IN THIS ISSUE:

2 A Letter from the President
4 September Meeting Minutes
5 HPCC Halloween Parade
6 Hello Neighbor!
7 Tree Pittsburgh Tree Giveaway
8 Cutting Out Single-Use Plastic in Highland Park
11 Nature-Watch Poem is Published
12 Around St. Andrew’s

City of Pittsburgh Halloween Trick or Treat

October 31
from 5:30 - 7:30
A Letter from the President

Hello Neighbors!

First up, a special thanks to Highland Park resident Sabrina Culyba for her fantastic presentation on recycling and waste reduction at September’s community meeting. She helped participants understand the why’s and what’s of city recycling and how we can do even more to reduce our own waste. If you missed it, be sure to check out her article in this month’s newsletter. Attendees got to take home a complimentary HPCC tote bag, too!

Now that it’s finally fall, we can enjoy the foliage and talk trees! While some people may grumble at having to rake, trees provide our community with countless benefits. In addition to their beauty, they help with storm water management, clean our air, provide cooling shade in summer (tree-shaded neighborhoods are about 6 degrees cooler than neighborhoods without shade), and increase our home values. A new extensive global study by the Crowther lab at ETH Zurich University also shows that planting trees is also one of the most effective ways of combating climate change.

Sadly, Allegheny County lost 10,000 acres of its tree canopy between 2011-2015 - the equivalent of more than 7,500 football fields of trees! With all of these factors in mind, the HPCC is proud to be co-sponsoring a tree giveaway for Highland Park residents on November 2nd! Tree species that you can pick from may include river birch, sycamore, kousa dogwood, American hornbeam, and redbud. Saplings will be in two gallon pots for you to plant on your property: one per person, up to two per household. Sign up with Tree Pittsburgh in advance to be guaranteed a tree:

https://www.eventbrite.com/e/tree-giveawayhighland-park-residents-only-tickets-72935043679

And when speaking of trees in Highland Park, one can’t help but think of the park itself. The Parks Conservancy will be the featured presenter at the HPCC’s Community Meeting on Thursday October 17. They will be presenting information and answering questions about the proposed Parks Plan and ballot initiative. If passed, the ballot initiative would increase the millage rate to fund improved park safety, increased fair funding and access, and upgraded maintenance and facilities for all existing city parks. The Conservancy is conducting information sessions across the city to inform people about this important vote. If you cannot attend our meeting but want to learn more, check out the FAQs here: https://cdn2.hubspot.net/hubfs/415693/PPC_FAQ-1.pdf and their information session schedule here: https://www.pittsburghparks.org/parksplan

All meetings begin at 7 p.m. at St. Andrew’s Church. We begin with a presentation from our Zone 5 police officers and end with plenty of time to socialize. Free pizza and a supervised children’s activity area are provided.

Happy Fall!

Stephanie Walsh
HPCC President
Changes to the HPCC Bylaws

HPCC President Stephanie Walsh gave an overview of the proposed HPCC Board approved changes to the Bylaws. The changes primarily are adding:

- An Inclusivity statement;
- Language regarding Board Officers standing down/replacement process;
- Financial over-site and controls.

Questions regarding financial changes were posed by members and an overview of the changes was explained by Stephanie Walsh.

A motion was made to change the bylaws by Howard Degenholtz, the motion was seconded by Justin Sandherr.

Vote taken on the motion:

- Ayes = Unanimous
- Abstentions = 0

All changes were approved.

Neighborhood Clean Up/Garbage Olympics

HPPC Board member Justin Sandherr reminded and signed up volunteers for the annual event, Sat., September 21 from 9 – 11 a.m. Participants on the Highland Park Team will meet at 8:30 a.m. at Fulton Academy. All are welcome including kids, dogs, strollers. Neighbors from all across the City will be completing clean-ups to see who can pick up the most trash. The competition will be judged by the Clean Pittsburgh Commission. Highland Park came in at fourth place last year. Go Team 2019!
The next HPCC monthly meeting will be Thursday, October 17, 7 p.m., at St. Andrew’s. The Pittsburgh Parks Conservancy will discuss the proposed tax increase for parks and provide updates on Highland Park at the October 17 meeting.

Meeting was adjourned by Stephanie Walsh at 8:12 p.m.

Speaker Sabrina Culyba
Highland Park resident Sabrina Culyba, who operates Recycle This Pittsburgh and directs Humane Action Pittsburgh’s No Plastic Please campaign gave a behind-the-scenes look at recycling, answering questions about what can and can’t be recycled in Pittsburgh, and how we can go beyond recycling limitations.

She also provided ideas for how individuals can reduce plastics waste and discussed efforts to help businesses reduce their use of single-use plastics. Sabrina’s presentation was in-depth and very enlightening. Her associate, April Cassera, also provided valuable information. Sabrina will be submitting an article covering her presentation in the upcoming HPCC Newsletter. Until then, click on these links for valuable information regarding recycling:

recyclethispittsburgh.com
www.preserve.eco
www.pahouse.com/zerowaste
https/prc.org

Since the theme of this month’s meeting was WASTE, all attendees received an HPCC tote bag, designed by HPCC member Todd Shirley to help the effort!
Calling all ghosts, goblins, princesses and pirates for the Highland Park Community Council’s annual Halloween Parade. We will gather at the fountain, decorate pumpkin cookies and parade around the fountain.

**what:** Halloween Costume Parade  
**when:** Saturday, November 2nd from 10:30 to noon  
**where:** Fountain in Highland Park

Hope to see you all there!
Hello Neighbor, a local nonprofit founded in 2017 by Highland Park resident Sloane Davidson, works to improve the lives of recently resettled refugee families by matching them with dedicated neighbors to guide and support them in their new lives. Every family commits to a 6 month-long friendship, where they spend 10 hours a month together navigating the city, laughing and sharing meals and learning about local community resources.

Since 2017, Hello Neighbor has matched 97 refugee families from 13 different countries with friendly and encouraging Pittsburgh families. Together, they've seen the Pittsburgh skyline from the Gateway Clipper, explored the Pittsburgh Zoo, the Carnegie Science Center and the Carnegie Museum, celebrated birthdays and new babies and so much more!

In addition to helping refugees explore the city of Pittsburgh, Hello Neighbor also works to help reduce the isolation and loneliness that many refugees feel when they arrive in the U.S. Makumazina, a refugee from the Democratic Republic of the Congo involved in Hello Neighbor, said, “When I came to America I thought I’d be alone, but I am not alone. I have a mom, dad, sister, and brothers. My kids have aunties and uncles.”

Hello Neighbor is always looking for caring and dedicated neighbors to help make Pittsburgh a more welcoming city. You can get involved by:

1. Applying to be a mentor
2. Doing a project with your school or place of worship, such as making birthday cards for kids in Hello Neighbor, running a donation drive to collect stuff for new moms and their babies or items for our free store or anything else creative that you can think of!

To learn more, visit www.helloneighbor.io or email info@helloneighbor.io
The HPCC and Tree Pittsburgh are happy to be sponsoring a tree giveaway for Highland Park residents on November 2nd! Tree species that you can pick from may include river birch, sycamore, kousa dogwood, American hornbeam, and redbud. Saplings will be in two gallon pots for you to plant on your property: one per person, up to two per household. Sign up in advance to be guaranteed a tree. Details below, click here to register!

**TREE GIVEAWAY**
**November 2nd**

**Saturday November 2nd, 2019 10AM-12PM**
(or until we run out of trees)
Highland Park Sand Volleyball Court Parking Lot
Lake Drive, Pittsburgh, PA 15206

Please register for a tree by visiting
https://www.eventbrite.com/e/tree-giveaway-highland-park-residents-only-tickets-72935043679

While we cannot guarantee a tree species, registration is the only way to guarantee you receive a tree.

Special thanks to the Highland Park Community Council for donating trees for this event.

[Image of Tree Pittsburgh logo]
It’s a Saturday morning in Highland Park. You stop at the coffee shop for an iced coffee to-go, served in a disposable plastic cup with a plastic lid and plastic straw.

You swing by the grocer and walk out with a disposable plastic bag to carry a few items. For lunch, you eat out and, when you can’t quite finish the meal, your leftovers are bundled up for you into styrofoam boxes. That evening you decide to grab an ice cream from a local shop, which is served to you with a disposable plastic spoon.

Cup, lid, straw, bag, take-out box, spoon—of these intentionally disposable single-use items, none are accepted in Pittsburgh curbside recycling. Plastic is a durable, flexible material that can be life-saving and life-enhancing. But often we allow the convenience of disposable single-use plastic items to obscure the long-term negative impact these items leave behind for our community. Most will take hundreds of years to decompose. Many end up as litter in our waterways and forests, where they can cause harm to wildlife. When they do break down, they generate millions of microplastic particles that contaminate our air, water, and soil. And the creation of these items also puts our environment and health at risk—from the contamination of water as oil is extracted to the pollution of our air when that oil is “cracked” into ethylene to produce plastic.

HUMANE ACTION Pittsburgh, a local animal-advocacy group, has created the No Plastic Please campaign to help Pittsburghers make a personal shift away from single-use plastic. No Plastic Please invites all Pittsburghers to take a pledge to eliminate 8 common-but-avoidable forms of single-use plastic from their daily life: bottles, cutlery, stirrers, straws, bags, cups, take-out boxes and anything styrofoam.

One of the keys to being able to opt-out of single-use plastic is being prepared. Good intentions to refuse these items won’t help you when you’re faced with an ice cream sundae you can’t eat with your fingers or leftovers you need to transport home. The best thing you can do to prepare for success is to create your own “SUP-free” kit. The idea of this kit is to empower you to say no to single-use plastics (SUP) in most situations by providing your own alternatives:
Avoiding Plastic Cutlery, Stirrers, and Straws

Carry your own travel cutlery set. What you carry in your set can be up to you—many sets you can buy include a small travel case with a spoon, fork, knife, straw and chopsticks. For these items, it’s important to tell the server that you have your own spoon, straw, etc and to be vigilant while your order is prepared. Otherwise you’ll get a disposable item slipped into your food or drink when it arrives because that’s the common practice.

Avoiding Plastic Bags

Many people are already using reusable bags for their grocery shopping. Keep the larger ones in your car for easy access but also keep a fold-up tote in your purse or laptop bag if you carry one. These light, fabric bags are big enough to carry a load of groceries but fold up into tiny balls so that you can always have one on you. Also consider getting some reusable produce bags to keep with your grocery bags. These bags are often machine-washable, come in a variety of sizes and are a great alternative to the plastic film bags dispensed in grocery stores.
Avoiding Plastic Take-out Boxes and Styrofoam

Not wasting food is good but nearly every take-out container you are served in Pittsburgh is not recyclable or compostable. Luckily you can now get collapsible silicone take-out containers that are light, compact and come in different sizes. Put a few in your car. You might even consider slipping a smaller one into a bag you carry around so you’re prepared at all times. Unfortunately, many places will not serve food directly into your own container, but if you’re wrapping up food at your table it’s completely fine to use your own boxes. If you frequent quick service places, you can often order “in” and then simply pack up your food in your own containers to avoid the bulk of their single-use packaging when getting food to-go.

Ultimately we need systemic changes at every level of our communities to tackle the deluge of plastic waste pushed on us on a daily basis. If you would like other tips on how to successfully opt-out of single-use plastics, including some resources for businesses and organizations looking to make changes, visit No Plastic Please at http://noplasticplease.net.

Avoiding Plastic Cups and Bottles

The most straightforward way to eliminate single-use plastic cups and bottles is to carry a reusable water bottle with you. This also has the benefit of saving you money and encouraging healthier drinking habits that avoid soda and other bottled flavored drinks. Many businesses will fill your reusable bottle if you just ask. (As a side note: plastic bottles in particular are the one thing on the No Plastic Please pledge list that can be recycled through Pittsburgh’s curbside recycling program so if you do end up with one, make sure to take it home for recycling or place it in a dedicated recycling receptacle for bottles.)

Were you surprised that so many of these items aren’t recyclable in Pittsburgh? Check out http://RecycleThisPGH.com for hyper-specific recycling information for Pittsburghers.
This poem by our very own Nature Watch column writer Richard Krepski evolved from his March 2019 column on moss gardening. It was first published at Braided Way on September 13, 2019 (http://braidedway.org/shibusa/)

“There is a precise term for the venerable quality in a landscape that mosses and lichens help instill, the word shibusa, invented by the Japanese to save dithering with descriptive language.”
– George Schenk, Moss Gardening

When any element of decor or function is introduced into the garden, there is inexorable assimilation. Ivy tendrils wrap around stanchions; soil silts the crevices and seedlings sprout. Mosses colonize moist surfaces; hinges rust and vocalize. Frost lifts and shifts foundations. Even plastic will cloud and craze, anchoring tenacious lichens. And so the artificial takes on the natural.

I too, the gardener, manifest this shibusa—
The grass-stained knees of my jeans,
The creaking, arthritic gait, gnarled knuckles,
Embedded grit beneath the nails,
Patina of age, cracks and wrinkles, wrought by the ultraviolet.
I sit and ponder corroding memories,
As mosses spread and vines advance,
And the gardener becomes the garden.

Assemblies of flesh and soul that enter the garden of spirit likewise experience a transformation. Pride of achievement becomes joy in others achieving. The grasping hand relaxes into the paten of offering. Kindness absorbed reradiates. Beauty is perceived in every common thing. The particular expands into the universal, and psyche assumes the aspect of angels.
October comes to an end, the last few Disney Princesses and Marvel Superheroes finally home enjoying the spoils of Halloween, and off we are into November!

St. Andrew’s has been on the corner of Hampton Street and North Euclid Avenue and at the heart of our Highland Park neighborhood for over a century. If there is a pastoral need that we can help with—baby to be baptized, a wedding to celebrate, a sick or shut-in friend or neighbor to be visited, a family to support at the time of a death—please feel free to be in touch. Or if you just need to find some space for a meeting or a family gathering, or to borrow a few chairs, we’ll be glad to help if we can. Call us at 412.661.1245, e-mail office@standrewspgh.org, visit our website www.standrewspgh.org, and “Like” our Facebook Page. We’re always glad to hear from you!

On the local scene our own Patronal Festival, the Feast of St. Andrew the Apostle, is observed each year on the Sunday morning before the
KITCHEN NOW OPEN!

5308 Butler St. Pittsburgh, PA
Monday-Thursday 4-11pm, Friday 4-12pm,
Saturday 12am-12pm
HPCC Officers

President
Stephanie Walsh

Vice President
Karin Manovich

Treasurer
Paul Miller (412) 365-0675

Secretary
Judy Beck

HPCC Directors

Sam Albano
Howard Degenholtz
Dave Grasso
Jim Holtzman
Betsy Rogers
Mac Lynch
Justin Sandherr
Chris Worley

HPCC Committees

Beautification – Nancy Levine

Children’s Events – Teri Rucker (412) 482-2533

Education – Dave Atkinson

House Tour – housetour@highlandparkpa.com

Finance – Glen Schultz

Membership – Kelly Meade (412) 362-0331

Membership@highlandparkpa.com

Newsletter – Monica Watt (412) 818-4702

editor@highlandparkpa.com

Nominating – Bob Staresinic (412) 441-8972

OLEA – Todd Shirley

Public Safety – Lynn Banker-Burns (412) 361-8863

public-safety@highlandparkpa.com

Reservoir of Jazz – Tania Grubbs

Super Playground – Monica Watt (412) 818-4702

Yard Sale – Jake Pawlak

Welcoming – Todd Shirley

Zoning – Jake Pawlak

RENEW YOUR MEMBERSHIP OR JOIN TODAY!
Check us Out!  
www.hpccpgh.org

Pittsburgh’s Leading  
Direct Repair Collision Specialists

Check the status of your car at  
www.MikesAutoBodyPGH.com

diane12001@aol.com

Mike Fiore  
Owner

6223 Meadow St.  
Pittsburgh, PA 15206  
phone: 412.362.0100  
fax: 412.441.5678

Real Estate Services  
6310 Forbes Avenue  
Pittsburgh, PA 15217  
412-421-9120

LISA SOLOMON &  
JESSICA ALLEN

Cell: 412-849-9983  
lisasolomon@howardhanna.com

Cell: 412-337-4081  
jessicaallen@howardhanna.com

WE GET HOMES SOLD!  
2 HEADS ARE BETTER THAN 1  
Contact Us....We Are Available