



Regent Square Civic Association Newsletter

March 2003, Volume 23 Number 2

Meets the first Monday of the month at Wilkins School Community Center, 7PM. All Regent Square residents are welcome to attend



MEETING MINUTES

February RSCA Meeting Quick Recap

February 3rd Meeting: Newsletter Committee working with renewed mission; Membership Committee is newly established with Alina Keebler as Chair; search on going for a new internet provider for the RSCA Website; Easter Egg Hunt needs a new venue due to Richmond/Sanders lot replanting.

LAST HURRAH...MARDI GRAS!

March 8th At Waverly Presbyterian Church

You won't want to miss a wonderful evening of food, games, dancing, and laughter on Saturday, March 8th from 6PM-9:30PM at Waverly Presbyterian Church, 590 South Braddock Avenue (corner of Forbes and Braddock). You'll know the party's in full swing when you hear the toe-tappin', knee-slappin', hip-shakin' music by Mon Gumbo, a terrific Cajun band who will be joining the party once again this year. Tickets are \$7 each (\$21 for families of three or more) with proceeds benefiting Waverly's youth programs. Stop on by for some cornbread and jambalaya. Who knows, you may even be crowned the King or Queen of Mardi Gras! Free games for the kids and if the jambalaya is too spicy for them; there's always hotdogs. If you need more information, you may call Kelly Britcher at 412-243-9020 extension 14, or contact her at home at 412-242-0990.

YARD SALE

Popular Event Scheduled For May 17th

This year's yard sale is happening on Saturday May 17 from 9 a.m. to 2 p.m. Look for details in the April Newsletter for registration information and new ideas that will be incorporated for the 2003 event.

If you are interested in helping or have any questions or suggestions, please contact Julie A. Crawford, committee chair, at 412-731-6260 or email juliea.crawford@worldnet.att.net

EDGEWOOD SYMPHONY

Regent Square Civic Association Newsletter

Roy Sonne Will Conduct His Last Concert

Roy Sonne will conduct his last concert of the Edgewood Symphony at 7:30PM on Saturday 15-Mar-2003 at the First Presbyterian Church of Edgewood Ave. For information, call the ESO at 412-473-8880 or email eso@pittsburgh.com or visit their web page trfn.clpgh.org/edgewoodso.

CONCERT FOR KIDS

March 9th At Center For Creative Play

The Center for Creative Play will feature the Celtic music of Carnival of Souls Band performing two shows at 3PM and 4:30PM on March 9th. The Sunday afternoon Concert Series is sponsored by Dunning's Grill, Great American Federal & Saturday Light Brigade. Pre-concert activities with the Saturday Light Brigade (SLB) Hosts, Larry Berger and Bill Lucker. SLB features acoustic music for family fun. For more information on these programs, call 412-371-1668 or visit the web site www.center4creativeplay.org.

MEMBERS GALORE

A Note Of Appreciation

(A note from the Chair of the Membership Committee.)

The membership committee truly appreciates the new contributions recently received from area residents. Committee members have been in contact with Regent Square merchants to increase their participation as well. Look for a public acknowledgement of all participants in the near future. Thanks again! (See the "Membership Information Box" on page 2 of this issue.)

Alina Keebler -Chair, Membership Committee

CARRIBEAN FEBRUARY

Cot Club Event A Hit – More Events Planned!

SAVE THE DATES - mark your calendars for upcoming Regent Square events:

- **Mar. 3; Apr. 7; May 5** Monthly RSCA Board Meetings
- **April 12 (corrected!)** Annual RSCA Easter Egg Hunt
- **May 17** Annual RSCA Yard Sale

If you'd like to be on the committee for any event, please call the Civic Association at 412-243-0702.

Thirty-five happy Edgewood Cot Club members and friends were kept toasty on a cold and snowy February evening, listening to Verna Crichlow's hot Caribbean steel drum band and partaking of a yummy Valentine pot luck supper. Members all had a great time - even their husbands!

Future meetings, held in the Edgewood Presbyterian Church Lounge at 1PM, include:

- Monday - 10-Mar-2003 - Rebecca Griffith from Shadowwood Gardens in Latrobe will bring us her knowledge about unusual perennials and butterfly gardening. Garden Club members from the area are invited to join us.
- Monday - 14-Apr-2003 - Jane Coleman, Quilt Preservationist, will teach us how to care for our heirloom quilts, how to incorporate worn, antique quilts into new ones, restoration tips, etc. Bring your quilts (old and new).

If you would like more information about the Edgewood Cot Club, contact the membership chairman at 241-241-4088. New members are always welcome!

LIFESTART

New Service Teams Up With "Fitness Yoga"

Helene Prince, who has been an active Civic Association Member, has teamed up with Ali Manners to form a new company called "Lifestart". Alli Manners and Helene Prince and their personal commitment to their client's health is the keystone of the company.

LifeStart is an exclusive exercise and nutritional coaching service with an emphasis on privacy, individuality and personal achievement. It is a mobile service offering hands-on coaching in the convenience of your own home or alternative private settings.

The company offers customized exercise and nutrition sessions on an hourly basis in addition to six and twelve-week programs designed specifically for clients' needs.

Unique services offered by LifeStart include a personalized supermarket visit accompanied by Helene, the nutritional consultant, and valuable education in the use of whole and organic foods, healthy eating and cooking techniques. Helene brings 11 years of experience in the nutrition and vitamin industry to LifeStart and her focus is on personal wellness and life coaching.

Alli is a Physical Therapist from Australia with 14 years experience in rehabilitation exercise programs and sports medicine. She integrates posture education and core abdominal stability into her exercise programs in order to enhance total physical health.

Together this energetic team will design a program that will suit those from senior years to childhood years and from the overweight to those with arthritis or injury problems. They even have a special program for the bride and groom preparing for their big day and for pregnant and post-pregnant women.

LifeStart has teamed up with Joanne Spence of Fitness Yoga to offer Regent Square residents fitness & nutrition seminars in her studio. In addition, small group classes of exercise & nutrition coaching for wellness & weight loss will also be held in the studio at The Center for Creative Play.

The next free seminar "Exercise & Nutrition to Balance Life & Body" will be held on March 9th at 2PM. Call the numbers below for details.

Helene and Alli can be contacted at LifeStart at 412-401-7839 or 412-901-0155 or by email healthy@lifestartinc.com. You may also find more information on their web site at www.lifestartinc.com.

FREE ADULT WORKSHOPS

At Center For Creative Play

A series of free Seminars and Workshops is being featured at the Center for Creative Play at 1400 South Braddock Avenue. The offerings include:

Family Health and Awareness Fair 2-Mar-2003 1PM-4PM
The Center for Creative Play will host its first annual Family Health and Awareness Fair. There will be booths of health-oriented vendors and suppliers as well as an interactive panel discussion addressing whole health, advocacy and stress management. (Note, vendors may apply.)

Childhood Trauma and the Impact on Families 18-Mar-2003, 6PM-7PM. Post-Traumatic Stress Disorder (PTSD) is one of the most commonly misinterpreted and under-recognized emotional disorder in children. It often masquerades as other behavior problems. When treated appropriately, children can find real relief and re-engagement in the future. Seminar will be led by Harrison Randolph Associates.

For more information, contact the Center at 412-371-1668, visit their web site at www.center4creativeplay.org or send them email at programs@cfcpl.org to sign up for seminars.

2003 RSCA Membership

- Help the RSCA undertake community projects this year by becoming a Contributing Member
- Send in your Name, Business Name (if applicable), Address, Phone, and E-mail
- Include a check (*payable to RSCA*) for \$5 (Individual), \$10 (Household), \$15 (Business) or a Donation
- Mail to: RSCA Treasurer, 1120 Macon Ave., Pgh, PA 15218-2264 (*dues are not tax deductible*)

TEMPORARY INCONVENIENCE

— PERMANENT IMPROVEMENT

Richmond-Sanders Makeover Tops beautification Committee Agenda

The good news: Come summer, the Frick Park field at Richmond and Sanders Streets will have been tilled and

reseeded. A new durable soil surface and a new lawn will complement the park benches and flagstone pathway installed last fall at the Richmond Sanders corner.

The bad news: To the disappointment of neighborhood children (and many adults), from early April until early June (weather cooperating) the field can't be used. RSCA's annual Easter Egg Hunt, usually held on the Richmond Sanders field the Saturday before Palm Sunday, will be held at a different location in Frick Park this year.

Thanks to State Rep. Dan Frankel's office, the RSCA Beautification Committee has secured a \$5000 Pennsylvania Department of Economic and Community Development grant for RSCA to support grading and reseeded of the field. Eichenlaub Landscaping has been engaged to do the project.

Watch your RSCA Newsletter for information about a spring fund drive to raise money for native Western Pennsylvania plants for the bench area and for the investment in other garden spots in the Square. To become involved with the Beautification Committee, please contact Colleen Derda at 412-241-5225 or Dave Pollack at 412-247-4103.



REAL ESTATE

Digital Age Brings More Tools

Buying or selling a home isn't what it used to be. Buyers, sellers, and agents now have an arsenal of modern technological tools to help them connect. Local realtor Fred Leff writes to share his experiences with new technologies and to explain how they can help you.

With the onset of digital technology and the Internet, the real estate business changed in a big way, and this change made obsolete the way real estate agents and consumers used to do business. The old technique of "drive around the buyer to show them homes" is out the window! Now buyers can go online and preview specs and photos of prospective properties in the comfort of their homes. For the real estate profession, it's a very different world than it was just 15 years ago.

Agents and consumers have a myriad of new tools at their disposal:

Email – Electronic Mail (Email) communications allows both agent and consumer to have information at hand, enabling each to retrieve it easily at any time. It also serves as a way to document what information has been exchanged in case of problems in the future.

Flashes - "Flash" is a real estate term for a computer program that allows a prospective buyer to receive an email whenever a property meeting their specific criteria appears on the market. For example, a buyer might choose to receive an email whenever a new property is listed in Regent Square priced from \$150,000 to \$320,000 with three to five beds and at least a one-car garage. Buyers love this!

Mobile Phones - Cell phones have afforded the agent and consumer the ability to connect like never before. Now if an agent can't find a buyer or seller at home or work, he/she can most likely find them on their mobile. For buyers, there's no need to lose a home to a competing offer because of a lack of

communication. For sellers, if a prospective buyer is in town for just for an hour or two, an agent can call the seller on their mobile to get the buyer quick access. In years past, if an agent couldn't reach a seller at work or at home, they missed out.

Portable Computers - It's very helpful for a realtor to go on appointments with a laptop. On it they might have an up-to-date list of all properties that have sold in the immediate area, a full-color, animated slide show presentation about their skills, or a marketing plan with sample advertisements

Most real estate agencies also have their sales agreements on computer, so the agent just types in the specific information (name, address, and such) and prints out the contract.

GPS - GPS stands for "Global Positioning System." Until recently, if a buyer wanted to see properties in area that their usual agent was not familiar with they had to find another agent in that area. That other agent may not have been someone they got along with and may not have had a good idea of what the buyers wanted or didn't want. Thanks to GPS, that's changed, and the buyer can stick with their usual agent even in unusual areas.

A GPS device can tell where you are anywhere on the Earth's surface and show your location on an interactive street map. A satellite tracks your movement, so an agent can input an address into the system and the GPS will point the way!

PDA - Personal digital assistants (PDA) are another new tool of the technological tornado! I recently purchased one, and I don't know how I ever lived without it. Some of the things a realtor might keep in a PDA are, phone numbers, schedules, listings with property information and photos, a mortgage financial calculator, an amortization scheduler, or a loan-analysis program.

Some new PDA come with the ability to take small photos, and soon a technology called Bluetooth will enable PDA to connect to cell phones and then to the Internet. Imagine being hours away from civilization with your realtor, who pulls out a PDA to connect to the Internet and show you color property photos instantly. What a world! What a life!

Readers can find a longer version of this article in the real estate section of Mr. Leff's web site, www.regentsquare.com. The site also contains property listings and other information about real estate in Regent Square.



EAST END NETWORKING

New Group Formed In Regent Square

A group of local business people, ready to network, met for the first time on January 8th at the Center for Creative Play in the former Foodland building. Deciding to call themselves, "East End Networking," the members exchanged business cards and ideas for collectively promoting businesses in the area. One thought was to connect with the Regent Square "welcome wagon." Dawn Jackman at the Center for Creative Play encouraged participation in CCP's Health and Awareness Fair as well as their evening lecture series. Other grass roots cooperative marketing efforts were discussed.

Guiding Principals were developed for the group. It was decided to meet once a month and to rotate responsibilities for note taking, leading meetings, and bringing goodies so that there would be no need for a membership fee. The core group of businesses is composed of CCP, Fitness Yoga, Interplay Childcare, Allstate Insurance, Body Harmony Massage Therapy, Edgewood Family Chiropractic and Tory Butterworth, Career Coach. The second meeting added two lawyers, a financial advisor, Computer Fellows consulting, and Life Start, Inc., providing personalized coaching in exercise and nutrition. Other business owners in the area whose services do not overlap with those above are encouraged to join.

It was decided to meet the first Thursday of each month, with informal networking starting at 8:15AM. and the formal business meeting running from 8:30-9:30AM. The next meeting is scheduled for March 6th. For further questions or interest in joining, please contact Joanne Spence at 412-853-4626 or Dawn Jackman at 412-371-1668 extention 1006.

HOME DELIVERY HERO

Harry Douglass Steps Down

A very familiar face to the homebound residents of Regent Square is no longer appearing at their doors. Harry Douglass of Edgewood has decided to step down after many years of volunteer service as a meal deliverer for Edgewood Home Delivered Meals. Harry brought countless meals to residents, taking particular joy from his special holiday deliveries of dinners provided by Duranti's Restaurant in Oakland.

For the last several years, Harry's companion on his route has been his granddaughter, Megan Macek. Now a senior at Duquesne University, Megan has been delivering meals with her grandfather since she was a student at Word of God School in Swissvale. While Megan will continue her deliveries, both she and all the people at Edgewood Home Delivered Meals will miss having Harry along.

A cooperative project of the Edgewood Civic Association, the Edgewood Cot Club, and the First Presbyterian Church of Edgewood, Edgewood Home Delivered Meals delivers meals to homebound and infirm members of Edgewood and Swissvale, Monday through Friday, all year long. Any Edgewood or Swissvale resident who is unable to shop for or prepare meals is eligible to receive delivery, whether for a short period of recuperation or for a long term. If you or a member of your family needs this service, please contact them via the Swissvale Senior Center at 412-731-6125.

New volunteers are always needed and welcomed by the meal service. Volunteers devote one or two hours every month to picking up meals at the Swissvale Senior Center and delivering them to residents in the area. If you'd like to volunteer, please contact the Swissvale Senior Center 412-731-6125, or Joy Goethert at 412-731-1640.

SPRING FLEA MARKET

Slated For April 26th At First Presbyterian Church of Edgewood

The First Presbyterian Church of Edgewood will hold their annual Flea Market on Saturday April 26th from 10AM-2PM at the church. It's a great time to think about leaning out your attics and bringing your unwanted treasures (in good condition) down to the church. However clothing or large items such as furniture are not being accepted. Donations for the sale are being taken at the School Street entrance of the church. If you're unable to bring items in, you may call Joy Goethert at 731-1640.

Help is needed to sort and organize and set up for the event. If you're interested in helping, you may contact Joy at the number above or call the Church at 412-241-4613. Volunteers are always welcome and appreciated!

CONTRIBUTING WRITERS

Thanks To Community Members For Newsletter Articles

Thanks goes to for contributing writers from the community or those who provided information for the Newsletter. This includes Julie Crawford (Meeting minutes & yard sale), Kelly Britcher (Mardi Gras), Sara Werner (Symphony), Kathy Dryburgh (Cot Club), Alina Keebler (Membership information), Tory Butterworth (East end networking), Dawn Jackman (Center for Creative Play), Helene Price (Lifestart), David Pollack (Richmond/Sanders Lot), Joy Goethert (Hometown Hero), Fred Leff (Real Estate), and Bill & Judy Werner for a final proofreading.

The Civic Association Newsletter is your community newsletter. Consider submitting an article about the community for publication. Also feel welcome to attend the regular Civic Association meetings at 7PM in the Wilkins School Community Center the first Monday of each Monday.

Newsletter Input/Output - The Regent Square Civic Association Newsletter is compiled and edited by Jon J. Danzak (danzak@sgi.net). If you have a comment, or would like to submit an article, please call the RSCA at 412-243-0702 or write the editor c/o 629 South Braddock Avenue, Pittsburgh PA 15221-3415. Submission deadline is the 7th of the month. ©2002 RSCA – Newsletter and logo are copyright of the Regent Square Civic Association. All rights are reserved.