

AWCC Calendar

Monday, April 11 @ 7:30 p.m.

AW Wine Tasting Planning Meeting
Carrie Doyle's House, 950 Beech Ave #1

Tuesday, April 12 @ 7:30 p.m.

General Membership Meeting, Calvary Church

Tuesday, April 19 @ 7:30 p.m.

Housing & Planning Committee Meeting, @ 806 Western

Tuesday, April 26 @ 7:30 p.m.

Executive Committee Meeting, @AWCC Office
(806 Western)

Bowling at the Allegheny Elks every Wednesday at 7:00!

DRAFT Agenda: AWCC Membership Meeting

April 12, 2016 7:30 p.m. / Calvary Church at 971 Beech Ave.

6:30 pm Buhl Grant Meeting Follow up

7:30 pm Regular Business Meeting

- Carnegie Science Center Classrooms
- GTECH - Urban Trail Projects
- CCAC
- Announcements & new neighbors
- Minutes
- Treasurer's Report
- Nominating: Neighbor of the Year [Funding Request]
- House Tour Update
- Housing and Planning Updates
- AWDC Updates
- Communications: House History Update
- Property: 806 Western Repairs
- Friends: Clean ups!
- Flower Basket Update: [Funding Request]
- Membership Events
 - Membership Committee Meeting
 - Marathon Party - [Funding Request]
 - 50th Anniversary Events
 - May 13, 2016 - Location TBD
 - 6/24 Art Show - [Funding Request]
 - Bowling
- NSLC Updates
 - Heinz Field Garage
 - Allegheny Commons Committee
- Committee Q&A
- New Business

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Notary Service by Appointment
Free Initial Consultation

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

April 2016

Local Business Spotlight: Physique Rx'd

By Karen Beer

You may remember that last month's feature business was Motive Salon. Well, prior to Motive moving into the space, it had been occupied by Physique Rx'd, this month's featured business. Owner Lynsey Arch had opened the studio in 2010 in the space on Galveston, but success quickly caused her to outgrow it. Now, the studio is just around the corner on Western. Once she saw the large, empty space at 835 Western, she knew it was the perfect venue for her classes and training sessions. "It needed some love, sweat, lots of paint, and hard work," says Lynsey of the new studio. "But what a beauty she is now!"

Visitors to the studio receive personal attention. She wants to give fitness a personal feel, and to give our neighborhood a welcoming, community fitness experience: not what you get at a large, corporate gym. Lynsey offers group Pilates sessions, personal Pilates sessions, and basic dynamic personal training in the studio, as well as in-home personal training. A dancer since childhood, Lynsey suffered a debilitating back injury that kept her off her toes for a while in college, where she was pursuing a BA in Dance and Human Movement. She credits the practice of Pilates – defined by her as *strength* and *stretch* – for curing her injury. "Pilates saved my spine and pelvic alignment, and it prevented many injuries that come with dancing," says Lynsey. Pilates helps strengthen and bring balance to both the body *and* the mind.

Clients agree Physique Rx'd offers a unique, individualized Pilates experience. Lynsey understands that her clients are coming in at all different fitness levels, and she doesn't want them to feel the trepidation that often accompanies a new fitness experience. She offers undivided attention whether students are in group or individual sessions. "Everyone is on their own personal fitness level," says Lynsey. "Anyone can perform the movement. My goal is to have no intimidation for anyone who walks through my door! I want you to feel like it's your own personal class, even in a roomful of other students."



Trainer and Pilates teacher,
Lynsey Arch

Physique Rx'd's website offers information on the classes and services offered. The studio also features different events, including a Pilates Day on April 1, sponsored by Lucy Active Wear and Dick's Sporting Goods, and led by celebrity trainer Kit Rich. A *Pilates for Hotties* fundraiser class is being held on April 9 at 11:00 a.m., to raise funds for Lending Hearts, a charity that supports youth suffering from cancer and their families. Check out the studio's website and the AWCC e-Newsletter to learn more about Lynsey's events. But don't wait for a special event – that new, more fit and energetic you can be found right around the corner! "It's music to my ears when my students feel better and have more energy, confidence, and power in their everyday lives," says Lynsey. "I feel it's that time of day to give back to our bodies and take care of them."

Physique Rx'd 835 Western Ave, Pittsburgh 15233
(724) 467-0524

www.physiquerxd.com / physiquerxd@gmail.com

International Award Goes to Allegheny West

by John DeSantis

The National Ornamental Metals Association has honored a recent Allegheny West project among the finest in the world. The newly installed massive iron gates along Galveston Avenue at the corner of Western have been recognized with the international organization's second-highest award - The Silver Medallion.

Representing more than 9,000 shops in a dozen countries, the members of NOMA gathered in March for their annual MetalFab Conference. One of the highlights of the Conference each year is the competition among hundreds of projects seeking to be recognized by their peers for excellence in design and execution. The 600 iron artisans who vote for the selection are looking for complexity and difficulty, originality, and craftsmanship.

For iron artist Bob Thomas, whose forge is located in Charleston South Carolina, his first submission to the competition turned out to be a winner. Thomas had been commissioned to design and construct the ornamental iron gates and fence by The Pittsburgh Home & Garden Show, whose offices are located on that corner. When he first met his clients, they took him on a walking tour of the neighborhood - pointing out the extraordinary collection of authentic 19th century ironwork that has survived and been preserved in Allegheny West. Considering that much of this original architectural detail was commissioned for the homes of robber barons who owned their own iron and steel mills, Thomas immediately understood the magnitude of the task before him. He was expected to design and fabricate a set of gates that could hold their own in the company of some of the finest iron work ever made.

Bob Thomas expressed gratitude to the Home & Garden Show for providing the opportunity to create such an extravagant work of art. And he notes with pride that his gates will be enjoyed and admired for generations to come, by visitors who photograph and sketch them alongside their historic 19th century counterparts.



Above & Beyond

Thank you to the neighbors who have taken the time to let the police know about suspicious activity or to call in 311 reports- even if the City can't take action right away reporting issues means that more resources can be allocated down the road. (For obvious reasons, I'm just going to leave individual names out of it. :)

- Thanks to the efforts of current Property chair, Ann and previous chair Howard, much-needed repairs to 806 Western's gutters have finally been completed.
- Special shout-out to Eleanor who not only had corbels made to match the current ones, but she personally painted them, too. (Before they were installed - not while they were on the roof!)
- When you see the flower baskets on Western Ave and they make you smile (or sneeze!), give an extra smile to Trish and Holly have again stepped up to wrangle the flower baskets for Western Ave.
- Not only are Karen and Nick now holding informal office hours at 806 Western, they did an amazing job of sprucing up the place!

If you'd like to recognize a neighbor who went above-and-beyond for you or the neighborhood this month please send a note to president@alleghenywest.org or give Cathy a call at (412) 418-2027 and we'll make sure they're recognized in the Gazette.

Planning Time for Our Summer Fundraiser – California Dreaming!

Daffodils and tulips are up and the trees are blooming – Spring is finally here! As we see the signs of a new season in the neighborhood, it's planning time for our Summer 2016 fundraiser, *A Tour & Tasting in the Homes and Gardens of Old Allegheny*. This year, the tours will take place on Friday evening, June 3rd, and Saturday evening, June 4th. It's a house and garden tour, a wine tasting, and a great evening of entertainment.

This year, our tour will be highlighting California, featuring both red and white wines, hors d'oeuvres and desserts paired to complement the wines in six homes and gardens in our neighborhood.

We need many volunteers to:

- Be tour guides
- Help homeowners (serve, pour, clean up)
- Help tour weekend
- Be on the committee (yes, wine will be tasted at each meeting!)

If you would like to help with this year's tour, please contact us at tours@alleghenywest.org or call Carrie Doyle at 412-337-6020 or email: cadpgh@gmail.com. Our first meeting will be held on April 11th @ 7:30 pm at Carrie's (950 Beech Ave # 1). Join the fun! Tickets can soon be purchased on our website, www.alleghenywest.org.

Get Involved: GTECH Urban Trail Project

Last year, GTECH worked with One Northside to complete a comprehensive survey of cultural, environmental, transit, and entertainment assets in the Northside. A group of student researchers walked down every street in the Northside, interviewed over 300 residents, attended dozens of community meetings, and ultimately collected information about 1800 assets. A map of those assets can be found at <http://www.northsideaim.org>.

Now, the Buhl Foundation has asked GTECH to start the initial planning phases for a trail that would connect all 18 Northside neighborhoods and feature some of those 1800 assets. Such a project would focus on One Northside's Quality of Place goals, including creating safe connections between neighborhoods, beautification and placemaking, enhancement of existing assets, and the promotion of the Northside as a hub for arts and culture. That said, the purpose of the trail would be to both improve pedestrian and bike infrastructure for those living in the Northside, connect the neighborhoods to each other, and to make the Northside an inviting place for visitors. Funding for the actual design and implementation of the project would come from the Buhl Foundation, federal grants, and other sources yet to be determined. We are currently attending community meetings to inform neighborhoods about the project, and to see who is interested in being more involved in the planning process.

News Round Up

Allegheny West is officially on Instagram! Follow us @AlleghenyWest_pgh. Share (or continue to share) your pictures of our beautiful neighborhood by tagging them #AlleghenyWest or more directly with us by tagging us, putting @AlleghenyWest_pgh in the comments of your pictures on Instagram.

House History Project Remember to share any House History information as soon as possible. The archival team at Pitt has agreed to scan and archive our histories. Documents, photos, and other materials can be sent electronically or left at 806 Western Avenue. More information is available at: www.alleghenywest.org.

Office Hours Beginning in May, the AWCC office at 806 Western Avenue will be open for office hours. Feel free to drop off materials, or just come by with questions or just to say hello. Hours: M 11-2, T 9-12, H 9-12, F 11-2.

Allegheny West Gazette Editor: Karen Haller Beer Please submit all entries by the first of each month to gazette@alleghenywest.org.

President's Message

Happy Spring, everyone! I love the season of flowering trees, even if it means I can't breathe for the duration . . . Darn allergies! But it's totally worth it!

So, I was involved in a long and complicated e-mail discussion about neighborhood development priorities and strategies. (Don't feel sorry too for me, as far as hobbies go it's actually cheaper than my current coloring book habit!) The discussion didn't actually yield a particular decision, as is generally par for the course. (We need a vote for that anyway.) What it did do was really help to clarify what I think the Civic Council's primary agenda should be for any given real estate matter. If you said, "more parking," this is probably your first time reading the President's message. If you chose "historic preservation," then you've probably been ~~trapped~~ chatting with me at the appetizer table next to the chocolate-covered Pringles someone keeps bringing to neighborhood get together. If "paperwork" was the first thing you thought of, I've apparently cornered you after having a couple of cocktails at one of the previously mentioned get-togethers. And yes, I will proudly admit that historic preservation is very definitely one of my personal motivations for being involved with the Civic Council, or heck, even why I live in the neighborhood in the first place. However, my personal motivations are not the same thing as what I think the Civic Council's agenda should be. I realized that for any given issue the Civic Council's main agenda should be a transparent and accountable process for deciding what "our" agenda should be. "Transparent" in the sense that it's clear when and how we arrived at a particular position that we take whether it's about zoning or, (sigh) parking. "Accountable" in that the board is responsible for documenting the decisions of the membership and making sure they are actually carried out. As neighbors, our primary responsibility then becomes to clearly and passionately stand up for our own points of view while at the same time at least making a good faith effort to understand the impacts that point of view has on other folks in the neighborhood. Transparent and accountable processes are completely dependent on the folks involved in those processes being willing and able to clearly state their own needs and preferences, even if there's a possibility that they would be unpopular.

And have I got just the opportunity for you to be able to passionately yet respectfully communicate your point of view. As part of the Buhl One Northside Grant that AWCC received, Jim Pashek has been meeting with City and County offices to address some of the issues identified in our original community meetings. He will be returning on April 12 at 6:30p.m. to report back and get our feedback and our next steps. Please join us at 6:30p.m. at Calvary, before the membership meeting to continue the discussions we started this winter.

As the weather turns nicer, get ready for all the great outdoor events. Tour tickets are on sale! Carrie Doyle will be hosting a tour meeting on Monday, April 11th for anyone wanting to be involved. Scott will be setting up a giant Membership Committee meeting, to discuss picnics, art shows, and 50th anniversary celebrations. (Oh, my!) Neighborhood clean-ups start soon, too. I'm looking forward to hearing your well-reasoned and enthusiastic points of view of what main courses we should be serving at the Fourth of July picnic (or even about parking). Happy spring, everyone!

-Cathy



WESTERN AVENUE FLOWER BASKETS!

We’re delighted to announce that Western Avenue will again be beautified by hanging flower baskets beginning this spring and summer! Thank you to our charter sponsors who have generously agreed to again sponsor a basket:

John DeSantis/Pittsburgh Home & Garden Show	5 baskets
Ann Gilligan Sorbet	1 basket
LeClaire, Griewahn & Scott, Attorneys	1 basket
Annette Trunzo /memory of Olga and Paul Trunzo	2 baskets
The Parador Inn	2 baskets
The Burton Family	2 baskets
Gary Otto /memory of Donna Rae Otto	1 basket
Anonymous neighbor & business owner	1 basket
The Modern Café	1 basket
SmartSolutions	1 basket
Allegheny West Civic Council	5 baskets

The Western Pennsylvania Conservancy (WPC) will provide the baskets, flowers, installation, watering and maintenance, “take-down” and storage of the baskets. We have 22 baskets sponsored, but with 32 double poles, there’s room for others to help in this worthy endeavor! We want to ensure that all who would like to participate be given the chance to do so.

In 2016, the WPC is providing a discounted rate of \$345/basket (including the sign!) for the initial year, which includes purchase of the basket. Sponsors will be subsequently assessed at a \$275/basket rate thereafter for planting and maintenance.

Sponsors of a full basket will be recognized with a sign on the basket. Contributors of smaller amounts—to be combined for full baskets or for future years’ maintenance—will be recognized on the AWCC website and in our newsletter. Complete the form below, or go to the AWCC website (www.alleghenywest.org – click on “About” tab) to sponsor a basket or to make a contribution. Please contact Trish Burton (412-523-9402 or jmburton@earthlink.net) to discuss.

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Sponsor Name (as it should appear on sign) _____
 Address _____
 Phone _____ Number of Baskets _____

Return with check payable to “AWCC” – 806 Western Ave, Pittsburgh, PA 15233