbors while helping the community to grow and thrive.

**Dennis Moul** I joined the Board because... the previous Treasurer was stepping down and I was curious if the Board had found a replacement. They did... me! I like that being on the Board gives me an excuse to introduce myself to anyone in the neighborhood.

**Flavio Chamis** A native of Sao Paulo, Brazil, Flavio Chamis is a musician. Flavio has been living in Brook Park since 1997, his wife Tatjana is the principal violist of the Pittsburgh Symphony. He appreciates the opportunity of being on the board as a way to contribute to the community and keep a cherished connection to its residents.

Prior to living in Brook Park, Flavio studied conducting and composition in Brazil, Israel, Germany and Austria. In Europe, Flavio recorded for RIAS with the Radio Sinfonie Orchester Berlin and the Nouvelle Philharmonique de Radio France. He conducted at the Musikverein in Vienna, Wiener Festwochen and Royal Festival Hall in London. Solstice label recently released a CD of Flavio conducting with Radio France. Early in his career Flavio became conducting assistant to Leonard Bernstein and led the Israel Philharmonic in preparation for tours of Europe, Japan and the United States, and later the European tour of the London Symphony Orchestra. He then returned to Brazil as Music Director of the Porto Alegre Symphony Orchestra.

As a composer, his works embrace a wide range of styles, from classical to jazz and Brazilian music. Flavio has written the lyrics for many of his vocal compositions, including those for "Especiaria", a Latin Grammy nominated CD exclusively with his Brazilian Jazz compositions. Flavio received the International Press Award as Outstanding Brazilian Musician based in the U.S and has since been a member of the Latin Grammys.

**Jim Hudson** We have been Brook Park residents for 34 years since transferring to Pittsburgh. Our two daughters grew up here and we have participated and enjoyed the pool and all of the wonderful activities and events that our neighborhood has offered literally for decades. I joined the Board in 2010 with a vision and desire to help guide all of us through the inevitable issues and changes that come over time. The goal is to guide Brook Park to remain the most desirable community in the area for our young and older, new and long term residents.

**Heather Byers** Our family moved to the neighborhood 15 years ago. Fun fact, we were not looking to move, but were filling the time on a snowy February day by looking at an open house. Steve declared upon seeing the house, that we could look, but he would never live in such a contemporary house. Fifteen years later, we're still here, I'm on the civic board, Steve's on the pool board and the house is still contemporary.

Community is deeply important to me, and I love how our neighborhood is a true community. I like how we come together, how we celebrate each other, how we yell at each other's kids, how we party together, greet each other in the streets, get advice from those older and wiser and watch out for the youngest ones. While community has always been important to me, what the past 2 years have taught me is how vital it truly is. We need each other. I joined the board last January because I wanted to be involved in bringing people together even now, whether that be through new events, the newsletter or creative reworking of old favorites.

**John McFadden** I'm John McFadden at 946 Broad Meadow. I joined the board because I had attended the 2018 annual board meeting in order to ask some questions as a new resident, and ended up running for a vacancy. I appreciate the intent of the board, in addition to the activities planned annually for the benefit of our Brook Park community.

**Lara Schob** Hi! I'm Lara. I moved to Brook Park in 2019 with my husband and son after living in Ross Township for 15 1/2 years. I absolutely love this neighborhood because it's full of wonderful people, fun activities, and a great place for families.

I work as a Corporate Paralegal and have been in the legal field for 25 years (this coming September). I am also a Notary through the Commonwealth of Pennsylvania. I love reading, history, travel, Notre Dame Football, and spending time with my family. I am the youngest of 7 children, so there is always an event to attend. I am looking forward to things getting back to some sort of normalcy soon, as I miss traveling!

I joined the BPMCA not only to meet my neighbors, but to help make this neighborhood even more of a great place to live. My husband and I both grew up surrounded by great neighbors – some of whom have become life-long friends and we wanted the same for our son. We love that there are so many social groups and a wonderful pool for the residents to enjoy. I love meeting new people, so please feel free to stop by and say Hello if you are out and about.

Next Month: **Sally Swegan, Nate Bopp & Ian Lindsay**

**CLASSIFIEDS**

# I love *Brook Park*

\$250 will be donated to the Brook Park Swim Club for every Brook Park/Field Club home listed and sold with me.



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