

# REGENT SQUARE

CIVIC ASSOCIATION  
NEWSLETTER

The voice of the Regent Square Civic Association (RSCA),  
a *not-for-profit 501(c)4*, all volunteer community organization,  
serving Regent Square's diverse residential and business community.

## New Members Join RSCA Board

*Strong panel to lead neighborhood projects, initiatives*

Three neighborhood residents were elected to the Regent Square Civic Association Board of Directors for the first time to help lead the organization through 2013.

They include Maggie Schuetz, a lawyer who lives in Swissvale; Allison English, of Wilkinsburg, who is active in a number of community and leadership initiatives; and Tom Montgomery, also of Wilkinsburg, who is manager of a builder-owned mortgage company. They were elected in the November Board of Director's election along with incumbent member Darrell Rapp of Swissvale, who has focused on care and planting of existing and new street trees, as well as helping to establish the government liaison efforts of the RSCA.

The board also includes returning members; 2009- 2011 term- Andrew Lang (Edgewood), Carrie Webber (Swissvale), Kathy Meyer (Swissvale) and Neal Harrison (Swissvale), 2010- 2012- Alina Keebler (Pittsburgh), Arch Pelley (Wilkinsburg), Kitty Brunkhorst (Swissvale) and Nancy Drew (Edgewood). ■

## Let It Snow, Let It Snow

By now, the region is well into winter. Have you taken your snow shovel out of the garage yet?

While it's doubtful we'll get the "Snowmageddon" we got last year, here's a gentle reminder to be aware that Edgewood, Swissvale, Wilkinsburg and the City of Pittsburgh each have ordinances that require snow and ice be removed from sidewalks within 24 hours of snowfall. Although the local governments waived the requirement after the heavy February blast last year, residents in general are expected to follow these laws to assist the many walkers in the neighborhood. When sidewalks aren't cleared, many of these walkers are forced into the street, which can be dangerous, especially at night.

We appreciate everyone's cooperation.

According to the U.S. Environmental Protection Agency, nearly 11 million tons of road salt is spread each winter across the country. If you are so inclined, also consider the effects of salt and calcium-chloride on our neighborhood animals. There are a number of pet-friendly products on the market today and you can be sure your four-legged friend would appreciate something equally effective but a little less caustic on his feet! ■

January 2011, Volume 31 Number 1

### Join us next month....

at our next RSCA meeting at 7 p.m. Jan. 3 at the Wilkins School Community Center, 7604 Charleston. Meetings are typically held the first Monday of each month, with the exception of holidays. Future meetings will be Feb. 7, March 7, April 4 and May 2.

MORE UP-TO-DATE INFORMATION  
FOR REGENT SQUARE RESIDENTS,  
BUSINESS OWNERS & NON-PROFITS:

To receive Regent Square notices between issues of this Newsletter, you can register for the:

- RSCA General Email List &/or
- RSCA Business Email List

Visit [www.regentsquare-RSCA.org](http://www.regentsquare-RSCA.org) and follow the "RSCA Mailing Lists" links and instructions.

[WWW.REGENTSQUARE-RSCA.ORG](http://WWW.REGENTSQUARE-RSCA.ORG)

# Zumba Sparks Fun, Fitness

If you're looking for a way to shed some of those extra holiday pounds, look no further than the Shaolin Karate Studio on Braddock Avenue.

That's where you'll find Krista Bremer and Erin Snodgrass teaching Zumba Fitness.

"Our classes have transformed people before our eyes," said Krista, who has taught at the studio with Erin for 2 ½ years. "We have students coming in daily telling us their success stories about extraordinary weight loss, making new friends and beating depression – all since they started taking classes with us! It's an amazing thing to experience."

Zumba, which mixes exercise with salsa, merengue, reggaeton, samba, calypso, cumbia, hip-hop, belly dance and more, has spread across the globe since it was founded by celebrity fitness trainer "Beto" Perez in Colombia in the 1990s. It's now the most popular exercise routine in South America and is spreading rapidly across this continent. The sessions are more like a party than a workout, making it so much fun, people come back week after week for more. The result: Better endurance, muscle tone, a smaller waist and the start of many amazing friendships along with exposure to music from all over the world.

The hourlong classes allow participants to move at their own pace and are designed for any person who walks in. No experience is required and instructors modify any movement to an individual's ability. The format involves two warm-up songs that prepare the body for the calorie-burning party. From there the instructors alternate between fast and slower-paced songs. Doing this gives the cardiorespiratory system the interval training that it needs to stay healthy and burn more calories. In one hour, participants can burn 700 calories or more while having a great time.

*(Continued on page 3.)*

**Contributions:** This edition was edited by Virginia Linn and designed by Rebecca Doshi. Thanks go to community members who contributed articles or information for the newsletter. This month they include:

- Patty Doody – WSCC news
- Krista Bremer – Zumba classes
- Melita Carter – Newsletter distribution
- Carrie Webber – Board elections, Yard sale
- Neal Harrison – Snow shoveling responsibilities
- Alina Keebler – Home Improvement workshop, RSCA board retreat

The RSCA welcomes the submission of articles and calendar events to this Newsletter. Deadline for submission is the first Monday of each month for the next month's issue. The RSCA reserves the right to decline any submission or to edit it for style, length and/or content. For detailed submission guidelines, visit [www.regentsquare-RSCA.org](http://www.regentsquare-RSCA.org) or email [contact@regentsquare-RSCA.org](mailto:contact@regentsquare-RSCA.org) or call 412-371-2895 for a copy.

# Coming events

## Spring Yard Sale

Before we know it the holidays will be over and spring will be here. The RSCA starts planning for the neighborhood's annual yard sale in February, and we need volunteers to help organize the event. Typically, a team of three or four people (including at least one RSCA board member) divides planning the tasks and requests support from additional volunteers to assist on the day of the sale. If you are interested in helping, contact Carrie Webber at 412-371-2895 or [contact@regentsquare-rsca.org](mailto:contact@regentsquare-rsca.org).

## 2011 Home Improvement Workshop

*Saturday, March 19 - Save the Date for Curb Appeal!*

Have you been thinking about how to improve the outside of your home? Do you know what style it was built in, what colors or features would enhance it, or what is the latest in roofing and siding? If you want to learn more about these and other related topics, then you should make sure to attend the 4<sup>th</sup> annual Home Improvement Workshop. This year's presentations, mini-consultations, and participating vendors will focus on improving your house's **Curb Appeal** which will in turn **add value to your home and community**.

As in past years, the Regent Square Civic Association, the Greater Park Place Neighborhood Association and Neighbors Unite Wilksburg are partnering with the Community Design Center of Pittsburgh to put on this free (yes, free!) workshop for area homeowners, current and future. The event will be held Saturday, March 19, 10 a.m. to noon, at the Mifflin Avenue Methodist Church. Mark your calendars and check the Park Place and Regent Square websites from time to time for more information.

The workshop's planning committee has begun to meet to make decisions on the presenters and vendors who will attend. If you have ideas on what you would like to see and hear and/or would like to help, please contact [workshop@regentsquare-RSCA.org](mailto:workshop@regentsquare-RSCA.org). ■

# Tell Us What You Want

## Volunteers needed for neighborhood projects

On Jan. 22, RSCA Board Members will hold a retreat to develop a strategic plan for 2011. The next issue of this newsletter will report on this event, what activities the Board chose to undertake and who will head them.

Area residents have expressed interest in having the Board continue many past initiatives and have suggested several new ones that are quite worthwhile. Though volunteers have already stepped forward for some of these activities, the Board will not be able to put into effect those for which there are no volunteers. Following is a list of suggested activities that need volunteers (\* asterisks note those that also need chairpersons). If you are able to help bring them to fruition, please email contact@regentsquare-RSCA.org at your earliest convenience (before the Board Retreat if at all possible).

### Communications:

- Newsletter Articles
- Regent Square Facebook Page \*
- Website Redesign \*

### Community Events:

- Home Improvement Workshop
- Easter Egg Hunt \*
- Neighborhood Yard Sale \*
- Children's Halloween Party \*
- 3 Rivers Film Festival - Reg. Sq. Theater \*
- Annual Open House Planning \*

### Other

\* \_\_\_\_\_ (your ideas are welcomed)

### Neighborhood Initiatives

- Parkway Interchange Litter Clean-up \*
- Tree Planting/Maintenance
- Welcome to Reg. Sq. Business Directory\*
- Welcome Packet for New Residents \*

### Business District Initiatives

- Business Corridor Improvements
- Marketing/Public Relations
- Traffic & Safety \*

*(Zumba, continued from page 2.)*

Class participants (women AND men) say that one of the best benefits of Regent Square Zumba is the ability to connect with others in the community. Once a month on a Friday, the Regent Square Zumba classes offer a "Friday Happy HourZ" that includes one hour of Zumba followed by a trip to one of the local business for food, drink and socialization.

"Bringing people to other businesses in the community is one of our ultimate goals," Krista says. "We support the neighborhood's economy and want to bring a healthy outlook to its residents."

Classes are held Monday, Wednesday and Sunday from 7-8 p.m. and Wednesday and Thursday from 8-9 p.m. Drop-ins welcome. Participants can pay \$7 for a drop-in class or have the option to buy a punch card or an unlimited monthly pass. (\$50 for unlimited month and \$60 for 10-class punch card). For questions or info on special discounts, call 412-651-8947. ■

## New At The WSCC

### NEW Fitness Group! Become a member!

Get Fit with First Lady J. Fit Clique. This is for you if you do not like fitness clubs and prefer a more informal friendly atmosphere. Check our website for details on the many, many classes being offered by our favorite fitness instructor, Jackie O. Learn to make soups from what is in your pantry with Dave Green. Take an Absolute Beginner's Sewing class and learn to hem those pants. There are also many new and continuing art classes: jewelry making, watercolor with Marci Mason and acrylics with Francine Vandenberg. Hurry and sign up for Wine Tasting Classes with Chris Forbes before they fill.

There is so much more, visit our website to see other offerings, [www.wscppgh.org](http://www.wscppgh.org) or send us an e-mail [wscppgh@yahoo.com](mailto:wscppgh@yahoo.com) or call 412-244-8458.

### Kay Wetzel is a Jefferson Award Recipient □

Known as the Nobel Prize for Volunteerism, the Jefferson Award honors individuals for their achievements and contributions through public and community service. Kay was selected due to her dedicated work establishing the Wilkins School Community Center (WSCC) and her continuous service to the WSCC as board president and as the head of various committees. Kay also regularly volunteers with Meals on Wheels, the Greater Pittsburgh Community Food Bank and the Salvation Army. She recently marched with those trying to save Braddock Hospital and has spoken on behalf of the Woodland Hills teachers. Congratulations to Kay! ■

## RSCA Membership Form 2011

*[Feel free to make copies of this membership form]*

Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
- or -  
Business Name \_\_\_\_\_  
Business Owner \_\_\_\_\_  
Alt. Rep. \_\_\_\_\_  
Website \_\_\_\_\_

*If you wish to show your support for the  
Holiday Lights along S. Braddock, make an  
additional donation below.*

- Resident @ \$ 10.00 per person \_\_\_\_\_  
 1 Business @ \$ 25.00 per business \_\_\_\_\_  
 1 Donation @ \$ \_\_\_\_\_

**Please send in this form  
with your check (payable  
to RSCA) to:  
RSCA Membership  
7604 Charleston Ave.  
Pittsburgh, PA 15218**

Address \_\_\_\_\_  
City | State | Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**Add me to the RSCA E-mail List**  
**Contact me to discuss:** \_\_\_\_\_

Contact information is not shared with other organizations | Membership year runs Jan. 1st - Dec. 31st - dues received after Oct. 1st will be attributed to the following year | Membership dues are not tax-deductible as a charitable Contribution; however, may be deductible as an expense incurred in connection with a trade or business | For membership info: [contact@regentsquare-RSCA.org](mailto:contact@regentsquare-RSCA.org)

## New General Distributor Takes Over

*More Newsletters to be published in 2011*

Michele Kerr, a resident of Henrietta Street in Regent Square, has stepped up to be the new general distributor of the Regent Square newsletter. She replaces Eli Silk, who is moving out of the neighborhood.

Originally from Montana, Michele has lived in Regent Square for 20 years. Keeping in the tradition of speaking in Pittsburghese, she lives "in the old Grana house" with her husband, Brian and two children, Teague and Kendel. From the early days of living in "the Square" she has always been pleasantly surprised when the newsletter arrived on her doorstep.

Volunteering to be the general distributor seemed like a relatively benign yet integral way of being involved. When Michele told Brian that she had volunteered for the position, he laughed as he was also thinking of volunteering for it.

In other news, a regular schedule has been set for the 2011 newsletters, which will be published bimonthly. Here are publication months and article deadlines for submission:

March – deadline, Feb. 7	September – deadline, Aug. 8
May – deadline, April 4	November – deadline, Oct. 3
July – deadline, June 6	

Submit articles by e-mailing them to [contact@regentsquare-RSCA.org](mailto:contact@regentsquare-RSCA.org) or mail them to 7604 Charleston Ave., Pittsburgh PA 15218-1265. ■



To contact the RSCA:

Regent Square Civic Association  
7604 Charleston Ave., Pittsburgh, PA 15218-1265  
412-371-2895 Email: [contact@regentsquare-RSCA.org](mailto:contact@regentsquare-RSCA.org)

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