

Ross Township Municipal Center General Information

Address: Ross Township Municipal Center
1000 Ross Municipal Drive
Pittsburgh, PA 15237
412.931.7055

Municipal Center Hours of Operation:
Monday – Friday 8:00 a.m. - 4:30 p.m.

Community Center: 412.931.7041

Community Center Hours of Operation:
Monday – Friday 8:00 a.m. - 9:00 p.m.
Saturday 9:00 a.m. - 9:00 p.m.
Sunday Noon - 6:00 p.m.

Police Department: 911 in an emergency
(Non-Emergency): 412.931.9070

Holidays:
The Municipal Center will be closed on December 24;
December 25; December 31; January 1 and February 15
to observe holidays.

Public Works: 412.931.3956

Web Site: www.ross.pa.us

Ross Township Administration

Manager	Douglas Sample
Building Code Official	Roy Johnston
Community Development Director	Dominic Rickert
Chief of Police	Robert Bellan
Finance Director	Daniel Berty
Fire Marshal	John Reubi
Parks & Recreation Director	Eloise Peet
Public Works Director	Michael Funk
Public Works Asst. Director	Gary Knotts

To contact Ross Township Administration offices, call the Ross Township general number at 412.931.7055.

State Representative Dom Costa

Representative Costa's staff is available to serve Ross residents at the Ross Municipal Building every Wednesday from 10:00am to 1:00pm. The office can help you with: PennDOT issues,

unemployment issues, problems with DPW, PA income tax issues and rent rebates, and other state government-related problems.

For more information, please call 412.361.2040.

Volunteer Fire Companies

VISIT YOUR LOCAL VFC WEBSITES AT WWW.ROSS.PA.US.
TO JOIN YOUR LOCAL FIRE COMPANY, PLEASE STOP BY OR CALL:

BERKELEY HILLS
235 Siebert Road
Pittsburgh, PA 15237
412.366.2910

FAIRVIEW
East Forest Avenue
Pittsburgh, PA 15202
412.761.3371

LAUREL GARDENS
160 6TH Avenue
Pittsburgh, PA 15229
412.366.3332

QUAILL
50 Gass Road
Pittsburgh, PA 15229
412.766.9698

EVERGREEN
2127 Babcock Boulevard
Pittsburgh, PA 15209
412.821.3957

KEATING
39 West View Avenue
Pittsburgh, PA 15229
412.931.2447

PERRYSVILLE
985 Perry Highway
Pittsburgh, PA 15237
412.366.2782

SEVILLE
124 Enger Avenue
Pittsburgh, PA 15214
412.766.1440

MESSAGE FROM ROY JOHNSTON, BUILDING CODE OFFICIAL COMMUNITY DEVELOPMENT DEPARTMENT



In August of 2015, I was appointed to the position of Building Code Official/ Chief Inspector of Ross Township. I had an extensive 15-year background in residential and commercial construction prior to entering the field of Building Code Inspections and Plan Review. I started with the City of Pittsburgh in 2009 as a Senior Inspector for The Bureau of Building Inspections and in 2012 I became a Plan Review Engineer for the department. As a result of achieving The ICC Master Code Professional Certification, I was offered and accepted the position of Master Code Official of the City of Pittsburgh, which I fulfilled during the past two years prior to accepting my current position with Ross Township.

My Certifications can be found here: verify.iccsafe.org/8029874

My time on both the inspection and plan review sides of the inspection

process has allowed me a unique perspective into the process. My experience has been that an initial inspection or exchange, on the phone or by email, sets the tone for all interactions that follow, and that a professional and reasonable approach can do wonders for a working relationship in this field.

I am currently enrolled at Point Park University, pursuing a degree in Public Administration.

I look forward to serving the Ross Township community in its continued growth and development.

We are located at 1000 Ross Municipal Drive, Pittsburgh, PA 15237

Our hours of operation are Monday through Friday 8:00 a.m. - 4:30 p.m.

Please contact me at the township by calling 412.931.7055 x240 or by email at rjohnston@ross.pa.us

Ross Township Commissioner Grace Stanko

AWARDS AND RECOGNITION FOR COMMUNITY SERVICE LEADERSHIP

First Woman President of the North Hills Council of Governments

Commissioner Grace Stanko received statewide recognition and a commemorative service plaque at the 90th annual Pennsylvania State Association of Township Commissioners Conference for 12 years of service as the Commissioner in Ross Township's 5th Ward.

Commissioner Stanko is also serving as the first woman President of the North Hills Council of Governments and is the 2001 recipient of the prestigious Athena Award given by the Northern Allegheny County Chamber of Commerce.

Grace is co-founder and treasurer of the Ross Business and Economic Development Corporation and founder, past president and current secretary of the Perrysville Business Association.

Leadership, service, and preservation of Ross Township history have long been Commissioner Stanko's priorities. She was instrumental in restarting the Ross Historical Society and served as president for three years. She also oversaw the Ross Township Bi-Centennial History Book.

Thank you, Grace, for all of your great work in our community! We congratulate Grace for this latest honor – being recognized for 12 years of service to Ross Township.



Thank You

For your generous support of

Our Halloween Monster Bash 2015

Fundraiser for Evergreen Park Playground

The support for this event was incredible!

We were able to raise nearly \$3,000.00 for the Evergreen Playground Project. More importantly, we brought together many community associations to support a common cause. A great night of fun and community togetherness was had by all.

Bob Mertz Plumbing, LLC
Brighton Music

COMMUNITY SPONSORS

IBEW, Local 29

The Gateway Engineers

Lawlor & Lawlor, Attorneys at Law

Wholesale Mulch and Gravel

RAFFLE BASKET/TICKET DONORS:

Advocare – Kristi Stebler
Best Feeds
Bonnie Brimmeier, Ross Twp. Solicitor
Carnegie Science Center & Carnegie Art Museum
Commissioner Steve Korbel
Commissioner Grant Montgomery
Commissioner Lana Mazur
Commissioner Dave Mikec
Commissioner John Sponcer
Commissioner Jeremy Shaffer
Commissioner Grace Stanko
Commissioner Paul Trilli
Commissioner Dan DeMarco
State Representative Dom Costa
Empire Beauty School
Flowerama
GNC – McKnight Road
Homemade Pasta by Yvonne

Laurel Gardens Tire
Monte Cellos' Restaurant
North Hills Athletic Association
North Hills Ice Hockey
North Hills Instrumental Band Parent Association
Pat Catan's
Perrysville Business Association
Pittsburgh Steelers
Pittsburgh Pirates
Pittsburgh Zoo & PPG Aquarium
Ross Township PickleBall Group
Rusmur Floors
Save-On Beer
Sherwin Williams
Thomas & Williamson
West View Floral Shoppe
West View/Ross Athletic Association

FOOD & BEVERAGES GENEROUSLY DONATED BY:

Edible Arrangements
Lincoln Bakery

Kuhn's Market (McKnight Road)
Remo's Catering

Large Plain Pizza
The Flame BBQ





Engrave Your Name

In Evergreen Community Park & Ross Township History!

Individual donors can purchase solid granite pavers on which their name or the name of someone they wish to honor will be engraved, to become part of the Evergreen Park Community Walkway.

Granite pavers can be purchased in three sizes:

6" X 6" for \$100.00, upon which 3 lines (maximum 8 spaces per line) can be engraved:

12" X 6" for \$150.00, upon which 3 lines (maximum 14 spaces per line) can be engraved:

12" X 12" for \$400.00, upon which 6 lines (maximum 15 spaces per line) can be engraved:

Signature of Donor _____ Date _____

Name _____

Complete Address _____

Phone _____ email _____

For more information on this program, please call the Recreation Department at 412.931.7041, or Jackie Snyder, Ross Township Administrative Department at 412.931.7055.

Public Service

ORGANIZATIONS, PEOPLE AND PROGRAMS

In and Around ROSS



ROSS TOWNSHIP BUSINESS AND ECONOMIC DEVELOPMENT CORP. "RED"

Ross Township Business and Economic Development Corporation (RED) is a Ross Township specific nonprofit organization working to promote local businesses, attract new development and enhance the lifestyle of the Ross Township community as a whole.

Membership is open to all businesses and organizations within Ross Township.

Check Ross Township website for information about upcoming luncheons and events at www.ross.pa.us.

For more information or to be added to our email list, contact Craig Linner at 412.318.2900.

ROSS HISTORICAL SOCIETY MONTHLY MEETINGS:

Friday, January 15, 6:30 - 8:30 p.m.

Join the historical society for their monthly meeting at the Ross Municipal Building. The Title is MEMORIES ARE MADE OF THIS. Come and share your personal and family memories in word and/or with objects or keepsakes. We will have a round table sharing of memories and people and history that are extremely important to us individually and speak strongly about who we are. All meetings are free and open to the public. Please join us!

The next Historical Society Meeting is scheduled for Friday, March 18, from 6:30 - 8:30 p.m.

For more information, call Susan Campbell at 412.364.6021.

WALK // BIKE ROSS

The Walk // Bike Ross committee is off to a running start after hosting the inaugural 5K at the Ross Park Mall on Sunday morning, August 16. The race was held to raise awareness of the committee and its mission to make walking and biking more accessible to the people of Ross Township and neighboring communities. Eighty five runners and numerous walkers participated with Doug Basinski of Pittsburgh setting the course record of 17:44.30. Walk // Bike Ross also hosted two group bike rides from the community center through the township, including biking on McKnight Road! The rides were designed to show bikers how to safely traverse roads with traffic and to expose drivers to safe biking.



Our vision is a healthy community connecting residents to work, shopping, recreation, and community resources by safe walking routes and bike-ways. Currently, Walk // Bike Ross is soliciting signatures on a petition to require sidewalks in all business developments and reconstructions. Sign the petition at the website <http://www.walkbikeross.com/show-your-support>. With both pedestrian and biking goals, the committee has lots of plans for the next few months and years including:

- Sidewalk mapping
- Trail planning at local parks
- Bike fix it event
- Education and outreach on bike safety for both bikers and drivers
- Biking speakers bureau
- Safe biking mapping



The committee is open to anyone interested in supporting our mission. Join us in transforming Ross to a modern suburb: Email committee Chairperson, Nancy Latimer nlatimer@gmail.com.

As the committee succeeds in improving walking and biking accessibility in the township, everyone can get out and get in shape for the next 5K!



ROSS TOWNSHIP POLICE DEPARTMENT

Minimizing Your Holiday Risk Factor

There is a sinking feeling that hits most theft and fraud victims in the pit of their stomachs, when first discovering they have been had by some thief. Usually one can point to a mistake that was made that leads to the loss. A purse left unattended in a shopping cart, a wallet forgotten at a checkout counter, packages left visible in an unlocked car or any number of common factors might be glaring at a victim the moment such a crime is realized.

In any suburban community, theft and fraud is a very real risk to our finances and our sense of security. Unfortunately, every year the police department sees an uptick in the number of purse thefts, wallet thefts, credit card fraud and thefts from vehicles. No community is completely isolated from this phenomenon. The

good news is that with a little effort on your part, you can improve the odds of your never becoming such a victim, let alone during the holiday season.

Avoiding thieves is easier than one might think. A certain sense of awareness is needed and takes a bit of practice, but once learned, you can be fairly certain that you won't be targeted for theft and fraud. The first step is realizing that thieves come in all shapes, colors, sizes and walks of life. The man or woman in a business suit may be just as likely a suspect as the homeless person panhandling in a parking lot. In fact, most thieves look like any other shopper, always doing their best to blend in with the crowd.



Public Service *Cont.*

ORGANIZATIONS, PEOPLE AND PROGRAMS

In and Around ROSS



Stay Alert to Stay Safe!

Quite probably the single best method of hanging on to your belongings is to stay alert and aware of your surroundings. Your sixth sense will usually tell you if someone is acting suspicious. Once a shady character is recognized, the threat of theft is almost always eliminated since thieves rely on going unnoticed. Most thieves will move on if they know a potential victim is aware of them. Though it is never advisable to be confrontational, a simple glance in a would-be thief's direction may be just enough to make them think twice about trying to relieve you of your purse or wallet.

Remember this: Do not hesitate to call the police if you observe anything that makes you feel threatened in any way.

Stay Organized

Fumbling with a bunch of packages is a distraction that thieves love to exploit. A simple mistake like setting a purse down to get a better grip on things, or pick up a package that you dropped, might give an opportunistic thief an opening to ruin your day – maybe your entire holiday! When handling too many packages, we tend to lose track of our surroundings (and those around us). For this reason it is important to stay organized. Once you have a few bags, take them to your car, before your purchases become too many to handle.



Secure Your Valuables

Something important to keep in mind when it comes to security is what you do with valuables, specifically, your purse or your wallet, whatever the case may be. Pick-pockets routinely go for the hip trouser pocket on men because this is where most men carry their wallet. They also go for the inside of the coat. This is because thieves know that men may also carry their wallets in the inside lapel pocket of a sport coat or jacket. Ironically, a popular reason for this location is because of pick-pockets targeting the hip trouser pocket! A much safer place to carry one's wallet is in a front trouser pocket.

For those who carry a purse, thieves will often watch for the unsuspecting shopper, who leaves their purse unattended, even if it's only a short distance away. This often happens when stepping away from a shopping cart to examine items to be selected, and foolishly leaving a purse in the cart. It is also important to keep in mind that purse snatchers will often work in teams. One person will distract the victim while another will remove the victim's purse from the cart. Be very wary of strangers that approach you asking questions in a grocery or department store. The truth is that someone who really needs help will simply ask someone who works at the store, not a not another shopper. This should be a huge red flag, especially when shopping alone.

Crowded parking lots are like giant fishing holes for thieves. When parking, shoppers should consider well lighted areas, spots that are closer to the store, and the avoidance of parking behind high profile vehicles that will hide your car from the store fronts. Furthermore, while it is important to stay organized while inside of an establishment, it is also important how packages are secured in one's vehicle. If at all possible, never place packages in an area of the vehicle where the items can be seen. Brazen thieves sometimes cannot resist the temptation of packages in plain view inside a passenger compartment. Depending on where you park your car, you could return and find one of your windows

shattered, your presents gone and your holiday ruined! The trunk is the best place. If you drive an SUV or van, simply place your packages in the cargo area of the vehicle and cover them with a blanket or coat.



Damage Control

If you find yourself a victim, call 911 immediately! Do not first call your husband or wife, your father or mother, your sister or brother, your pastor, your local government representative, your lawyer or anyone else (as many victims surprisingly do). CALL 911 FIRST! If you see the suspect flee in a vehicle, the most important information is the license plate number, followed by the color and make of the vehicle, and finally the direction of travel. This information may help the police catch the criminal and recover your goods. The sooner a victim reports the crime, the greater the odds of catching the perpetrator. This is the reason that your first call should be for the police.



It is important to keep a cool head and do not panic. If you panic, the dispatcher may have difficulty understanding you. You could also make mistakes about what happened and the description of the suspect or the vehicle, or both. In addition to

the timely reporting of an incident, accurate information also increases the chance of our catching the crook.

After you call 911 and make your police report, there is more to do. Your credit card companies need to be notified. Always keep your credit card numbers and the phone numbers for your credit card companies, in a safe place where you can get to them quickly. For those who carry a wallet, only, and their cell phone in a separate place, your phone is the obvious place to store such information. However, if you carry your phone in a purse, your phone is obviously not the place to keep such information. If someone steals your purse they will have your phone as well. For this reason, those who carry a purse, with

their phone inside, need to keep their credit card information in a separate place.

Credit card companies need to be notified as soon as possible. Most thieves get straight to shopping on your credit as soon as possible after the initial theft. The sooner the cards are cancelled (after you call 911), the less illegal spending they will accomplish. In some cases, when the cards are quickly cancelled by a well-prepared victim, not a single fraudulent transaction is made.

Summing Up the Strategy

99% of the time, when a victim of theft looks back on what happened and they are honest with themselves, careless mistakes can be identified. Most mistakes can be avoided with a little vigilance and a little practice, making sure all of your gifts make it under the tree.

In the unfortunate event you find yourself a victim, stay calm and call 911 immediately. The police are here to help and we are pretty good at what we do here in Ross Township. We just need a little assistance from you, in a partnership for a safer and more enjoyable holiday season.

From all of us at Ross Township Police Department



MESSAGE FROM ROSS TOWNSHIP DEPARTMENT OF PUBLIC WORKS REGARDING SNOW AND ICE REMOVAL

The Ross Township DPW primary responsibilities are: maintaining township roadways, storm drains, the main sanitary sewer system, park maintenance, and winter snow and ice control. As winter is fast approaching, we are providing the following public service information.

Michael Funk, Director of Public Works



Winter Snow and Ice Control - Public Works divided the township into 13 snow districts, (approximately 120 miles of road, each truck covers approx. nine miles of road). We use approximately 12,000 tons of salt per year. Each district takes approximately 2-1/2 hours to remove snow and salt. All roads are important to us - major roads are covered first, with secondary streets being completed afterwards. It is very helpful to the snow crews if cars are not parked on the street during a snow event.

Particularly in the case of early morning snow events, the public works director works closely with the superintendent of North Hills School District to ensure the safety of all school students. Bus routes take precedence over other streets in the township, and road conditions are continuously reported to the superintendent in order to make decisions regarding school delays and cancellations.

Most major township roads are maintained by Allegheny County or the Commonwealth of PA. For problems on these roads, call:

Allegheny County Maintenance 412.931.2517

Babcock Blvd (north of Rochester)
Evergreen Road
Jacks Run Road

Three Degree Road
McIntyre Road
Bellevue Road

West View Avenue
Cemetery Lane
Mt Troy Road & Extension

Penn DOT Maintenance 412.364.2122

McKnight Road
Babcock Blvd (south of Rochester)
Rochester Road
Siebert Road
Evergreen-Peoples Plank Road

Reis Run Road
Lowries Run Road
Sutter Road
Gass Road

Perry Highway
Union Avenue
Perrysville Avenue
Sewickley-Oakmont Road

THE ROSS TOWNSHIP VOLUNTEER FIREMEN RECRUITMENT & RETENTION COMMITTEE & DISCOUNT CLUB



Ross Township has been blessed with a 100% volunteer fire service for many years. The desire of this committee, business owners and every tax payer is to ensure that this purely volunteer group remains intact, well trained and ready to go.

Ross Township has eight fire companies with approximately 300 volunteers consisting of fire fighters, administrative help, fire police and junior members. Every year regulations passed down from the state make the cost and time requirements for training more demanding on new and veteran members. Each new member costs the companies upwards of \$3,000 which is covered by various forms of income consisting of Ross Township General Fund budget contributions, federal and state grants and fund raising efforts of the fire companies.

Help us thank them for the commitment and a job well done by becoming a member of the Ross Township Volunteer Firemen Discount Club. Any discount of any amount is deeply appreciated.

Any volunteer requesting a discount at your establishment must present photo ID to receive the discount. The Discount Club listing of participants will be published in our magazine quarterly and posted at each fire hall. Following are the current participants:

Bodytech North Hills, Breen Law Firm, LLC, Cable Orthodontics, First National Bank, Grady, Kastner & Gornick Orthodontics, Huet Eye Associates, Jersey Mike's Subs, North Hills Dairy Queen, North Hills Printing, Rusmur Floors Carpet One

Please contact Commissioner Mikec or any of your local firemen for a registration packet to sign up.

Committee Members:

*Commissioner, David J. Mikec, P.E. – Ross Township, Ward 6
Fire Chief, Jeff Giger – Evergreen Fire Department
Commissioner, John Sponcer – Ross Township, Ward 3
Fire Chief, Brad Mclean – Quail Fire Department*



Adult Education Classes

LEARN THE BASICS OF PYSANKY!

UKRAINIAN EASTER EGG WORKSHOP

Instructor: Michael Kapeluck of Saint Peter and Paul Orthodox Church

Come learn the ancient art of "writing" with hot wax to create magnificent and authentic Ukrainian Easter Eggs-Pysanky.



The cost for this 3-hour workshop will cover decorating, tools, dyes and eggs. Because you have to use a candle (open flame) for creating Pysanky, this class is open to adults and children 12 and older with adult supervision.

Session 1

Dates: 3-hour session, Saturday, February 27, 9-noon

Session 2

Dates: 3-hour session, Saturday, February 27, 2-5 p.m.

Please indicate session when registering.

Cost: Ross Resident: \$27; Non-Resident: \$30

HOW TO MAKE HANDMADE PASTA!



Join us at the Evergreen Community Center with Yvonne Hennigan. She will demonstrate how to make handmade pasta from scratch. The demonstration will include the basics of making pasta by hand as well as producing it using hand-crank and electric pasta makers. Yvonne is the owner of the HANDMADE PASTA BY YVONNE pasta shop located at 3333 Babcock Blvd in Ross Township.

Date: Saturday, January 16, 1-3 p.m.

Cost: Free

Just for Seniors

At the ROSS COMMUNITY CENTER

SENIOR FITNESS



Instructor: Karla Rhoades

Make new friends, keep up with the grandkids and have some fun!

Join Karla for a motivating exercise class that will improve your strength, balance and coordination using light weights, resistant tubing and low-impact aerobics.

Dates: 12- week session Tuesdays and Thursdays, 9:30-10:30 a.m. Begins January 5. No class March 24

Cost: Ross Resident: \$120; Non-Resident: \$144

SENIOR BUS PASS

Did you know you can register for PAT Senior bus passes at the Ross Community Center? Call Jackie Snyder or Roseanne Jones at 412.931.7055 for an appointment.

Participants must be 65 and must present one of the following as proof of age:

Photo driver's license; Birth certificate; Armed forces discharge papers; Baptismal certificate; PACE ID card; Passport or naturalization papers; Pennsylvania ID card; statement of age from the U.S. Social Security Administration

SENIOR FUN IN THE ACTIVE LOUNGE

Time: All Activities are from 1-3 p.m. and FREE!

Monday: Knitting

Tuesday: Cards

Wednesday: Games

Thursday: Gardening

Friday: Wii

PICKLEBALL

Get in on this fun new game that is sweeping the country! Pickleball is played on a badminton-sized, low-net court with paddles similar to Ping-Pong paddles. The ball used is similar to but slightly smaller than a wiffle ball. The lower net and lighter ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their meddle.



Dates: Mondays, Wednesdays and Fridays Starting January 4.
Cost: Ross Resident: \$4; Non-Resident: \$5
 There will be no program on February 15.

SENIOR POT LUCK AND PARTY



Come and socialize while you have a great time trying new dishes with soon-to-be friends. Please call the Community Center at 412.931.7041 a week ahead with the dish you will be bringing so we can know the number of guests to expect and so we have a great variety of dishes!

Dates: Second Wednesday of every month, 11:30 a.m. – 2:00 p.m.

ZUMBA® GOLD



Instructor: Tracie Black
 Like Zumba® but at a slower pace and lower intensity! The design of the class introduces easy-to-follow, low-impact Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Dates: 12- week session Mondays, 9:30-10:30 a.m. Begins January 4. No class Feb. 15.
Cost: Ross Resident: \$60; Non-Resident: \$72

COMMUNITY

Family, Fitness and Fun

At the ROSS COMMUNITY CENTER

OPEN GYM TIMES

Winter Open Gym hours will be available by checking the Activity Calendar located on the Township's website at www.ross.pa.us. Paper copies will be available at the Community Center's desk. Friday, Sunday, and Monday evenings there will be no Open Gym due to the Ross Recreation 7-12 Grade Basketball Program activity.



The deadline to register for any Ross Township Parks and Recreation Program is seven calendar days prior to the start of the program unless otherwise stated. Register online at www.ross.pa.us.

Family, Fitness and Fun Cont.

At the ROSS COMMUNITY CENTER

ACTIVITY LOUNGE TIMES

Times: Mon-Fri 8 a.m.-1 p.m. Ages 12 and under
 Mon-Fri 1 p.m.-3 p.m. Seniors
 Mon-Fri 3 p.m.-6 p.m. Teens (Ages 13-18)
 Mon-Fri 6 p.m.-9 p.m. All Ages
 Sat 8 a.m.-9 p.m. All Ages
 Sun Noon-6 p.m. All Ages

Open gym and activity lounge times may be changed to reflect the community center's programming and facility rental needs. Please call ahead on weekends, as we have many community events and fundraisers scheduled on Saturdays and Sundays. You may be asked to structure your game to accommodate everyone using the gym.

GAME ROOM TIMES

Times: Mon-Fri 8:00 a.m. - 9:00 p.m.
 Sat 9 a.m. - 9:00 p.m.
 Sunday Noon - 6:00 p.m.

"ENJOY" DISCOUNT BOOKS & SEVEN SPRINGS TICKETS!!!

Please contact Jackie Snyder at 412.931.7055 for information on how to obtain Enjoy Coupon Books and discounted tickets to Seven Springs.



VOLUNTEER AT THE COMMUNITY CENTER

The Ross Parks and Recreation Department is always looking for volunteers to help with special events. If you would like to volunteer, please contact Suzi at 412.931.7041. Thank you!

FREE MORNING GYM TIME FOR WALKERS

The morning gym walking hours will be available by checking the activity calendar located on the township's website at www.ross.pa.us. Paper copies will be available at the community center desk.



NORTHLAND PUBLIC LIBRARY KIOSK

Did you know you can borrow items from Northland Public Library right at Ross Township's Community Center? The Kiosks, named NOMAD (which stands for Northland Offsite Modern Alternative Dispenser) contains both children's and adult books, CDs, and DVDs that can be checked out using any library card issued by Allegheny County. Patrons are also able to return library items to the book drop conveniently located just outside the main entrance to the Ross Community Center. For information on how to use the NOMAD, please visit: www.northlandlibrary.org/nomad-vending-kiosks/.

There are a number of regularly occurring programs at the library that occur year round; from book discussion groups, to film series showings, to knitting circles, and storytimes for children and families, we have something for everyone. Stop by Northland Public Library and connect with your community!



MARTIAL WAY DEFENSE ACADEMY

FIRST WEEK IS ALWAYS FREE!!! No hidden fees.

Martial Arts changed our lives for the better; let us show you how it can work for you.

We offer classes for the whole family. What sets us apart is that Travis Morton has almost 20 years of training experience, and no affiliation to the other local Martial Arts programs. We require no contracts. There is no enrollment window (join whenever you like). And we offer all the training and testing services at one cost. We have students in all of our class programs age levels, so joining is friendly; not intimidating.

Youth (7-13)

Time: Tuesdays & Thursdays 6-6:45 pm

Cost: \$70/month for Ross-Residents

Adult (13+)

This is a program based on both Traditional and Updated material. The curriculum encompasses: Self-Defense, Physical Enrichment, and Mental Growth. We strive to give students the tools and confidence to be better prepared to overcome obstacles in life.

Time: Tuesday & Thursdays 7pm-8pm

Cost: \$70/month for Ross-Residents

Each additional family member is only \$45. The 5th (or more) immediate family members are free.

Dragons (4-6)

Our Dragon's program is a fun way of adapting Martial Arts to appeal to younger kids, while being geared towards their energy and focus abilities. We do not force material on Dragons, we use this program to prepare them for their entrance to Youth classes when it is appropriate.

Time: Thursdays at 5pm-5:45pm

Cost: \$50/month

Each additional family Dragon is only \$35. If they are the 5th family member, they are still free.

It is required that we charge non-Ross Residents an additional \$10/individual in all programs (Youth, Adult, and Dragons)

Contact Info:

Chief Instructor: Travis Morton
(2nd Dan Black Belt)

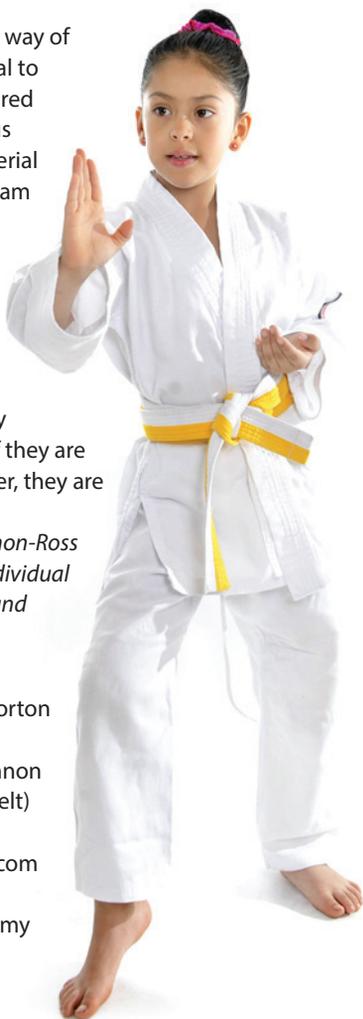
Assistant Instructor: Shannon Morton
(2nd Dan Black Belt)

Phone: 412.969.2306

Email: tamorton@yahoo.com

Facebook.com/

martialwaydefenseacademy



COMMUNITY

Just for Tots and Little Ones

At the ROSS COMMUNITY CENTER

ROSS ROMPERS



Calling All Parents!

Bring your little ones for unstructured playtime.

Parents, this is a great opportunity to socialize with other adults while you provide your children with unstructured playtime with other children. And, it's a great time to meet and share ideas with other young parents! Through the generosity of our residents, we have plenty of toys, games, dolls, trucks, and role-playing items for the kids to play with. There is no fee for this program.

Dates: Tuesdays 10 a.m.-Noon

PRESCHOOL SOCCER

Instructor: CB McDonald

Ages 4-5

Experience the fun of basketball while learning the basic skills of shooting, passing, and dribbling. Min: 6 Max: 12

Dates: 6-week session, starting Wednesday, February 17, 6-6:45 p.m.

Cost: Ross Resident: \$60; Non-Resident: \$70

The deadline to register for any Ross Township Parks and Recreation Program is seven calendar days prior to the start of the program unless otherwise stated. Register online at www.ross.pa.us.

Just for Tots and Little Ones^{Cont.}

At the ROSS COMMUNITY CENTER

PRESCHOOL OPEN GYM



Ages 1-5

Our open gym is a perfect opportunity to meet friends and enjoy a morning of free-play. We'll provide plenty of equipment to keep your little one busy!

Dates: Monday-Friday 11:00 a.m. - Noon

FAMILY FUN-DAMENTAL BASKETBALL CLINIC

Instructor: Jason Piring

Ages 8-14

In this program students will learn the basics of dribbling and shooting correctly. Proper shooting form, dribbling development and passing techniques will be taught. Players will practice their skills through various fun games and scrimmages. The Fun-damentals program will be led by Coach Jason Piring. Coach Jason has years of teaching experience at all levels. His energy and passion is sure to get kids engaged in the active sport of basketball.

Dates: 8-week session, starting Wednesday, January 6, 7-8 p.m.

Cost: Ross Resident: \$80; Non-Resident: \$90

1ST AND 2ND GRADE BASKETBALL



Instructor: Lisa Dapprich

Great basic skills and exercise opportunity for girls and boys! Kids in this program will start by learning basic ball skills: handling, passing and shooting the ball. Further into the program, we will inter-mix games with intro to basketball skills practice.

Dates: 6-week session, starting Wednesday, January 6, 6-7 p.m.

Cost: Ross Resident: \$60; Non-Resident: \$70



Health and Fitness

At the ROSS COMMUNITY CENTER

YOGA

This program will focus on proper breathing techniques, relief of muscle tightness and tension, improved mind and body awareness, revitalize sluggish organs, and improve respiration and digestion. Min 10.

Dates: 8-week session, starting Mondays, Jan 4, 6:30-7:30 p.m.
No class on Feb 15
Cost: Ross Residents: \$64;
Non-Residents: \$72



ZUMBA

Zumba Fitness fuses international rhythms with easy-to-follow dance moves. The result? A fun and effective fitness class that feels more like a night out dancing than a workout at the gym. Zumba is designed for adults of all ages and fitness levels, class participants at any level can start Zumba right away. Min: 18.

Session 1: 8-week session, starting Saturday, January 9, 9:15-10:15 a.m.

Session 2: 8-week session, starting Wednesday, March 2, 7-8 p.m. (NO CLASS APRIL 13)

Please indicate which session when registering.

Cost: Ross Residents: \$64; Non-Residents: \$72



CIRCUIT TRAINING



Circuit training is a combination of cardiovascular exercise, strength training, and movement. Interval training has been proven to provide the best results when it comes to exercise training. The room will be divided into 10-12 different stations of hand weights, exercise bands, medicine balls, TheraBalls, body weight exercises, and a lot of movement and cardio! Min: 10.

Dates: 8-week session, starting Wednesdays, January 6, 9:30-10:30 a.m.

Cost: Ross Residents: \$64; Non-Residents: \$72

STEP, SCULPT & CORE



Time Flies in this Energizing, Low-Impact Class with Diane Heinauer, ACE-Certified.

A FUN class that offers upbeat music, results, inspiration, and promotes a healthy lifestyle. We move from step aerobics to sculpt, to core work, emphasizing fat and calorie burning. Popular class, register early and bring water and hand weights. Make the choice to get in the best shape of your life! Min: 10.

Dates: 10-week session, starting January 5, Tuesdays, 6:30-7:30 p.m.

Cost: Ross Residents: \$80; Non-Residents: \$90

The deadline to register for any Ross Township Parks and Recreation Program is seven calendar days prior to the start of the program unless otherwise stated. Register online at www.ross.pa.us.

Health and Fitness Cont.

At the ROSS COMMUNITY CENTER

PILATES MAT CLASS

At the Evergreen Community Building



A body is designed to move, so this series of mat exercises provides a way for you to work out the entire body and focus mainly on your core and stabilization muscles. Find out the many benefits of a regular Mat Pilates class and the natural flow of exercises that will guide you through a fantastic workout. The class is based on the Peak Pilates exercises principles and a more classical style. Min: 10 Max: 25.

Dates: 12- week session, starts Tuesday, January 5, 6:30-7:30 p.m.

Cost: Ross Resident: \$96, Non-Resident: \$108

WALK LIVE



Instructor: Amy Broniszewski

Leslie Sansone's Walk Live program is appropriate for all ages and fitness levels. This is a fun and easy class to follow. The upbeat music sets the pace for a fat burning, muscle toning and cardio workout. Using four basic steps, participants will use all muscles in the body by incorporating simple arm movements to build the intensity of the workout and provide strength training with a firming band. Min: 10.

Dates: 8-week session, starting Monday, January 4, 10-11 a.m.
No class on February 15.

Cost: Ross Residents: \$32; Non-Residents: \$40

ROSS COMMUNITY CENTER PERENNIAL DANCE CLASS FAVORITE: BEGINNING LINE DANCE CLASS

This is a great class for beginners to advanced line dancers. Our local-favorite instructors, Ginny and Jerry Crawford, will walk you through many of today's most popular line dances. No dance partner needed, and all ages are welcome. This is one of our longest-running classes at the community center. The instructors even take requests for line dances, and they do their best to help everyone learn!

Dates: 10 week session, Thursdays, starting February 25, 7-8:30 p.m.
There will be no class on March 24 and April 14.

Cost: Ross Resident: \$5/class;
Non-Resident: \$6/class



Ross Township Sustainability News and Programs

COMMUNITY GARDEN



In October two raised beds were created at Herge Park for the community garden. Thank you to all our volunteers who came out and helped. The community garden will be meeting this winter to begin planning for the spring planting season. Please check the website in January for meeting dates. If you have interest in helping with gardening in any way or want more information, please visit the township's website at ross.pa.us and fill out the volunteer form (specify Community Garden).

VERMICOMPOSTING WORKSHOP



Worm your way into composting with one of nature's most efficient recyclers, the lowly earthworm. Worm composting is an easy way to recycle organic kitchen waste into a valuable and nutrient-rich fertilizer. Learn about the benefits of composting with worms. Each participant/couple will be provided with a bin, instructions, and worms and go home with a complete, ready to use vermiculture system! It's easy, fun, odorless, and produces a great soil additive/fertilizer! Class participants will learn how to house, feed, harvest and care for their own worms.

To register on-line go to: www.prc.org or call Nancy at 412.488.7490 ex 247.

Date: Saturday, January 23, 10:30-Noon

Cost: \$50/Person; \$55/Couple and includes one vermicompost bin.

BACKYARD COMPOSTING WORKSHOP

Not sure what to do with your kitchen, garden and yard scraps? Would you like natural, home-made compost for your lawns and gardens? Expand your recycling efforts to include kitchen scraps and yard debris? The workshop will cover the importance and benefits of composting, the process, setting up a compost pile, proper maintenance, and ways of using finished compost. Each participant/couple will receive an 80-gallon Earth Machine Compost Bin.

To register on-line go to: www.prc.org or call Nancy at 412.488.7490 ex 247.

Date: Saturday, February 27, 10:30-Noon

Cost: \$50/Person; \$55/Couple

WATERSHED AWARENESS/RAIN BARREL WORKSHOP

Do not miss out on an abundant, free supply of the earth's most valuable resource-fresh, clean, rainwater! Learn how to harvest rainwater from your rooftop, store it, and use it in your landscape while also contributing to improved water quality in our rivers and streams. Learn how we can reduce our contribution to combined sewer overflow, flooding, and polluted runoff while practicing watershed protection and conservation in our own backyards. Participants will learn how to assemble and install a retrofitted 55-gallon drum/rain barrel, and how to introduce other stormwater management options into their landscape. Participants receive the hardware to assemble and install a rain barrel and a \$10 coupon toward the purchase of a 55-gallon drum.

To register on-line go to: www.prc.org or call Nancy at 412.488.7490 ex 247.

Date: Saturday, March 19, 10:30-Noon

Cost: \$50/Person; \$55/Couple



ROSS TOWNSHIP

Municipal Center

1000 Ross Municipal Drive

Pittsburgh, PA 15237

Phone: 412.931.7041 or 412.931.7055 x248

PROGRAM REGISTRATION FORM

Please fill out a separate registration form for each participant and program. Acceptance of registration form is based on availability and first-come, first-served basis, as some programs are limited in size. You may register via mail by check only. Program Registration is also available on-line at ross.pa.us – visit the Parks and Recreation tab; then navigate to the Programs section; choose a class category, then choose REGISTER NOW. Thank you!

Are you a resident of Ross Township? ____ Yes ____ No

There is a fee difference for some programs - please check the class description.

Program Name: _____ Program Times/Dates: _____ Program Fee: \$ _____

Participant's Name: _____ Participant's Birthdate: ___/___/___ Age: ____ Sex: M ____ F ____

Parent/Guardian Name: _____ Phone: (H) _____ (W/C) _____
(If participant is under 18)

E-mail Address: _____ May we contact you via e-mail? ____ Yes ____ No

Street Address: _____ City/State/Zip: _____

Emergency Contact: _____ Phone: (H) _____ (W/C) _____

Does participant have any medical concerns? If so, please list: _____

Check here if you will need staff to contact you to discuss disability accommodation needs.

School/Community Partnership

Children are expected to act responsibly at all times and in all areas of our community. To foster appropriate behavior in the community and in the school, the child and parent agree to immediately report the child's school suspension and/or expulsion to the Parks & Recreation Department. The child will be barred from participation in Department activities until the completion of the suspension or, if expulsion, until acceptance into an alternative education program. Failure to inform the Parks & Recreation Department will result in immediate removal from the program.

Liability Waiver

I give my consent for the above named person to participate in this program sponsored by the Ross Township Department of Parks & Recreation. I will not hold Ross Township, the Parks & Recreation Department, the Department's employees, coaches, volunteers, officials/umpires, other participants, or agents or employees of Ross Township responsible in the event of injury as a result of participation. I understand the risks involved and know the above named person is physically able to participate in the activity.

I further state that I have carefully read the forgoing liability waiver and know the contents thereof, and I sign the same as my own free act. I acknowledge that signature by either parent or by one guardian hereby binds all parents and/or guardians of any minor participant.

Permission to Use Image

I grant Ross Township permission to use, for any legitimate reason, any photographs, motion picture, or recording of my participation in this activity.

Participant's Signature
(Parent/Guardian Signature if under age 18)

Date

For Office Use Only

Date Rec.: _____ Amount Paid: _____

Check#: _____

Initials: _____

Free Event

ROSS TOWNSHIP'S 19TH ANNUAL

Egg-normous Easter Egg Hunt



SPONSORED BY
Bob Mertz Plumbing & Heating
Saturday, March 12, 2016 – 11 a.m. to 2 p.m.

*Come Meet the Easter Bunny and Bring Your Camera
Enjoy a fun day of Games, Crafts, Treats and, of course,*

The EASTER EGG HUNT!

When: Saturday, March 12, 2016 **From:** 11 a.m. to 2 p.m.
Who: Kids ages 0-10 **Where:** Ross Community Center
Cost: There is no charge for this program, special thanks to our Sponsor:
Submit registration form to: 1000 Ross Municipal Drive, Pgh., PA 15237

Participant's Name _____ Birth Date _____ Age ____ Sex: M ___ F ___
Parent/Guardian Name _____ Phone (H/C) _____
Street Address _____ City _____ State _____ Zip _____
Email _____ May we contact you via email? _____

Ross Resident: Yes ___ No ___

I give my consent for the above-named person to participate in this program sponsored by Ross Township. I will not hold Ross Township, the Parks & Recreation Department, event sponsors, or their employees, volunteers, other participants, agents, or employees of Ross Township responsible in the event of an injury as a result of participation. I understand the risks involved and know the above-named person is physically able to participate in this activity. I further state that I have carefully read the forgoing liability waiver and know the contents thereof, and I sign the same as my own free act. I acknowledge that signature by either parent or by one guardian hereby binds all parents and/or guardians of any minor participant.

Participant's Signature
(Parent/Guardian signature if under age 18)

