

POLISH HILL VOICE

3060 Brereton Street
Pittsburgh, PA 15219

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The Polish Hill Voice is
underwritten by PNC and support
from the Pittsburgh Partnership
for Neighborhood Development



Photos contributed by:
Mark Knobil
Brian Seklecki
and the PHCA archive

Edited by
Leslie Clague

The PHCA's mission is to respect and preserve the sense of community in Polish Hill while promoting economic and housing development opportunities, and improving the quality of life for our community.

Upcoming Community Meetings:

PHCA Community meetings are held on the first Tuesday of each month at 6:30 p.m. Meetings are held in the Senior Center on the lower level of the West Penn Recreation Center, 470 30th @ Paulowna Street.

Feb 2

Mar 2

Apr 6

May 4



Polish Hill Voice

We are the community ... we are one voice!

3060 Brereton Street ✨ Pittsburgh, PA 15219 ✨ (412) 681-1950 ✨ phcapgh@gmail.com ✨ www.phcapgh.org

February 2010

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Glimpses of old Polish Hill Preserving Neighborhood History



The Immaculate Heart of Mary School, 1910s

Every place changes. Things that are most familiar—the buildings on your street, the faces you see around the neighborhood — all can slip out of memory so quickly. In just a generation, residents move away, become older, or pass away; buildings are torn down, new people move in. Sometimes younger relatives aren't interested in family history, or don't see the need to preserve old photos and documents. Everyday history is lost as material is scattered and memories fade.



IHM graduation, 1950s.

Photo courtesy of Loretta Burek

Realizing that there was no archive for Polish Hill history, the PHCA started one in 2008. We've put out a call for photographs, news clippings, and other neighborhood memorabilia. Residents and former residents have dug through their attics and boxes, and brought in family photos for us to scan.

People have brought in Xeroxes of old news articles; a couple of residents have shared entire collections of photos and documents.

Girls posing on the median of Bigelow Blvd near the billboards, 1920s.



Photo courtesy of Terry Doloughy

Most of the PHCA archive is digital. The great thing about digital technology is that people can share photographs while still keeping them in the family. We can scan photos or other material and return it. Once a photo is scanned, it's easy to print copies, which can be displayed while the originals are safely packed away.

By collecting and sharing photos, we are creating a historical record and a collective memory. In the PHCA office we now have a big notebook with prints of many of the photos we've received. We're always adding more photos as things come in. Many visitors to the PHCA office have sat down and spent some time looking at this album. Sometimes these are new residents, curious about this place they now live. Others are long-time or former residents, who might see a relative or friend in photos that came from another family, or be moved by the sight of a familiar face.

(continued on page 3)

Want to continue receiving the Voice? Make sure to renew your PHCA membership!

Residents share family memories



Ellen Mitchell Doloughty and her daughter Sandra Ann in the backyard of 3012 Paulowna Street

I always remember Grandma with a smile on her face. She would create whole imaginary menus for her very picky grandson. Baked potatoes became Flintstone Potatoes, flank steak became Brontosaurus meat. She did enjoy spending time in the kitchen. I remember her in the yard sitting out and watching me play, digging holes wherever I could. She was very fond of the rose bushes near the kitchen window.

The backyard of this home abuts the backyard of the house where Ellen grew up, and other family lived close by. The yard with its view of Immaculate Heart of Mary church in the background was a popular site for family photos. My uncle Buzz (Charles James Doloughty III) believes this photo was taken in 1946, because he remembers the shrubs being taller in the 1950s.

Terry Doloughty



Bubci and Ddadza

(Vera and Stanley Ejzak, married in May of 1925 at Immaculate Heart of Mary)

They were married when marriages lasted a lifetime. One of the stories I heard was of my Ddadza going swimming in the pool. That was big doings then, the West Penn pool was just built. Bubci had a saying: "A clean child is an unhappy child."

When you look at all the pictures of years gone by, especially the very old pictures, it is hard to fathom how difficult life was back then and yet everyone seems happy. It brings one to ponder. Does the struggle of life somehow become blurred into fondness? It is obvious that back in the early days of Polish Hill life was not always easy; but, when one looks into the pictures, one conjures up pleasant memories. Most pictures from families here on Polish Hill tend to be of religious origins. By this I mean that the pictures, like their lives, revolved around family and church events—weddings, baptisms, and other functions.

Josie Ejzak



May procession on Brereton Street, 1950s.

Photos courtesy of Loretta Burek



PHCA Membership Application 2010 (still only \$5.00)

Memberships are for the calendar year and on an individual basis. Please include names and \$5 for each person in your household who wishes to become a member of the PHCA.

NAME: _____

(Street Address) (City) (State) (ZIP)

PHONE: _____

EMAIL: _____

_____ REGULAR MEMBER (Polish Hill residents only) Or _____ SUBSCRIPTION MEMBER (Non-residents; entitled to newsletter only)

_____ New Member Or _____ Renewal

For office use only:

REC'D BY: _____ DATE: _____ GOT CARD? _____ LOGGED? _____

Make checks payable to the Polish Hill Civic Association and mail with the membership application to:

PHCA, 3060 Brereton Street, Pittsburgh, PA 15219

All members get a free subscription to the Voice (4 issues a year)

Members who are also Polish Hill residents get:

Free notary service

An invitation to the monthly community meeting and a vote on neighborhood issues

An invitation to the bi-monthly Council-to-Go session

A voice on community issues

Help build the neighborhood that you want to live in!



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Dear Residents,

In 2009, our most livable City of Pittsburgh saw 40 percent fewer homicides than in 2008. While crime has not been eliminated, we are making great gains in protecting our City's streets and neighborhoods.

Over the past few years, we have implemented public safety initiatives that complement the solid police work of our local law enforcement. However, the safety of our streets cannot be achieved by the work of the Police Bureau alone. It takes the collaboration of City residents such as yourselves – business owners, students, parents, engaged community members – to commit to working with law enforcement to develop preventative, proactive approaches that will lead to real gains in public safety.

The Pittsburgh Bureau of Police is dedicated to working with neighborhood residents, schools and businesses to identify community problems and concerns, and help solve them. Each police zone has a Community Policing Officer dedicated to working in collaboration with neighborhoods.

What is a Community Policing Officer (CPO)? Every police zone has a single officer, the CPO, who is assigned to answer calls in the area, attend community meetings to help identify and strategize around community issues, and work with residents to develop crime reducing strategies. You can play a critical role in ensuring your and your neighbor's safety by engaging with community-oriented policing strategies.

How do you do that? One way is to attend your Zone Public Safety Council meetings, where your CPO reports on crime trends and incidents in the Zone. Another is to

call your CPO to discuss what is happening on your block and what you can do to make a difference.

You can work with your CPO to start a Block or Neighborhood Watch to stop crime before it happens. Block Watches keep community members aware of the current crime happenings on your street and provide an avenue to get to know your neighbors while developing crime problem-solving strategies.

I encourage you to reach out to your local Community Policing Officer and get involved in protecting the safety of your community. The Zone 2 CPO is Officer Janine Davis, who can be reached at (412) 255-2827.

If you do not know which is your local police zone, check out http://www.city.pittsburgh.pa.us/police/html/police_zones_map.html for more information.

Sincerely,

Time to renew your PHCA membership!

Memberships are on a calendar year basis. Have you paid your dues for 2010? It's still just \$5!

One reason to renew: after this issue, the Polish Hill Voice will only be mailed to current PHCA members.

Pay at the PHCA office or mail in the form on page 11.

Free services at Sen. Jim Ferlo's local office

State Sen. Jim Ferlo wants to remind constituents about services provided through his local district office staff free of charge. "Part of my responsibility as an elected official is to provide quality, helpful service to local citizens," Ferlo says. "I want my constituents to have knowledge of and access to the wide range of available government programs and services."

Some useful documents found at Ferlo's district offices include PACE/PACENET and Property Tax/Rent Rebate applications; information on living wills, student financial assistance programs, and fishing and boating; Pennsylvania drivers' and commercial drivers' manuals and other PennDOT forms; birth certificate and notary applications; voter registration forms; state grant booklets; and booklets on veterans services.

"I encourage you to visit one of my offices to make sure that you're receiving all of the aid and assistance that you're eligible for," Ferlo says. "My staff will gladly assist you in determining your eligibility and making sure your applications are filed correctly."

Ferlo's Lawrenceville district office is located at 3519 Butler Street. For more information on all of the services provided, visit www.senatorferlo.com/constituent_services.htm.

Council-to-Go in Polish Hill

**Wednesday March 10
6:30 p.m.**

**Wednesday May 12
6:30 p.m.**

The March meeting is scheduled be held at Polish Hill's new coffee shop, Café Lili, at the corner of Dobson and Hancock. To confirm meeting locations, call the PHCA at 412.681.1950, or check Blogski.

Presidents Message

2010 has arrived and Polish Hill continues to thrive. In the midst of winter, we have the opportunity for more photos of views that we can't enjoy in the summer.

With the arrival of the New Year comes the chance to dust off our dreams and set our project lists in motion. What have you been waiting to start? What do you want to see happen in your garden, on your street, or in your neighborhood? These are the questions best mulled over a hot cup of tea or hot chocolate in this season.

While we wait for the thaw of spring, many of us still need to walk the icy sidewalks and stairs of Polish Hill on our way to work or school. This year, Polish Hill is the location of a City pilot program called Stair Stewards. City crews have placed salt boxes at the two most-used staircases, Downing-to-Herron and Dobson-to-Herron. If the program is considered a success, next year we hope to get salt boxes for other frequently used city steps, including Harding-Bigelow and the Apollo steps between Melwood and Bethoven. The stair steward program is a sensible idea that helps keep our neighborhood pedestrian-friendly. We hope that it will inspire similar programs in other neighborhoods.

And when you're out in the cold shoveling and sweeping, take a moment to check the sidewalks of those less able to clear them. Shovel or sweep a few more feet; it will help your friends and family to get home more easily. And many thanks to the residents who take it a step further and shovel some of the sidewalks in front of the vacant or abandoned buildings. Your efforts are appreciated by all the pedestrians of Polish Hill.

In PHCA news, a few of our board members have completed their terms. Maurice Davis, Mike Duray, and Jim Stawski have all served Polish Hill, and we want to extend our thanks for their efforts. We are grateful for their time of service.

And we extend a warm welcome to our incoming board members, Janice Heagy, Josie Ramsey, and Rose Hudson. The members of our board of directors bring their unique abilities to the PHCA, and we look forward to working with them.

Although it's cold, we already have green things on our minds. There's the new community garden on Harmar Street, the continued greening of Maly Park, neighborhood clean-up efforts, and our own back yards. As seed and plant catalogs arrive in the mailbox, as you're looking through the garden websites, now is the time to start planning. Consider sharing or trading some plants with your neighbors. You would be amazed at some of the heirloom treasures that may be growing in the next yard, or just around the corner.

And there are more than just plants and seeds to share. We have the benefit here of an older generation that knows how to can food, make pierogies or paczkis, or fix things. Lifetime residents know what grows best in different spots in the neighborhood, or where the wild blackberry bushes are. It is our hope that all the generations, longtime residents and new arrivals, can share their knowledge and abilities. We have a lot to offer one another. We live in this place together. As we enter a new year, it is my wish above all others to keep this Polish Hill tradition alive, neighbor helping neighbor.

Terry Doloughy
PHCA president

Glimpses of Polish Hill, continued from front page

Early this year, we had our first chance to share this archive outside of Polish Hill. A last-minute opportunity led to a January exhibit of old Polish Hill photos at the main Carnegie Library in Oakland. The exhibit was small, but it was well received. We hope that the interest in the show has spurred more people to look through their own albums and boxes for bits of Polish Hill people and places.

Some people might think that since they only have a photo or two, it's not worth digging them out—but it is! Every photo, no matter how small, gives us another glimpse into the past. Taken individually, these small snapshots might not mean so much, but collected together, they give us a picture of a lively neighborhood with its own personality and history. There are many people in this neighborhood whose families have been here for generations. Many of those who left still maintain ties. This is the time to collect and document old Polish Hill, before the generations spread out further, things are lost or discarded, and memory fades away.

A new baby on Revere Street, 1950s.

Photo courtesy of Loretta Burek



The Polish Hill archive is still small, but it includes some wonderful photos. It's inspiring to see the faces of former residents, whose community spirit still informs this neighborhood. Every place changes, but we can honor and preserve the memory of the past and the hard-working people who helped make Polish Hill what it is. For those whose families have a long history in Polish Hill, we hope that you'll be inspired to dig out those old boxes, and stop by with some more bits of neighborhood history.

Contribute to the Polish Hill Civic Association archive:

If you have old photographs or other material relating to Polish Hill and its residents that you would like to share, please contact us at 412-681-1950 (or email phcapgh@gmail.com). If you bring in items we can scan and return them to you. If you prefer to scan items yourself, please make sure they are scanned at a high resolution—preferably 300 dpi. Items scanned at a lower resolution will not be clear or detailed when printed.



New venues in old buildings host music and more

In the last year two new event spaces have started in buildings with a long neighborhood history.

You've seen the letters on the roof tucked into the hillside at Bigelow and Herron, but newer residents might not know what they mean. YMPAA (locally pronunciation: "yoompah"), located at 935 Herron Ave, is the Young Men's Polish Athletic Association. Founded in 1927, it's not so much an athletic organization nowadays; mostly a drinking and social club.

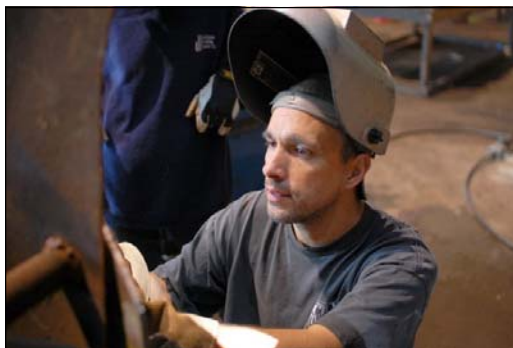
The first floor bar is only for members and their guests (membership was recently opened to women), but YMPAA has begun advertising its upstairs room for event rentals. A Facebook page has been created to list events and posts by their members.



Men at the bar in the Polish Falcons Club, date unknown. (Photo courtesy of Loretta Burek)

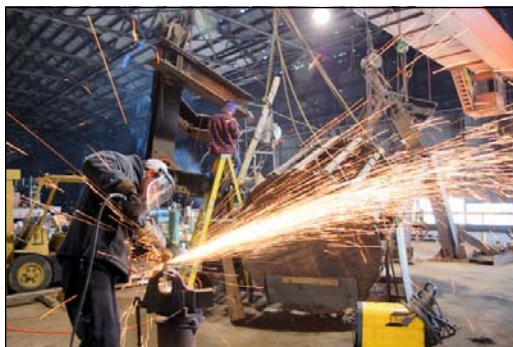
The Falcon, at 3028 Brereton Street, is the gymnasium of the former Polish Falcons building, now available for rental. A few rock concerts and other events have been held at this venue. The Falcon has a MySpace page (myspace.com/falconvenue).

A Belated Salute to the 2009 Artist of the Year!



Article and photos by Mark Knobil

Our own Polish Hill resident Tim Kaulen was the Pittsburgh Center for the Arts' 2009 Artist of the Year. Tim is an accomplished artist/sculptor whose work has grown out of a response to the industrial landscape in Pittsburgh. His early work included collaborative projects with the group he formed called the Industrial Arts Co-op. Using found materials, the IAC fabricated sculptures such as the 30' high deer head in the abandoned US Steel Carrie Furnace.



2009 Artist of the Year Tim Kaulen at work.

His Scotty camper with the long necked beak drew attention when it was placed outside the Carnegie International exhibit in 1995. Taking the old camper and attaching a long metal neck to make a very large bird-like creature is typical of Tim's use of industrial material to create whimsical creatures.

For the recent show titled "The Garden of Earthly Delights," Tim has fabricated a series of very large metal toys which currently reside on the lawn at the Pittsburgh Center for the Arts. These are the result of having carved up a 6,000 pound steel smokestack from the former Brewery on Pittsburgh's South Side. Intricately cut out and welded together these heavy chunks of steel have been fabricated into delicately ornamented toys reminiscent of old wooden pull toys which stand as high as 10'.



Project 53's Joi Reichenbacher rehearses a song with young musicians during last summer's Art What You Got festival.

Neighborhood music resource center starts new programs

Project 53 (3345 1/2 Melwood) is an independent nonprofit musician's resource center. Every second Wednesday Project 53 has a kid's jam session from 6 pm till 8 pm. Project 53 is looking for volunteers and donations of used musical instruments—they accept even those items needing repair. Project 53 will also be hosting movie and music nights. Follow along on their MySpace page (<http://www.myspace.com/project53pgh>) for schedules and information.

Tim collaborated with several local firms including Massaro, P.J. Dick and Trumbell, in the material acquisition and transport. He sought help from the Bidwell Training Center and Chatham University for assistance with plant elements for his sculptures.

Although his show ended November 8th 2009, keep an eye out for his future work. Maybe a piece of Tim Kaulen's work will miraculously appear in our neighborhood in the near future! We can only hope!



Lili Café Report

Article and photo by Mark Knobil

Who could have foreseen how complicated, difficult, expensive, and time-consuming, making a little café in an old storefront could be? It seemed like a simple enough idea ... a little drywall, some paint and new windows, a counter, and BINGO you have a café. No?

Well, no. There are a lot of rules about this sort of thing, and a lot of discoveries along the way. Far from a bit of paint, the project ended up being almost a complete reconstruction of the building's interior, including handicapped accessible bathrooms, new heating and cooling for each floor, and a new fire stair on the outside. One big surprise was the need for additional support beams to brace the load of Michael Seamans' planned vinyl record shop on



Pouring the cement patio for Café Lili. The café is slated to open in March.

the 2nd floor, and Bill Boichel's comic and graphic novel shop, "Copacetic Comics," on the 3rd floor.

The good news is a great number of amazing artists and craftspeople have put a lot of brain and brawn into the project. Their efforts have been way out of proportion to what was

expected. Everyone involved is going the extra mile because they want this project to succeed and make our community a better place to live. And, so they can get a cup of coffee and a bite to eat with their friends here in the middle of their community, Polish Hill.

Matthew Clifford of Polish Hill, the prime contractor for the project has to be singled out as a hero. Along with his business partner, Erich, he has "gone with the flow" using grace and intelligence.

And the flow is still going! The business owners should be able to start working on their interiors by the end of January. If all goes perfectly, perhaps everyone can open in March. See you there!

Editors note: the future Café Lili is located at the corner of Dobson and Hancock streets.



Polish Hill items benefit the PHCA—order here!

Polish Hill falcon t-shirt \$12
Available in red or black. Adult or child's sizes.



Pierogi pins and ornaments \$5
Handmade from felt



Polish Hill cookbook \$5

Button .75
Falcon on red background

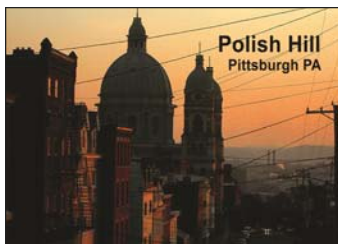


Item	Qty	Cost	Total
Red t-shirt Circle size(s) desired Children's S M Adults S M L XL XXL		12.00 ea.	
Black t-shirt Circle size(s) desired Children's S M Adults S M L XL XXL		12.00 ea.	
Polish Hill button		.75 ea.	
Pierogi pin		5.00 ea.	
Pierogi ornament		5.00 ea.	
Postcard		1.25 ea.	
Cookbook		5.00 ea.	
		Shipping	5.00
		TOTAL	

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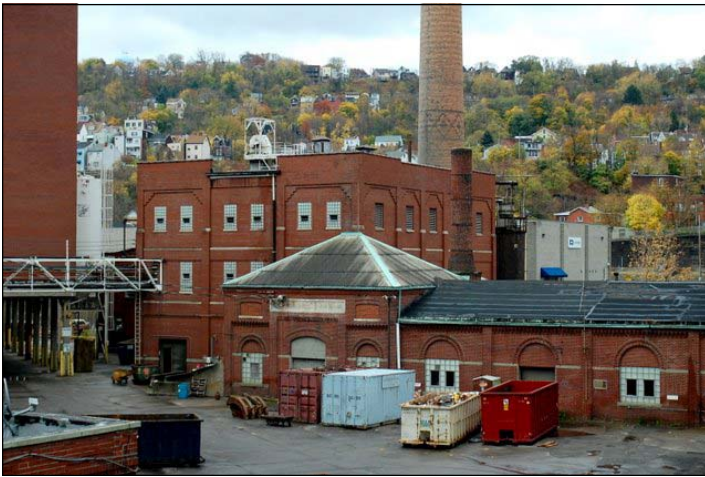
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Polish Hill Postcard \$1.25
A beautiful sunset view of Breton Street by Mark Knobil

What is the Future of the Iron City Brewery?



Article and photos by Mark Knobil

No more beer is being brewed at the Pittsburgh Brewing plant that has steamed and chugged at the foot of our community for way over one hundred years ... since 1866, as a matter of fact.

The facility has been sold to Unified Growth Partners who moved production to Ligonier, and commenced salvaging equipment and metals from the site. They also applied for a demolition permit from the city.



Councilman Patrick Dowd and community representatives speak with Iron City Brewing owner Tim Hickman during a tour of the brewery in November.

When Keith Cochran, an architect in Lawrenceville, became aware of the demolition permit, he was concerned about the future of the site, and went into action. He contacted Councilman Patrick Dowd, the Lawrenceville Corporation, and other interested citizens to tour the old facility and talk with owner Tim Hickman and his partner about their plans for the site.

During the tour the owners expressed willingness to co-operate with the community representatives in the development of the property. They planned to keep the old office building intact as a corporate headquarters, but were unsure how to use the rest of the buildings on the site, or which ones they were going to tear down.

Although it's just outside of the neighborhood, the brewery has been a presence for over a hundred years.

Right, two women and a girl at the corner of Ruthven Street and Herron Avenue, with Herron Bridge and the brewery in the background.

Photo courtesy of Loretta Burek



The boiler control panel. Photo taken on a recent tour of the brewery. Much of the brewery equipment has already been removed and sold.



The community representatives expressed their hope that the uniqueness of the site could be used to advantage and turned into something that would be a credit to the bordering neighborhoods, as well as the city as a whole. To make sure that the neighborhoods have a say in what happens, Cochran and Councilman Dowd are applying for a Historic Designation for the property from the city.

If the designation is granted by the Historic Review Commission, and then voted on by City council, there will have to be allowances made for public comment on whatever plans are eventually proposed for the future of the site. To that end, Keith showed up at the preliminary hearing with over 200 letters of support from people in Polish Hill, Lawrenceville, Oakland, and even other cities.

Whether we drank Iron City, worked at the plant, or just watched the steam rise up to the sky, the Pittsburgh Brewing Company has been a big part of the flavor of Polish Hill. It is for many a gateway to our community. It is vitally important that whatever happens with the old brewery, it's something that we all can feel proud to have as part of Polish Hill.



Recycling and other green topics

Recycling—going for the gold star

By Josie Ramsey

Did anyone read the notice sent out by the city explaining recycling and garbage collection? It denotes Polish Hill as a Blue Star community. This means that we average 65% or better in the area of recycling. It is difficult sometimes to recycle, with needing to have blue bags and all, but Polish Hill is doing a pretty good job. There is only one level higher, the Gold Star, which means that there is 90% recycling happening in a community.

Many stores give out blue bags when bagging groceries. This is a great way to acquire blue bags. However, sometimes a household may need more. There are blue bags available in various stores—even some of the dollar stores.

Sometimes it's difficult to remember what can be recycled or when our recycling days occur. This information can be found on the Pittsburgh web site. The City also mailed out a flyer with this information to all households early in January. When in doubt, peek at your neighbor's curbs—if no one else has blue-bagged stuff out, it's probably not the week.

Recycling is an efficient use of the resources that are on our planet Earth. By recycling, we divert tons of materials from ending up in landfills.

Need another copy of the City recycling and trash pick-up schedule?

Stop in at the PHCA office to pick one up!



The new Harmar street community garden, at the juncture of Pulawski, Harmar and Wiggins streets, was established in spring 2009. Applications for plots in this garden are now being accepted for spring 2010.



The new Harmar community garden was laid out by residents and volunteers from the Student Conservation Association. Here, Garden Steward Brian Seklecki and SCA volunteer Oliver plant the newly turned rows. The garden produced wonderfully all summer!

Would you like to continue receiving this newsletter?

The Polish Hill Voice is mailed to current PHCA members. Contact us to check on your membership status! or to renew.

Community Gardens

By Leslie Clague

Even though it's the middle of winter, we're thinking about gardens. Demand for garden plots has been growing with the influx of new residents. The original community garden, on Wiggins Street, has been booked up for a long time. The small garden on Dobson is also under care, and the tot lot on Melwood has unfortunately long since grown over.

In 2008, the PHCA established another community garden on a triangular lot on Harmar Street. The lot's owner, Jon Growall of Blue Dog Homes, kindly agreed to let the lot be used for a community purpose, rather than parking spaces or building. This is a great spot that gets sun almost all day. If you're looking for a spot in a community garden for summer 2010, this is the place.

Having a garden plot means accepting a certain amount of responsibility. Unlike green lots, which function like public parks, community gardens are not funded by the City. All donations, site preparation and maintenance are done on a volunteer basis. Each garden has a steward, but a lot of the work needed to make the plots ready for a growing season is up to the people who are going to be using the garden.

In the Harmar garden, more plots must be dug out, and the ground will be turned over this coming spring. Later, rain barrels will need to be refilled regularly. What runs off the roof is not considered safe to water edible plants, and at any rate, it's never enough! The PHCA is currently looking at other possible sites for community gardens. If you would like to reserve a space in the Harmar Street community garden, contact the PHCA.



Well-used

By Terry Doloughty

Creative reuse has long been a skill practiced on Polish Hill. In the spring broken broom sticks sprout from our gardens to help support tomatoes and beans. Broken shovels become dust pans, while worn-out watering cans become planters. A hallmark of life in this neighborhood has long been efficiently using of what we have, and making do with what we have.

Polish Hill was a green community before there was a name for it. In the early days of our neighborhood rain barrels were common. If your home had a yard, there was a good chance a garden was present. Homegrown herbs were used in meals, and fruits and vegetables were canned. Locally sourced products were just a way of life. Knitting, sewing, and hand-me-downs were common to every family. Urban chicken coops were not the subject of building inspection meetings; they were where breakfast came from. And until the 1960s, residents of our neighborhood walked most places. If you had a bike, it was shared among friends.

There are many new Polish Hill residents who are living very close to the way past residents lived. These new arrivals are interested in learning how to can food, or make pierogi, or what grows best on our hillside. Some of these lessons are being learned again, or perhaps they are being understood anew. We have the benefit of healthy and active seniors in our neighborhood. These are folks who experienced the Depression, have worked hard all their lives, and have a lot of knowledge about getting by on just a little less, or saving just a bit more. Being self-sufficient and living on less is not a lost skill; take a moment to talk with the people who have done it successfully.



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The Urban Redevelopment Authority has programs to help low and moderate income residents buy, rehabilitate, renovate, or improve homes.

New at the URA: the Pittsburgh Home Rehabilitation Program (PHRP) has been enhanced to promote energy efficient improvements to owner occupied homes in the City of Pittsburgh.

Check out URA programs and income guidelines on their website
http://www.ura.org/pittsburgh_residents/pittsburgh_residents.php

Polish Hill Voice Editorial and Advertising Timeline

Submission Deadline	Publication Date	Months Covered
April 12	Early May	May, June, July

The *Polish Hill Voice* is published quarterly.

Advertisers/Photographers: Acceptable formats include:

- Black & white camera-ready art
- PC-based JPG, TIF or PDF (300 dpi or higher)

Editorial: Contributing writers, artists, poets and historians welcome! Please submit content via email at phcapgh@gmail.com, or send to the PHCA office at 3060 Brereton Street, Pittsburgh, PA 15219.

Staying fit: close to home and on the cheap

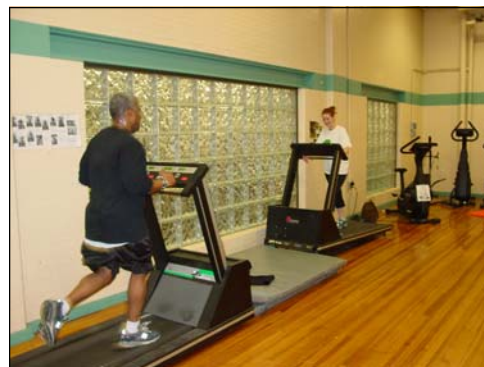
It can be difficult to keep up a fitness program during the winter months. There's less daylight, and once you struggle home from work, it can be very hard to force yourself back out the door into the cold and dark. Keeping active is essential—for physical and mental fitness. In the dark days of winter many of us need a boost more than ever.

Luckily, no matter what your fitness level or your wallet dictates, there are exercise options in or near Polish Hill. The simplest, and cheapest, is walking. We have a great neighborhood for walking. Our streets are picturesque, and with a few exceptions, fairly quiet. The City stairs are perfect if you want to get some cardiovascular exercise. If you've worked up to going up and down the extra-long Downing-Herron stairs—repeatedly—you'll know you're doing pretty well. Just keep a hand on the railing. The stairs are being salted regularly, but the weather has been icy. No falling!

Another neighborhood option is West Penn Recreation Center. It's free for any city resident to use West Penn's facilities (classes for adults are not free, however). Marcia Scott, the new director of West Penn, has told residents that she is committed to making the recreation center a place that serves the residents of Polish Hill. West Penn has a weight room and cardio machines in the dance studio. The PHCA recently helped get a weekly yoga class set up at West Penn; the class is on Wednesday evenings from 7-8 p.m. The cost is a \$7 donation—much cheaper than the going rate of \$10-12 that you'll find around town.

The cardio machines at West Penn. This room also serves as a studio for dance and yoga classes.

Photos by Brian Seklecki



The weight room. Weight training and physical fitness classes are held on Mondays and Wednesdays from 5:30-6:30

Community & Event Calendar February/March/April

Feb 2 | 6:30 p.m. | West Penn Recreation Center
PHCA Monthly Community/Membership Meeting

Feb 5 | 6:30 p.m. | PHCA office
Last day to put in an order for Paczki

Feb 26 | 6:30 p.m. | Gooskis
Talent show (benefit for the Bread Oven project)

Mar 2 | 6:30 p.m. | West Penn Recreation Center
PHCA Monthly Community/Membership Meeting

Mar 10 | 6:30 p.m. | PHCA office
Council to Go with Councilman Patrick Dowd

April 6 | 6:30 p.m. | West Penn Recreation Center
PHCA Monthly Community/Membership Meeting

May 12 | 6:30 p.m. | PHCA office
Council to Go with Councilman Patrick Dowd

Programs at West Penn Recreation Center 470 30th Street @ Paulowna Street

Food Program for kids 18 & under
Monday-Friday, September through June
Snacks 3:00 – 4:00 p.m., dinner 5:00 – 7:00 p.m.

Weight training and physical fitness
Mondays and Wednesdays 5:30–6:30 p.m.

Mixed martial arts (ages 5-11)
Tuesdays 7:00–8:30 p.m.

Mixed martial arts (for adults)
Mondays 6:00- 7:00 p.m.

Ballet II (ages 13 and up, there is a fee for this class)
Tuesdays and Wednesdays 5:00 – 6:00 p.m.

Tap II (ages 13-17, there is a fee for this class)
Mondays and Wednesdays 6:00 – 7 :00 p.m.

Hatha Yoga (for adults, \$7 donation)
Wednesdays 7:00-8:00 p.m.

Classes are still being added. For more information about activities at the West Penn Recreation Center, call 412-622-7353.