
ALLEGHENY WEST GAZETTE

October 2011

Meet the Officers of AWCC

By *Tim Zinn, AWCC President*

Each month since May, I have highlighted one of the five standing council committees, hoping that as you become familiar with the duties and functions of the committees, you will contact our committee chairs and join the one that interests you or would benefit from your time and talents. I hope this has encouraged some of you to take a greater interest in the Civic Council and to become more involved in the neighborhood. To complete our review of the council's structure, the following is a list of the council officers and the duties of each as defined by our By-Laws.

President (currently Timothy Zinn). The President shall preside at all meetings of the Council and Executive Committee, and shall be an ex-officio member of all committees except the Nominating Committee. [The President] shall appoint special committees, and shall perform all other duties usually pertaining to the office. The president will prepare an annual budget for presentation at the January meeting. The budget must be approved by a majority of the members present at a regular or special membership meeting.

Vice-President (currently Bob Griewahn). The Vice-President shall perform the duties of the President in the absence or inability of that officer to act, and shall assist the President when called upon.

Treasurer (currently John Burton). The Treasurer shall be responsible for the collection and disbursement of all monies of the Council, and the payment of all bills, and shall submit a monthly financial statement. His or her records shall be subject to an annual audit. No bills which are not line items in the approved budget for the fiscal year shall be paid without the approval of a majority of members present at a regular or special membership meeting.

Recording Secretary (currently Carole Malakoff). The Recording Secretary shall keep a record of all meetings of the Council, and the Executive Committee. The Recording Secretary will provide three copies of each record, one for the President, one for the Corresponding Secretary, and one for the Treasurer within ten days of the meeting at which said record was presented and approved by the Membership of Executive Committee as appropriate.

Corresponding Secretary (currently Valerie Nagel). The Corresponding Secretary shall be responsible for all communications pertaining to the business of the Council, shall ensure that all official Council correspondence and other documentation be archived, and shall act as Chair of the Communications Committee. The Corresponding Secretary will be copied in all Council correspondence, including e-mail.

Sergeant-at-Arms (currently John DeSantis). It shall be the duty of the Sergeant-at-Arms to maintain order at the direction of the President. He or she shall be responsible for greeting and seating all guests, and shall ensure that all in attendance at the regular meeting register their names on the attendance form, and shall establish the presence of a quorum as defined in Article VIII, Section 6.

AWCC October/November Calendar

AWCC General Membership Meeting
Calvary United Methodist Church
(Beech Avenue Entrance)

Tuesday, October 11 @ 7:30 pm

Tuesday, November 8 @ 7:30 pm

**Combined Housing & Planning and
North Avenue Committees Meeting**
852 Beech Avenue

Tuesday, October 18 @ 7:30 pm

Tuesday, November 15 @ 7:30 pm

AWCC Executive Committee Meeting
832 Western Avenue

Tuesday, October 25 @ 7:30 pm

Tuesday, November 29 @ 7:30 pm

2012 Proposed Slate of Officers

Please see page 2 for the Nominating Committee's proposed slate of officers for 2012, which will be voted on at the November 8, 2011 General Membership Meeting.

Allegheny West Civic Council 2011 Board of Directors

PRESIDENT	<i>Timothy Zinn</i>
VICE PRESIDENT	<i>Bob Griewahn</i>
TREASURER	<i>John Burton</i>
RECORDING SECRETARY	<i>Carole Malakoff</i>
MEMBERSHIP	<i>Tom Barbush</i>
SGT. AT ARMS	<i>John DeSantis</i>
WAYS AND MEANS	<i>Gloria Rayman</i>
FRIENDS OF A-WEST	<i>Mary Callison</i>
HOUSING AND PLANNING	<i>Jim Wallace</i>
COMMUNICATIONS	<i>Valerie Nagel</i>
PROPERTY	<i>open</i>

**NOMINATING COMMITTEE PRESENTS SLATE
FOR NOVEMBER AWCC ELECTIONS**

The Nominating Committee of the Allegheny West Civic Council has met and drafted a proposed slate for 2012. Elections will be conducted at the November Annual Meeting of the Civic Council (Tuesday, Nov. 8 at 7:30 p.m.) and those who are elected will serve from January through December 2012.

Nominations may also be made from the floor at both the October and November AWCC Membership meetings. Nominees must be an AWCC member in good standing and must agree to serve if elected. Those wishing to vote at the November Annual Meeting should be certain that their member dues are paid before the end of the October Membership Meeting on October 11.

President	Timothy Zinn
Vice-President	Martha Helmreich
Treasurer	Bob Griewahn
Recording Secretary	Cathy Serventi
Membership	Tom Barbush
Ways & Means	Carole Malakoff
Housing & Planning	John DeSantis
Communications	Gloria Rayman
Property	Doug Sprague
Friends of AW	Mary Callison
Sgt at Arms	Trish Burton

**Final AWCC Neighborhood Cleanup
Saturday, Oct. 22 at 9 a.m.**

Allegheny West will be hosting its last neighborhood cleanup event of the year, to coincide with the City of Pittsburgh citywide cleanup day **on Saturday, Oct. 22.**

There is a lot of work to do to prepare for the long winter so let's have fun and get it done together! Please meet at 9 a.m. on the front porch of the Parador Inn on Western Ave. for a cup of coffee and a donut to get started.

Gloves and bags will be provided and the city will have extra pickups at several designated sites for the collected trash.

Questions? Contact Mary Callison at 412-321-5951.

Christmas Tour Time

The planning has started for the 30th Annual *Old Allegheny Victorian Christmas House Tour*. This year the tour will take place on: **Friday, Dec. 9 from 5 p.m.-8 p.m.** and **Saturday, Dec. 10 from 10a.m.-8 p.m.**

First Volunteer Event

On **Sunday, October 9 at 7 p.m.**, we will be working on the annual tour mailing event in the chapel of Calvary Church. This event brings Allegheny West friends and neighbors together to prepare over 7,000 postcards announcing our tour for mailing. Everyone's help is needed. The more help we have, the less time it will take.

Refreshments will be served. Bring a new neighbor and introduce them to an Allegheny West tradition!

Other volunteer opportunities

We need help in many other areas for the Christmas Tour, if you would like to volunteer, please contact **Gloria Rayman at glowalks@comcast.net.**

Memorial Tree Planting - This Month

If you take a stroll in The Allegheny Commons in the next month, you will notice 6 new trees planted on our side of The Commons. Five of them are in the area known as The Arboretum--the triangle bordered by Brighton Road, West Ohio Street, and Ridge Avenue. One is located a short distance in from Brighton Road--just about where Beech Avenue intersects it. These are the long-awaited commemorative trees planted by the Allegheny West Civic Council to memorialize residents of Allegheny West who have passed away in the last several years:

Mike Coleman, Betty Andrews, David Augustine, Miles Bausch, Amelio Ceci, and Loretta Gerlach

Much attention was paid to the locations of these trees and to their species. We attempted to select unusual species, a Japanese Katsura, two Dawn Redwoods, a Baumanii Horsechestnut, a Japanese Snowbell, and a River Birch, that would thrive in the park environment and would stand out from those already there. A commemoration ceremony will be planned for next Spring.

If you have not already made a donation, contributions to The Memorial Tree Fund are still being accepted. Please send your check, made out to "AWCC," to our office at 812 Western Avenue, Pittsburgh, 15233. Please indicate that it is for The Memorial Tree Fund, and denote if it is for a particular tree.

BUSINESS FEATURE: *CrossFit Confluence*

910 Galveston Avenue

CrossFit Confluence and Physique Rx'd is Allegheny West's new home for complete fitness. Owners Patrick and Lynsey Benton have been working in the fitness industry for over 10 years and have recently opened their own training facilities right here in our neighborhood.

Lynsey runs Physique Rx'd, where group classes are Pilates-based, combining core strength, flexibility exercises, and functional training. Her 20 years of studying dance is evident in her enthusiastic coaching style and passion for movement, strength, and mind-body balance. While still faithful to the Pilates Method, each class involves a contemporary twist on classic movements to give you an overall total body workout.

CrossFit Confluence was formed solely to provide the best training, coaching, community, and results that are lacking in the traditional gym environment. Their programming and workouts are specifically designed with all levels of fitness in mind. Each day's workout is different and will challenge the entire body by using everyday movements designed to increase your strength and endurance. From climbing stairs to playing with your kids in the park, CrossFit Confluence's goal is to make your life a little easier each day. From elite athlete to couch potato, the CrossFit method can get you in to the best shape of your life.

Both CrossFit and Pilates have been cited as the top two ways to get in shape by *GQ*, *Self*, *Men's Health*, and *Women's Fitness* magazine. In addition to group classes CrossFit Confluence and Physique Rx'd both offer one-on-one personal training, tailoring every workout to your goals and needs and encouraging camaraderie and competition.

Special Event: Barbells for Boobs

Join Patrick and Lynsey on October 14 from 5- 10 p.m. for a special event at their facility, located at 910 Galveston. *Barbells for Boobs* is a fundraiser to benefit Mammograms in Action, which provides funding for breast cancer screenings for those in financial need. Both CrossFit Confluence and Physique Rx'd are hosting special workouts that evening and members have been raising money to support the cause. Last year they raised over \$3,000 for Mammograms in Action and are hoping to break that record this year. All Allegheny West neighbors are invited to stop by and cheer on those participating.

For more information on Physique Rx'd, CrossFit Confluence, personal training or group classes, please contact Patrick or Lynsey Benton at 724-467-0524 or 412-551-9344 or check out their websites at www.crossfitconfluence.com or www.physique-rxd.com.

Allegheny West welcomes Crossfit Confluence to our neighborhood.



A LOOK BACK IN TIME....

This 1901 photograph was taken at the intersection of Allegheny and Beech Avenues, showing (from left to right) Emmanuel Episcopal Church, 954 Beech Avenue (present home of Gary and Donna Otto) and 948-950 Beech Avenue (a double residence owned by Doug Lucas). In 1901, the Otto Residence was the home of Edward Worcester.

Allegheny Commons Initiative Meeting *Pedestrian Bridge in West Park*

Join the Allegheny Commons Initiative on **Monday, October 24 at 7 p.m. at the Children's Museum** to discuss design ideas for a replacement pedestrian bridge linking Lake Elizabeth and Central Northside to the Iron Deer and Allegheny West. Following a presentation by Paul Tellers of WTW Architects and Sara Thompson of Pashek Associates, you will have an opportunity to ask questions, make comments, and offer *your* best ideas. Please RSVP to hannahk@alleghenycommons.org if you are planning to attend.

AWCC Membership

To become an AWCC member, send your Name, Address, Phone Number and email address to:

**Allegheny West Civic Council - Membership Chair
812 Western Avenue
Pittsburgh, PA 15233**

Annual Dues are \$3 and Lifetime Dues are \$45. Checks should be made payable to AWCC.

Pay for your membership online with your credit card! Go to www.alleghenywest.org, click on the "Tours" button (it is set up to take payments for our Christmas tour) and then click on the Christmas Tour logo. Scroll to the bottom for the "purchase" link.

If you are unsure of your membership status, please send an email to info@alleghenywest.org and we will look in the membership file! Your paid membership enables you to vote at monthly membership meetings.

AWCC MEMBERSHIP MEETING AGENDA

October 11, 7:30 p.m.

1. READING OF THE SEPTEMBER 2011 MINUTES
2. REPORTS OF OFFICERS
Treasurer's Report
3. REPORTS OF STANDING COMMITTEES
 - a. Housing & Planning/North Avenue Committees
 - North Avenue Sub-committee
 - Western Avenue Project
 - Project Update
 - Neighborhood Gateway/Portal Signage
 - West Ohio Street and Ridge Avenue Bridges
 - b. Membership
 - AW September Mixer—Modern Cafe, Oct. 11 @ 6:00 PM
 - c. Property
 - Realtor report
 - MacIntosh Property Management Report
 - d. Ways & Means
 - Christmas House Tour (Dec. 9-10) *update*
 - e. Friends of Allegheny West
 - City-Wide Cleanup, October 22
 - Memorial Tree Program
 - f. Communications
4. UNFINISHED BUSINESS
 - a. North Side Leadership Conference Report
 - b. NSLC NID Steering Committee
 - c. Light of Life expansion/relocation
 - d. North Shore impacts
 - e. Residential Permit Parking Program
5. NEW BUSINESS
6. ANNOUNCEMENTS

IF ANYONE'S GOING TO LOSE SLEEP, IT'LL BE US.



Our 24-hour service means that you can rest assured. Because whenever you need help with your furnace, air conditioner or heat pump, we'll get it to you.

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LeClaire, Griewahn & Scott, LLC

Attorneys-At-Law

835 Western Avenue
Pittsburgh, PA 15233

Email: Coordinator@lg-law.com

Phone: 412-321-9300

Estate Planning

Real Estate * Taxes

General Business * Collections

Notary Service by Appointment

Free Initial Consultation

Allegheny West Neighborhood Mixer

Friday, October 14
6:00 PM

◆
MODERN CAFÉ
862 Western Ave.



BEERS OF THE MONTH:

Rogue Dead Guy (on tap)

Penn Brewery's October Fest (bottles)

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THE GAZETTE

The monthly newsletter of the Allegheny West Civic Council

Editor: *Valerie Nagel*

Letters, Submissions, Advertising, and other notices: GAZETTE@ALLEGHENYWEST.NET
or call 412-323-8884. Submission does not guarantee publication.

Ad rates: \$10 – 1/8 page, \$20 – 1/4 page, \$40 – 1/2 page