What’s Your Word for 2019?

Follow effective action with quiet reflection. From the quiet reflection will come even more effective action. -Peter Drucker

As 2018 came to a close, we gathered as a staff for a moment of self-reflection and sharing. We were charged with the difficult task of identifying ONE Word for the coming year. We were not to consider our intent for Sarah Heinz House, but rather, for ourselves personally.

Upon reflecting and selecting our individual Word, we then forged our intent onto a piece of jewelry. Stamping our own Word not only symbolized our commitment to live out our intent for 2019, but also served as a reminder of both the effort and focus it will take to do so effectively.

The best part of the exercise was the sharing out of each person’s Word and why they chose the Word that they did. Each Word was wonderfully unique and tightly tied to our humanness. It was both a moment of vulnerability and of strength.

I will not be the spoiler and share my colleagues’ Word choice. I will, however, share my own and encourage you to seek out staff members to engage in discussion about their Word. You will get a beautiful and honest glimpse into the souls of those who devote themselves to helping our kids to laugh, learn and lead on a daily basis. So without further ado…

My Word was “Curious.” The reason I chose and commit to being Curious in 2019 follows.

If I am curious, then I will keep in mind that every person has a unique path and that we all learn differently. I will meet others where they are and be open to difference.

If I am curious, then I will be open to how relationships serve as wonderful mirrors, allowing me to see myself more clearly. I will pause in an effort to understand why I am feeling irritated and then, like an oyster, transform such irritation into a pearl of insight and wisdom.

If I am curious, then I will approach the world and life with a child-like wonder. I will be kinder to myself and far less critical. I will not fear the unknown. I will take risks. I will see opportunities as opposed to challenges and will embrace failure as part of the learning process.

So, we now challenge you to identify your ONE Word for 2019. We look forward to hearing what you chose!

Happy New Year!

Jennifer Cairns
Executive Director
Inclement Weather Policy
(also see next article about WPXI Weather Alerts)

We make every effort to keep Sarah Heinz House open during inclement weather. However, for the safety of our members and staff, staying open isn’t always possible. If we need to close or cancel an activity, we will do our best to broadcast the cancellation or delay on KDKA, WPXI and WTAE television stations and their websites. Whenever possible, we will also have a message on our website (sarahheinzhouse.org), Facebook, Twitter and voicemail. When early morning programs and operations (adult fitness) are affected, we will try to have that information posted to the above venues by 5:15am. We do not offer “make ups” or refunds for programs or classes that are missed due to the closing of the facility.

For consistency regarding weather policy, we will use the status of Pittsburgh Public Schools as a guideline ONLY for CLOSINGS and EARLY DISMISSALS for our Sarah Heinz House status.

- **DIFFERENT GUIDELINES FOR AM DELAYS**: Do NOT follow Pittsburgh Public Schools as a guideline for morning delays. Please refer to the methods of communication listed above for Sarah Heinz House morning status. If nothing is announced for Sarah Heinz House through those venues above, then we are open on weekdays at 6am for normal operations and program offerings that morning.

- **When Pittsburgh Public Schools is CLOSED due to weather**, Heinz House will ALSO be CLOSED for that day, with no program offerings (youth OR adult). If Heinz House is already open at 6am for morning adult fitness on a particular day before Pittsburgh Public Schools changes their status to closed, then no adult classes will be offered that day, and Fitness Center facilities will close at 10am.

- **When Pittsburgh Public Schools implement an EARLY DISMISSAL due to weather conditions**, Heinz House will CLOSE at 2pm and cancel afternoon and evening programs for that day. Again, any closings or cancellations will be posted and announced as written above.

These guidelines above are for weather related conditions only. There may be times when Sarah Heinz House may need to close (or remain open) for some other reason. When this is the case, the school schedule will not affect our schedule, and the Sarah Heinz House status will still be posted onto the venues listed above.

WPXI Weather Alert

To receive a Text Message each time we close, you can sign up for a School Closing Alert through WPXI. In order to receive the alerts, you must go to [http://www.wpxi.com/sms/signup/](http://www.wpxi.com/sms/signup/) and complete the necessary information. It will ask you to input your mobile phone number and to create a password. You will also have to input your phone carrier information (i.e. Verizon, AT&T, etc.) and email address. After doing so, you will have to click on the box titled Sarah Heinz House under the “Business and School Closings” portion. Finally, you have to agree to their terms and services and submit your selection. It will send you an initial text message stating that you registered. By doing this, every time that we close, you will receive a text message notifying of the closing.
Girls Sleepover

Saturday, January 19

8:00pm – 8:00am

The Girls Sleepover is back! On **Saturday, January 19th**, the SHH staff and Keystone Club will be teaming up to host an awesome fun-filled night for all girl members. The event is open to all members in 1st – 12th grade. From 8:00am – 8:00pm there will be tons of fun including swimming, games, movies, and pizza! The Keystone Club will also be leading a blanket-making craft to benefit the UPMC Hillman Cancer Center. Anyone interested can sign up at the Front Desk. You’ll want to make sure you bring clothes to wear in the gym (shorts and a t-shirt), tennis shoes, a bathing suit and towel, pajamas, toiletries (toothbrush and toothpaste), sleeping bag, and pillow. **The cost is $10 and you must sign up by Thurs, Jan. 17.** If you have any questions, please contact Danica Van Volkenburg at VanVolkenburg@sarahheinzhouse.com.

Purse Bingo

January 27, 2019

Doors Open at 12:30pm; Event from 1-4pm

Tickets are $20. For $20 you receive 12 cards for 12 games and 3 specials. **One winner per game will receive a Coach purse.** 50/50 Tickets will be sold and food will be available at our concession stand. All proceeds benefit the Keystone Club’s annual conference trip. Don’t miss this fun afternoon! Any questions can be directed to Danica Van Volkenburg, VanVolkenburg@sarahheinzhouse.com
Sarah Heinz House Summer Day Camp

We are excited to announce that Sarah Heinz House will be re-designing and renovating some areas of the building this summer of 2019.

Our Games Room, Teen Room, Robotics Lab, Workshop, Education Nation, Media Lab and restrooms will all be getting some upgrades. Because of this, some aspects of Day Camp may be affected.

We are still working out the details on how we can minimize the impact and continue to provide the same high quality summer camp experience as we always have in the past.

Please be on the lookout for future Bulletin articles that will provide more details. Thank you for your patience during this exciting time.

3 different types of Day Camp opportunities and activities:

Our **Preschool Day Camp** is open to kids ages 3-6 (participants must be FULLY potty-trained). Each session, campers swim in the pool, go on fieldtrips, create art projects, explore science and robotics, and play, all under the care and observation of our dedicated preschool staff. Sarah Heinz House offers a wonderful opportunity for your child to learn and grow in a safe and fun environment! Our Preschool Camp fills up every year, so make sure you sign up ASAP!

Our **school-age Day Camp** is for children who have completed 1st-6th grade. Campers will receive snacks daily, participate in specialty activities, make new friends, go on field trips and adventures, and have access to the pre and post care programs for parents who need to drop off and/or pick up outside normal hours. Make sure you take advantage of your membership status and sign up early.

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<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>1st-6th grade</th>
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<tbody>
<tr>
<td>First</td>
<td>Monday, June 17 – Friday, June 28</td>
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<tr>
<td>Second</td>
<td>Monday, July 1 – Friday, July 12 (closed July 4)</td>
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<tr>
<td>Third</td>
<td>Monday, July 15 – Friday, July 26</td>
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<tr>
<td>Fourth</td>
<td>Monday, July 29 – Friday, August 9</td>
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**In the past, our school-aged Day Camp program has served up to 8th graders and we have also offered a Leadership Development Camp for high school age children. If you have a child who is in 7th-12th grade, they have the opportunity to participate as volunteers for our camps this summer. More information to come!**

Our **Robotics Camp** is age/grade specific, and features many engaging and fun programs such as engineering in teams, problem solving through challenges, building with LEGO’s and assembling VEX robots. Robo Campers also participate in afternoon activities, field trips, and special events with Day Camp.

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<tr>
<th>Session</th>
<th>Dates</th>
<th>1st-3rd grade</th>
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<tbody>
<tr>
<td>First</td>
<td>Monday, June 17 – Friday, June 28</td>
<td>1st-3rd grade</td>
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<tr>
<td>Third</td>
<td>Monday, July 15 – Friday, July 26</td>
<td>4th-8th grade</td>
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<td>Fourth</td>
<td>Monday, July 29 – Friday, August 9</td>
<td>4th-8th grade</td>
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Check next month's February bulletin for all the details! Don't miss out on a great summer. Sign-up for Day Camp!
Sarah Heinz House Resident Camp

INFORMATION and INCENTIVES*****

Now is the time for members (and parents) to start thinking about Summertime and Heinz House Camp! We have some information as your family plans for the summer. FYI, for our newer families, our Resident Camp is located in Ellwood City, PA, about 45 miles North of Pittsburgh. We offer 2 Boys’ sessions, then 2 Girls’ sessions, late June through mid-August. The kids stay at Resident Camp for 11 days (or 22 days if they sign up for both sessions). Session dates are listed below. Registration will begin March 1, but you can start saving for Resident Camp NOW!!! Please check the following article which can help you to decrease your cost for Resident Camp. For additional information, please call us, or contact Dan Turkovich (Boys Camp Director) at 412 231-2377 or turkovich@sarahheinzhouse.com

Resident Camp Stamp Savings Incentive Program

Camp Stamps are a great way to save up and pay gradually for our Resident Camp rather than all at once! We want to motivate and reward those of you who participate in our Camp Stamp Savings Program for Resident Camp, so we created an incentive program! If you prepay and have at least half of the Resident camp Fees through the camp savings program toward Resident camp fees by March 1, then we will give you a $10 credit towards your remaining 2019 Resident Camp fees! This program is only offered for Resident Camp.

RESIDENT CAMP SESSIONS:

- Camp Set-Up: Friday, June 7 through Sunday, June 9
- Fathers’ Day Picnic: Sunday, June 16, 1—4pm at Camp
- Boys’ 1st Session: Thursday, June 20 through Sunday, June 30
- Boys’ 2nd Session: Sunday, June 30 through Wednesday, July 10
- Girls’ 1st Session: Saturday, July 13 through Tuesday, July 23
- Girls’ 2nd Session: Tuesday, July 23 through Friday, Aug 2
- Camp Tear Down: Friday, Aug 2 through Sunday Aug 4

If you have any questions or concerns about either incentive program, please contact Dan Turkovich, Boy’s Resident Camp Director at 412-231-2377 or email Turkovich@sarahheinzhouse.com.

Lifeguardsing Class

Interested in becoming a Lifeguard? Sign up for our class offered every Wednesday and Friday in January!

*Must sign up and pay by January 4th to secure a spot

Full Members: $60  Social Members: $120

Dates in January: 4th, 9th, 11th, 16th, 18th, 21st, 23rd, 25th, 30th

*Includes an additional mandatory class on Monday January 21st (Martin Luther King Jr. Day) for five hours (even thought SHH is not open for normal programming).

*All classes are mandatory

Times: 6:00pm-7:30 pm
### January Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed Jan 2</td>
<td>REGULAR PROGRAMS RESUME</td>
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<td>Fri Jan 4</td>
<td>Friday Night Special – Spaghetti and Trivia</td>
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<td>6 pm in the 2nd floor club room; free for all members and families</td>
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<tr>
<td>Wed Jan 9</td>
<td>Family Engagement Event – White Elephant Gift Exchange</td>
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<td>7:00pm- 8:00pm; Bring an unwanted gift and go home with a new gift!</td>
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<tr>
<td>Fri Jan 18</td>
<td>Teen Night (8th through 12th Grade Members): LASER TAG IN THE OLD GYM!</td>
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<td>9-11pm</td>
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<td>Sat Jan 19</td>
<td>Girls Sleepover (See above Article)</td>
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<td>8:00pm – 8:00am</td>
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<tr>
<td>Sat Jan 19-Jan 21</td>
<td>Midd/Sr Boys Camp Weekend at Heinz House Camp</td>
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<td>$15; Ask Dan for more Details</td>
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<tr>
<td>Mon Jan 21</td>
<td><strong>Martin Luther King Day; No programs after 2pm</strong></td>
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<tr>
<td>Fri Jan 25</td>
<td>Friday Night Special – Movie night (“Up”)</td>
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<td>7 pm in the 2nd floor club room; free for all members and families</td>
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<tr>
<td>Sun Jan 27</td>
<td>Keystone Club’s Coach Purse Bingo! (See Article Above)</td>
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### Academic Honor Roll

**Remember to bring in your report cards to join AHR.** Give report cards to the front desk to help us reach our goal of 800 A’s!

When you turn in your report card, come visit Ms. Dedra for a small incentive. Turn in your report card in order to get something in return for your hard work!
Member Spotlight

Aryelle Myles ... has been killing it at Heinz this year. From volunteering and participating in multiple club program to being a service to the building. Countless times she is always willing to help and go up and beyond in area needed. Her leadership is exemplify from the staff all the way down to her peers. We appreciate you and keep up the good work!

Gold Shield Winner

Archer Dreyer

We wanted to honor Archer for winning the Gold Shield drawing! Archer, Starter Boy, was awarded a Gold Shield for helping make Sarah Heinz House a better place by picking up garbage on the Old Lobby Stairs! Thank you Archer for being a Role Model and Being Kind to the Building! Keep it up!

ALUMNI NEWS

If you have family members or friends who are Sarah Heinz House Alumni please invite them to check out the Alumni page on the website: www.sarahheinzhouse.org. We’d love them to reconnect with us so we can tell them about what’s new in our service to all our members.

THANK YOU
Dear Sarah Heinz House Families and Friends,

Beginning in February 2019, Sarah Heinz House will launch our annual appeal to raise vital funds to perform our mission and serve our kids through the Highmark Walk, scheduled for Saturday, May 12th.

To reach our critical $40,000 goal, we need to recruit 200 Captains who will each raise at least $100 from small donations to their team. Through Blue Cross’s walk website, our Captains can ask for donations of as little as $10 (remember, just 10 individuals giving $10 each will get a Captain to their goal!).

Captains who lead a fundraising team will receive special recognition from the organization and be honored in ways we will outline soon!

More details will be announced soon but please, if you and your family are willing to serve as a Captain, please let us know by sending an email to our Development Assistant DiRay Jenkins at jenkins@sarahheinzhouse.com or call down at 412-231-2377.

We need your help to make this year’s walk a success so that we can continue to help all our youth Laugh, Learn and Lead in 2019 and beyond.

Best wishes for a great start to 2019!

Jerry Cozewith
Development Director