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Happy Thanksgiving
Hello Neighbors!

As we move toward Thanksgiving, as always, I am grateful for our neighborhood. I feel so fortunate to be surrounded by such a friendly, welcoming community. I also want to give special thanks to the HPCC board members and volunteers who stepped it up this year as we increased our programming and organizational efforts.

For example, for the first time ever, the HPCC just co-sponsored a neighborhood tree giveaway. November 2nd was a bright and brisk fall day – and a great day to plant a tree! HPCC joined with Tree Pittsburgh to give away 115 new trees to Highland Park residents. Thank you to everyone who got trees! The additional canopy cover, habitat, and flood protection that they will provide are assets to the whole neighborhood.

I also want to thank everyone who turned out for our October Community meeting, where we heard from Pittsburgh Parks Conservancy Director Jayne Miller about the parks ballot initiative (which passed) and from PWSA on the upcoming rising main and pump station project (which starts next Spring). The PWSA will be back in the Spring to provide an update on the architectural designs and anticipated work schedule.
And if you missed our November meeting, you missed a great time! At our 2nd annual wine tasting, neighborhood resident Jack Brice introduced us to four great selections for the holidays. Jack was informative and lively – thanks Jack! - and everyone enjoyed the chance to sip, snack, and chat with their neighbors.

Also, Zone 5 officers reminded us of several safety precautions to take during this time of year, including:

- To prevent car thefts, leave your car locked if running it to warm up;
- To prevent package thefts, track your deliveries and remove them promptly from your porch;
- Do not leave valuables in your car, either when parked at your home or when you’re out shopping; and
- Do not leave packaging for valuables, such as new computers or TVs, out at the curb with the package info showing - you don’t want to announce to potential thieves that you have a brand new TV!

We will be taking December off. Our next community meeting will be Thursday, January 16 at 7 p.m. at St. Andrew’s Church. The agenda will be announced after the start of the new year.

Wishing you happy holidays and joy in the new year -

Stephanie Walsh
HPCC President
October 17, 2019

Meeting called to order at 7:10 p.m.
by Stephanie Walsh, President

Updates Presented by Stephanie Walsh:

1. **Halloween Parade** – 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. Saturday, November 2nd from 10:30 to noon.

2. **Tree Giveaway** – 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 red-bud. 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/treegiveawayhighland-park-residents-only-tickets72935043679](https://www.eventbrite.com/e/treegiveawayhighland-park-residents-only-tickets72935043679).

The trees are all spoken for at this time. However, walk ins may be able to pick up a tree on November 2nd from 10:00 a.m. – 12:00 noon EDT. Highland Park Sand Volleyball Court Parking Lot, Lake Drive

3. **Public Safety** – There was no public safety update this evening due to another Zone 5 commitment.

**Pittsburgh Park Conservancy** - The Parks Conservancy President and CEO, Jayne Miller, was the featured presenter. Ms. Miller presented extensive information and answered questions about the proposed Parks Plan and ballot initiative. If passed, the ballot initiative would increase the Pittsburgh property tax millage rate by .05% per household 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. Ms. Miller also distributed a 10-page summary handout to attendees to assist with sifting through all of the information. She was accompanied by Tom Pawlin of City Parks/DPW. The amendment will be on the November 5th ballot. More information can be found at [https://cdn2.hubspot.net/hubfs/415693/PPC_FAQ-1.pdf](https://cdn2.hubspot.net/hubfs/415693/PPC_FAQ-1.pdf) and [https://www.pittsburghparks.org/parksplan](https://www.pittsburghparks.org/parksplan)
The Highland Park Pump Station and Rising Main Projects - Sarah Bolen Batuga, Water Group Sewer Manager for PWSA, Rebecca Zito, Communications Project Manager for PWSA, and Ellijah Hughes, Urban Planner for Evolve (a PWSA project partner) discussed the upcoming projects. Project Summary: Pittsburgh Water and Sewer Authority (PWSA) is currently developing plans for the construction of a new 50 million gallons per day (mgd) drinking water pumping station located in Highland Park. This pump station will replace the existing pumping station at the north end of Negley Ave. that was used to supply water to the Garfield Tank water supply system. Due to the age of the equipment and unsafe operating conditions that made its operation unreliable, PWSA had to cease the operation of this pumping station and install temporary pumps. In addition to the pumps that will deliver the water to the Garfield Tank water supply system, the new pumping station will house pumping equipment that will provide a supplemental and redundant supply of drinking water to the Highland 1 Reservoir water district. This will ensure an uninterrupted and reliable water supply to over one-third of the City of Pittsburgh’s customers.

The pumping station will be located behind the existing pumping station at the end of North Negley Avenue. The existing pumping station will be demolished. In order to connect the new pumping station to the Highland 1 Reservoir water supply system, a new 48-inch rising main will be constructed. The alignment of the rising main will be in the general area of the Mellon Terrace and Bunkerhill Street, primarily running through the park parallel to Bunkerhill with a connection at Bunkerhill Street and Highland Avenue. Questions were posed and answered.

Construction on the pumping station is expected to begin in the summer of 2020. Outreach meetings will be conducted with residents of Highland Park prior to initiation and ongoing throughout the construction. More information can be found on the PWSA website.

The next HPPC Meeting will be held on November 21st at 7 p.m. at St. Andrew’s Church. It will be a wine tasting event.

Meeting adjourned at 8:40 p.m. by Stephanie Walsh.
Winter is Just Around the Corner

*Snow Angels are Here to Help!* Pittsburgh’s winters present challenges for some neighbors. The City of Pittsburgh Snow Angels program connects neighbors in need to nearby volunteers who shovel and salt their property when it snows.

**Neighbors Helping Neighbors**

Snow-covered sidewalks can be hazardous for everyone. The City of Pittsburgh’s Snow Angels Program pairs older residents and residents with disabilities with nearby neighbors who volunteer to assist them with snow removal on their sidewalks and walkways.

Along with fostering stronger community relationships and relieving some of the stress that comes from a snowfall or freeze, Snow Angels make our sidewalks safer for those who are outside during the winter weather – like postal carriers, firefighters, police officers, and other neighbors.

**Why Volunteer?**

Because helping your neighbors is SNOW much fun!

- You can sign up online to offer help as a volunteer.
- The Snow Angels Program will work to pair you with a nearby neighbor.
- We will be in touch when you have been matched with a neighbor in need.

Click the button below to sign up to volunteer, or visit [pittsburghpa.gov/snowangels](http://pittsburghpa.gov/snowangels) for everything you need to know about volunteering with Snow Angels.

**Request Help from a Snow Angel**

Here are the requirements neighbors must meet to request a Snow Angel:

- Be at least 60 years old or have a physical disability
- Live within the City of Pittsburgh limits
- Do not have resources (financial or family/friends nearby) to assist with snow removal

Sign up online by clicking the button below or by calling 311.

For more information about Snow Angels, please visit [pittsburghpa.gov/snowangels](http://pittsburghpa.gov/snowangels), call 311, or call our office at 412-255-0846.
I limped down Bryant Street and staggered into Priority One Fitness one May morning in desperation. Stephen Trush, personal trainer, listened to my tale of woe and suggested I return for an evaluation.

I had inexplicably started limping, with no pain and for no apparent reason. Hip pain arrived before I returned, along with a worsening limp.

Fast-forward a few months, I am now limp-free and pain-free, and it has been nothing short of miraculous to witness and participate in the type of “personal training” that is going on at Priority One.

Now celebrating its two-year anniversary in Highland Park, Priority One Fitness is improving the lives of many Highland Park residents. Trainers Stephen Trush and Heather Donovan join owner David Boynton and the work they do is nothing like what I experienced in the past with “personal training” at other facilities.

Stephen describes his work as a mission for better movement.

He uses a Myofascial Movement Therapy (MMT) approach. MMT embraces a combination of manual therapy and exercise to help maneuver tension in the body. Too much tension in one area and you cannot efficiently move. Too little and an area becomes weak which leads to compensation patterns from other areas of the body and pain.
A typical MMT session involves listening to pain and past injury history and observing how the body moves as a system--can it walk, bend, and twist? Does one side of the body do it better? Where is the nervous system strong and where is it afraid to allow movement? This is usually seen in strength and range of motion tests. Finally, how is the tissue quality? This is where the feel for muscle and fascial glide beneath the skin becomes important. After an injury the body heals by laying down scar tissue in a chaotic pattern. This does not allow for efficient movement, but if the right movement and force is applied to the scar tissue, it will align itself to move with the body instead of against.

Frank is a Highland Park resident who was unable to lift his arm past his chest which resulted in chronic pain and caused difficulty cutting hair as a stylist. His history involved three rotator cuff tears and at the time was seeing an acupuncturist to relieve pain in the shoulder. In less than a month with MMT, Frank reported the ability to lift his arm overhead consistently with no pain which also improved his sleep and function at work.

Heather Donovan joined Priority One last year and is the only person in the Pittsburgh area certified in Muscle Activation Techniques (MAT). Her clients include professional and college athletes, people facing or recovering from joint replacements, strokes, autoimmune diseases, and neurological conditions. She has treated all ages, from teenagers to 90-year olds.

Her technique begins by searching out weak muscles that aren’t contracting properly through range of motion assessments, manual muscle testing and palpation. The goal is to improve alignment, posture, and mechanical issues to correct the tension within the muscular system. She describes herself as a “detective searching for what is not stabilizing joints.” She not only works with clients at Priority One, but also through home visits and at a Downtown location.

Heather has always been fascinated by human movement and feels it is important to work on the body’s movement and stability. Dan Kovalik of Highland Park is

“in the best physical shape I’ve been in years” after six months of training with Heather.

David Boynton is proud of the impact Priority One has had on the Highland Park community and beyond over the past two years, and observes “life tends to present us with challenges both physically and mentally as we move through our years. It is during those times that we need to dig deeper and push ourselves forward to overcome adversity. Regardless of one’s health and fitness ability, the wide array of expertise that our personal trainers provide allow us to design very specific exercise programs for our clients. With our guidance, goals are reached and challenges overcome.”
Each month, through #DidYinzKnow, we will highlight a City program seeking to build a more resilient and inclusive Pittsburgh for all.

#DidYinzKnow that the City’s Department of Public Works, in partnership with Environmental Coordination Services and Recycling (ECS&R), offers recycling of:

- E-Waste, such as televisions, computer monitors, fax machines, and other electronics
- Household Hazardous Waste, such as propane tanks, aerosol products, paint, and other products

The program was launched by Mayor Peduto and supported through legislation sponsored by Councilwoman Theresa Kail-Smith and former Councilman and current Mayoral Chief of Staff Dan Gilman.

Since the inception of the program, over 24.42 tons of E-Waste, 10.27 tons of Household Hazardous Waste, 0.89 tons of universal waste, and a grand total of 35.58 tons of these materials have been recycled and diverted from landfills, hillsides, and neighborhood streets and sidewalks.

In addition to the drop-off location in the Strip District, residents are now able to make an appointment for curbside collection of E-Waste and Household Hazardous Waste.

Residents can now choose from two options:

- Drop-off the items on Wednesdays (3:00 p.m.-8:00 p.m.) or Saturdays (9:00 a.m.-5:00 p.m.) at the Bureau of Environmental Services (3001 Railroad St. Pittsburgh, PA 15201 in the Strip District) OR
- For an extra fee, make an appointment for curbside collection of materials.

Interested residents must pre-register for both the drop-off and curbside options by either:

- visiting: [https://ecsr.net/pittsburgh-recycling/](https://ecsr.net/pittsburgh-recycling/)

- calling 1-866-815-0016

Stay tuned for neighborhood E-Waste and Household Hazardous Waste collection events throughout Pittsburgh next year!

Do you have electronics or household products collecting dust in your home? Please consider recycling them!
Highland Park Pottery tour
Saturday, December 14 and Sunday, December 15, 2019
11 a.m. – 5 p.m.
Visit the homes and studios of local potters at the ninth annual Highland Park Pottery Tour! Meet the artists, enjoy refreshments, and buy local artwork for the holidays.

This year we are pleased to announce a new stop at the Pittsburgh Theological Seminary hosted by founding tour member, Jeff Guerrero. Enjoy free parking and admittance to the Kelso Museum of Near Eastern Archaeology. You can’t buy the ancient pottery, but you can look!

The Highland Park Pottery Tour is an intimate experience where art lovers and artists mingle in studios and living rooms, discuss ceramics techniques together, and share snacks.

You’ll experience Highland Park in a whole new way, as you walk from cozy stop to cozy stop.

The Highland Park Pottery Tour features the work of:

- Joseph Delphia with guest artists Scott Cornish, Nancy Smeltzer, and Talon Smith
- Stephanie Flom with guest artists Ryan Greenheck and Kyle Houser
- Jeff Guerrero with guest artists Bryce Hemington, Margie Law, and Laura Jean McLaughlin
- Keith Hershberger with guest artists Mark Arnold, Meredith Host, and Alex Watson
- Jenna Vanden Brink with guest artists The Glastonbury Collective, STAK Ceramics, and Reiko Yamamoto
- Union Project with Ceramics Co-op members (This location is wheelchair accessible)

For full details and a map, visit the Highland Park Pottery Tour website.
HIGHLAND PARK POTTERY TOUR MAP

- 5505 Avondale Pl
  Joseph Dalpina
- 6242 Jackson St
  Stephanie Florn
- 616 N. Highland Ave
  Pittsburgh Theological Seminary
- 5511 Avondale Pl
  Keith Hershberger
- 5800 Wellesley Ave
  Jenna Vanden Brink
- 301 N. Negley Ave
  Union Project
Indeed, Old Year to New—and through it all, in the remainder of 2019 and on into 2020, we of St. Andrew’s would wish all our neighbors and friends here in Highland Park truly a time of joy and peace.

At the end of November we mark the conclusion of my 25+ years of ministry as Rector of St. Andrew’s, and as we head on into December our services and clergy Pastoral Care Team will be led by Priest in Residence the Rev. Carol Henley, a long-time friend and our former Priest Associate.

We roll into the season with a flourish on Thursday, December 5, observing the Feast of St. Nicolas of Myra with a service of Choral Evensong at 8 p.m., immediately followed by a musical recital featuring our good friend Rhian Kenny, flutist and Principal Piccolo with the Pittsburgh Symphony Orchestra. We know it will be a wonderful evening of worship and music—and with a festive gathering afterwards for an early holiday season reception.

Sunday, December 15, is the date this year of two annual, seasonal highlights, as first our 11 a.m. service is given over to the annual presentation of A Children’s Pageant of Christmas, led by the young people of our Church School. If you know young people who might like to join in the fun, please be in touch with the new director of St. Andrew’s Church School and Family Ministries, Becky Filipek Marinov, through the St. Andrew’s Church Office.

At 4:30 p.m. that same day, December 15, we return for the much-loved service of Nine Lessons and Carols—a rich and meaningful offering of the holy season featuring readings from Scripture by members of the congregation and wider community and with always the wonderful gift of music from our Choir, under the direction of this year of Guest Organist and Choirmaster this year, our good friend Ethan LaPlaca—former Associate Organist of St. Andrew’s and now director of Choral Music at Mt. Lebanon High School. High Tea follows, and all are most welcome indeed!

Looking ahead on the calendar, we will have two services for Christmas Eve, Tuesday, December 24, with a 4:30 p.m. Family Service of Holy Communion to include the Blessing of the Creche, familiar carols, and an informal homily. The traditional Midnight Service begins by candlelight at 10:30 p.m. with Service of Music for harp, organ, and Choir, featuring guest-artist Sierra Pastel, and then with the Holy Communion following at about 11 p.m.

For those who prefer a quieter service, or who don’t care to venture out at night, a Christmas Morning service of Holy Communion will be offered in the Chapel at 10 a.m. on Wednesday, December 25, with a capella carols, followed by a Christmas Morning Coffee Hour.

And finally, Choral Evensong will “ring in” the New Year as well with a Christmastide service observing the Feast of the Holy Name, sung by the St. Andrew’s Choir on Thursday evening, January 2, at 8 p.m. A recital follows, featuring soprano Maighread Southard Wray—and then we’re all invited to a festive dessert reception in Brooks Hall!

St. Andrew’s, in the 5800 block of Hampton Street, has been in ministry in the heart of this neighborhood of Highland Park for over a century. If you have a pastoral concern we can help with—a baby to be baptized, a marriage to celebrate, a sick or shut-in family member or neighbor who would appreciate a visit and a blessing, a family to comfort at the time of the death of a loved one—or if you simply would like to borrow a table—please feel free to give our Church Office a call at 412-661-1245—to find and “like” our page on Facebook, or to check us out on the web, standrewspgh.org. We’re always glad to hear from you, and to help if we can.

St. Andrew’s Episcopal Church
5801 Hampton Street
Highland Park, Pittsburgh
In Editorial Note:

Bruce has only briefly mentioned that his ministry as Rector of St. Andrew’s is coming to an end after 25+ years, but his impact on the neighborhood has been anything but brief.

It had been a while since I have attended service at St. Andrew’s, but I wanted to be there for Bruce’s send off. It was a Choral Evening Sound and Sermon in honor of his retirement. As I waited for the festivities to start, I realize it had been too long. I wasn’t raised Episcopalian, but when I moved to Highland Park 22 years ago I loved the idea of walking to my neighborhood church on Sunday mornings. It is a beautiful church full of incredible stained glass windows and one of the most impressive organs in the city and Bruce was open and welcoming.

He has been a great supporter over the years, not only to me individually, but also to the HPCC and the neighborhood. St. Andrew’s has hosted the HPCC community meetings for as long as I can remember. Bruce was also very active in the HPCC before I joined the board, as a board member himself. He has supported the HPCC House Tour allowing us to use the church for registration and ticket sales and opening up the church for tours. And when Amy Enrico wanted to start the coffee shop, it was Bruce who championed her efforts and helped make it happen. When I received a phone call early one morning that a fellow board member’s husband had died unexpectedly, I asked Bruce to come on a moments notice to help comfort her and walk her through the necessary arrangements as she was overwhelmed with grief.

The stories go on and on.

Thank you Bruce for all of your efforts on our behalf.
KITCHEN NOW OPEN!

5308 BUTLER ST. PITTSBURGH, PA
MONDAY-THURSDAY 4-11PM, FRIDAY 4-12PM,
SATURDAY 12AM-12PM
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