



**Pittsburgh
Parks
Conservancy**
PittsburghParks.org

Donor Newsletter
June - July 2019
PittsburghParks.org

Restorative Hikes Bring Peace of Mind

In June, the Pittsburgh Parks Conservancy introduced a new program, Restorative Hikes. These hikes, which take place in Frick Park, are inspired by the healing qualities of time spent in nature, coinciding with the benefits of meditation.

Each hike is led by an experienced guide and focuses on increasing overall happiness and health. The first of the hikes, held on June 15, was led by Moshe Sherman, a medical QiGong therapist and Reiki practitioner. More than 60 people registered for the first hike. Impressed by the public support and enthusiasm for the new program, we created a second hiking program, Meet Me at the Fountain, to be held on Saturdays in Allegheny Commons Park.

The second of the Restorative Hikes will be led by Native American couple, Earl



Attendees of the first Restorative Hike meet in Frick Park, June 15, 2019

photo credit: Ilian Sherman

and Lee Dingus. Earl and Lee are accomplished artists and silversmiths. In addition to his artistry, Earl is a talented Native American flute player. He gave a world premiere performance of *We Get Our Music from Nature* with musical Director, William Burkhard, and the Pittsburgh Civic Orchestra.

Lee Dingus is a storyteller of traditional Native America stories and a traditional Seneca style dancer. Lee uses her beadwork, storytelling, dancing, and lecture skills in conducting youth art camps, after school programs and various art classes for both children and adults.

The next Restorative Hike begins at 10:00 a.m. on Sunday, July 21 at the Frick Environmental Center. To learn more about this program, or its sister program Meet Me at the Fountain, visit pittsburghparks.org/park-events.



ENGAGE

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Park champions like you

Citizens Bank Breathes New Life into Mellon Square

Citizens Bank has partnered with the Pittsburgh Parks Conservancy to create Summer at the Square, a season-long series of programs hosted at Mellon Square in downtown Pittsburgh.

The series began on June 5 with free treats from Millie's Homemade Ice Cream, and a live performance by Scott & Rosanna. Summer at the Square programming

includes weekly yoga sessions, live lunchtime music, collaborations with Carnegie Library of Pittsburgh, and more—all free, all Summer. For more details, including upcoming performances, explore pittsburghparks.org/square 🌿



Flowers are in bloom at Mellon Square in downtown Pittsburgh, June 5, 2019

"Citizens Bank is excited to be a new supporter of the Pittsburgh Parks Conservancy. We are proud to be partnering to bring renewed life to Mellon Square and look forward to many, many more collaborations with the Parks Conservancy to support our parks!" – Melissa A. Walters, VP, Senior Manager, Public Affairs at Citizens Bank



Programs you make possible

You've Spruced Up an Old Favorite

We have taken our Sustainable Sipping program from the past and given it a modern twist! With your support, Pittsburgh Parks Conservancy has created Frick Park After Dark, a new 21+ event held at the Frick Environmental Center once per month, May through October.

Event attendees participate in environmentally-friendly, educational workshops. Afterward, attendees enjoy live music, adult beverages, and grub from local food trucks.

The next event will be held on Friday, August 9. More details are at pittsburghparks.org/park-events 🌿



Frick Park After Dark attendees enjoy live music by hunnycomb and beverages from Hop Farm Brewing Company, June 14, 2019



You transform our cherished spaces

You Make McKinley Park Accessible

Mckinley Park is a gathering place for the South Pittsburgh neighborhoods of Beltzhoover, Knoxville, Bon Air, and Allentown. This 78.5-acre community park features children's play areas, wooded hiking trails, a skate park, sports courts, a baseball field, and an activities center. Presently, the Pittsburgh Parks Conservancy is working with community partners and the City of Pittsburgh on a green infrastructure and park amenity project in the Chicken Hill area of McKinley Park. This project aims to reduce stormwater flowing into combined sewers, resolve drainage

and erosion problems that are adversely impacting the park, and restore accessibility and connectivity both within the park and with surrounding neighborhoods.

Construction has already begun on the restoration of two sets of historic steps that serve as key entry points to the park. This work is being performed by our partners at the City. In the coming weeks, additional portions of the project will get under way. This includes new ADA accessible trails, an outdoor classroom, a new pavilion, an in-ground



Renovations continue at McKinley Park, June 27, 2019

slide, and a large series of rain gardens to manage stormwater from the

neighborhood. This work should be completed by the end of 2019. 🌱

2019 PNC Pittsburgh Parks Conservancy Spring Hat Luncheon Sees Record-Breaking Crowd in New North Side Location

Presenting:
PNC

Diamond:
Ritchie Battle
Susie Dorrance
EQT Foundation
Audrey Hillman Fisher
Ramsey and Mike Lyons

Emerald:
The Bognar Family
Cindy Gerber
Howard Hanna
Real Estate
Christy C. Wiegand and
Barbara M. Wiegand

Gold:
Vivian Benter
Mary and Mark Flaherty
Patsy McKinney and
McKinney Properties
Reed Smith LLP
Jim Spencer and
Michael Lin

Silver:
All Occasions Party Rental
Carnegie Mellon University
Barbara Richey Chait
Jack and Joan Diederich
Eden Hall Foundation
Federal Home Loan Bank
of Pittsburgh
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Lara Patrinos Bentz
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Co-chairs of the 2019 PNC Pittsburgh Parks Conservancy Spring Hat Luncheon pose at the event in Allegheny Commons Park, May 4, 2019

Joan Clark Davis
Debra Kline Demchak
Eat'n Park Hospitality Group
Annie Hanna Engel
Federated Investors
Foundation, Inc
First National Bank
Giant Eagle
Emily Mack Jamison
Mollie Hanna Lang
Larrimor's

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Simpson and McCrady, LLC
Jimmi Sue Smith
System One
Geovette E. Washington



Your parks, your stories

Your Support Shapes Young Lives

“The years of early childhood are the time to prepare the soil.” – Rachel Carson

The Frick Environmental Center comes alive in the summertime. There, along with the sounds of birds, rustling leaves, and the thumps of feet running the paths of Frick Park, you’ll hear children laughing and singing. The Frick Environmental Center offers seven separate summer camp programs for children and adolescents. The Kinder Nature Camp, which lasts for 2.5 hours per day for one week, offers stimulating activities to children between the ages of three and five. Kinder Nature campers enjoy singing, playing games, planting seeds and—yep, you know it—digging in the dirt!

PPC Naturalist Educator, Lydia Konecky, is beginning to see second-generation campers.

“I think it proves that these early experiences in nature stick with us and are impactful,” Lydia said, as she spoke of two current campers who are actually the children of former campers! “Younger kids seem more comfortable and open to nature, a sign that the bond between human—however small—and nature is innate.”

Studies have proven that time spent in nature is beneficial to our health. Doctors have begun to prescribe nature time to patients to stabilize blood pressure, reduce anxiety, improve mental clarity, and maintain a healthy heart. In children, time spent in nature can improve cognitive abilities and build confidence and compassion—even in digging in the dirt.



Children play in seed boxes during Kinder Nature Camp, July 9, 2019

“I want to encourage our young campers to hold onto their comfort in and enjoyment of nature. I want them to know they are always welcome in Frick Park, and all our parks,” Lydia said. Behind her, a group of children dug their hands into boxes of seeds, laughing.

“The little things... are very big things.”

Your generous support allows us to offer affordable education to more than 7,500 children every year. Thanks to you, our former campers and counselors are now able to share their love of nature with their children. 🍁

Keep summer camps affordable



Help Pittsburgh Parks Conservancy continue its educational programming and keep summer camps affordable

\$50 Other \$ _____

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