



Come Home to Penn Estates

Harmony

Penn Estates Property Owners Association

February/March 2014

2014 Board of Directors Election Timeline

Friday, February 14 - Deadline for submitting applications to Administration. Board of Director applicants must be PEPOA members in good standing and at least 21 years of age.

Tuesday, February 25 - Deadline for the interviewing of Director candidates by the Nominating & Steering Committee.

Friday, February 28 - Board approval of the slate of candidates recommended by the Nominating & Steering Committee.

Friday, February 28 - Deadline for all Director candidates, including those using the petition process, to submit a biography of 1200 words or less and a photo in .jpg format to pepoaharmony@gmail.com.

Saturday, March 22 - Deadline for those Director candidates applying via the petition process to submit their application and petition to Administration (no later than six weeks prior to the Annual Meeting per Bylaws). Petitions require at least 50 signatures of PEPOA Members in good standing, one signature per lot.

Thursday, April 3 - Mailing of Notice of Annual Meeting and Director candidate information (30 days prior to Annual Meeting per bylaws).

Saturday, April 12 - Meet the Candidates Forum sponsored by the Nominating & Steering Committee. Director candidates will make a five minute presentation and answer questions submitted by the audience.

Thursday, May 1, 10:00 AM - Deadline for returning directed proxy ballots to PEPOA's CPA at address designated in Notice of Annual Meeting (48 hours prior to Annual Meeting per bylaws)

Saturday, May 3, 10:00 AM - PEPOA Annual Meeting and Election of Directors. Location to be announced. Voting may be done in-person at the meeting, or by mailed directed proxy ballot. Only Members in good standing are eligible to vote.

Animals Can't Talk Fundraiser

By Sharon Kennedy, Communications Committee Member

There are times when I am so proud to be part of a community that is truly a community! Today was one of those days. I attended the fundraiser for Animals Can't Talk Rescue and Adoption Inc. held on 12/22/13 in the Oak Room. The event was an incredible example of how an idea can start with one person, be expanded by others and culminate in something beyond the wildest dreams of the first person.

Let me start with an explanation of what ACT is. Animals Can't Talk Rescue and Adoption Inc is a cat rescue created by Naomi Gauntlett in 2008. Most communities have problems with feral cat colonies, often created by residents leaving their cats behind when they move out of the community. Also, there are times that loving pet owners can no longer care for their cats.

Naomi has worked tirelessly to help the cats in our community and beyond. Mostly at her own expense, she helps ill and wounded cats and kittens. She has a cooperative agreement with Creature Comforts Veterinary Service, who helps her rescue with reduced spay/neuter prices. She created a cooperative arrangement with PetSmart, where cats are available for adoption every Saturday and four times a year at adoption days.

Her organization, which is a 501c-3 non-profit, has rescued over 300 cats this year alone. She has about 30 volunteers that assist her with her rescue, but she could use more help. Contact her at strictlycats@verizon.net if you are interested, especially if you have Sundays available twice a month. In addition to daily animal care, she could use more help with the pet adoption days and with cash donations to the rescue.

So, I return to my original statement about community coming together for a good cause. Bettyanne Nevil started with the idea of a simple fundraiser to help ACT. She had heard about ACT, met Naomi briefly on a girl scout project several years ago, and she just wanted to help. She wrote on the "Living in Penn Estates" Facebook page that she wanted to know if anyone would be interested in a fundraiser, suggesting Christmas caroling.



There were 274 comments back, including a community member who offered to donate a basket for a raffle. Others offered to bake for a bake sale and two more offered baskets for a raffle. Martz donated a week-long commuter bus pass to New York City. The PEPOA Board stepped up to the plate and approved use of the Oak Room. Dennis Wilkins offered to be Santa Claus for pictures with Santa. This was the community coming together to support a woman and the rescue that she started that have helped the community.

So, today the Oak room hosted the bake sale, raffles and pictures with Santa. Yum. My dog enjoyed the homemade pet treats! I enjoyed the homemade people treats! The dogs seemed to have fun as well. May we continue to come together for each other!



Penn Estates Property Owners Association
304 Cricket Drive
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Penn Estates Recreation Committee Presents:

St. Patrick's Day Party

Saturday, March 15

Doors open @ 7:00pm • Dinner served @ 8:00pm



Dinner will include: Corned Beef & Cabbage, Shepherds Pie, Red Potatoes, etc.

> BYOB <

FREE Event for the first 100 people that get tickets at the Administration Office. You may also pick up a prize when your name is listed.

Mah Jonng

Mah Jonng meets every Monday from 11:45 to 4:30 in the back room under the Oak Room. You do not need to know how to play; we will teach you. It's \$5 a week, and we bring our own lunch. It's a fun afternoon with a lot of nice ladies. If you need any further information, please call Clarice at 570-421-0391 or email clarice7@ptd.net



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Penn Estates Harmony

The official publication of the Penn Estates Property Owners Association
304 Cricket Drive, East Stroudsburg PA 18301

To submit an article or contact the Editor: pepoaharmony@gmail.com

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For advertising information:

Community Newspaper Publishers

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President's Message

By Jody Perkin, President, PEPOA Board of Directors

Sometimes it Does Take a Village - The Revamping of our Rules and Regulations

I am pleased to announce that on January 3, 2014, the Board of Directors voted to accept the consolidated and amended PEPOA Rules and Regulations. For those who are thinking, 'big deal, more rules', it is a big deal, and the new document has twenty pages fewer than its predecessor.

The Rules are the number one, most often referenced of our governing documents; rounding out the top three are the Declaration of Protective Covenants and Association Bylaws. The Declaration of Protective Covenants is the most senior and restrictive of our documents – the Covenants are absolute. To alter the Covenants requires a vote of 100% of the membership;

an extremely difficult task. To change the Bylaws requires a 2/3 majority vote of those members voting in person or by directed proxy for a Bylaw change at the Annual Membership Meeting or special meeting specifically called for this purpose. The Rules, on the other hand, can be amended by the passing of resolutions by the Board of Directors.

The Rules govern our day-to-day activities. Recommendations to make changes and/or add rules typically come from committees to the Board for consideration. The last time the Rules were revised was 2007.

In late 2011, the Board recognized 1) the existing document needed to be updated to incorporate revisions already approved by the Board, 2) the need to include any other revisions that may be proposed by the committees, management and the Board, 3) some items were outdated and needed to be removed, 4) the need to eliminate redundancies and conflicting language, and 5) the need to include the language of the more senior documents, where applicable.

The Documents Committee started the arduous process and completed the initial revision in late 2012, where the follow up became a Long Range Planning agenda item to ensure no one lost sight of the document. It was then handed off to the Community Manager and committees for additional input, then to an ad-hoc group whose sole task was to develop the final draft. In order to ensure all of the original elements were included, the final draft took twelve months to complete.

The approved document is significantly more user friendly than the 2007 revision, it is slightly shorter, and the information flows in a more readable fashion. The Board as a whole and me personally, wish to thank those who played a pivotal role in this entire process, including Richard Way, Anthony Stevens-Arroyo, Maureen Shindle, Nancy Padilla, Laura Jones and Keesha Bruno, my apologies if I unintentionally overlooked anyone.

There is no way any one person or committee could have completed this without the assistance of the others. During my tenure on the Board I've repeatedly said we are stronger when we work together to accomplish goals; I believe this demonstrates the point.

Copies are available in the Administration Office or online by clicking the documents link at www.pepoa.org

Fireside Chat with our Board of Directors Oak Room at the Community Center



Saturday, February 8th
4:30pm to 6:30pm

Open to ALL residents of Penn Estates
(including homeowners and tenants/renters)

Light Refreshments will be served.

This event is hosted by the communications committee.

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Committee Meeting Schedule

Appeals.....	1st Saturday	10:00 am
ARB	3rd Saturday	7:00 am
Board of Directors Meeting	1st Friday.....	7:30 pm
Buildings, Grounds & Roadways.....	3rd Saturday.....	8:30 am
Communications.....	3rd Saturday.....	10:00 am
Community Documents.....	TBA	
Community Safety	1st Saturday	9:00 am
Finance	4th Saturday.....	9:00 am
Government Relations.....	TBA	
Long Range Planning	4th Thursday	7:30 pm
Nominating and Steering.....	1st Thursday.....	7:00 pm
Real Estate	2nd Thursday.....	6:00 pm
Recreation	2nd Thursday.....	7:00 pm
Wildlife and Forestry	3rd Tuesday	7:00 pm

Have You Heard?

Have any news or stories you'd like to tell?
Is there something on your mind you'd like to share?
Birthdays? New babies? Other personal announcements?
If so, send your information to pepoaharmony@gmail.com
or drop it off at the administration office.
Remember, Harmony is YOUR paper!



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Pennsylvania

MENTOR



Cub Reporter Matthew Jacobsen
“Until the next big article, stay in harmony with your community. Get out, volunteer and get involved!”

Christmas in Penn Estates

On December 2nd, the Oak Room was definitely the place to be for the kick-off of the Christmas season here in Penn Estates. Along with their parents, over 80 children came for our annual Breakfast with Santa. According to Recreation Committee member Lucy Jacobson, this event saw one of its best turnouts. The action started at 10 am with pancakes and sausages prepared by Penn Estates residents Ellen and Linda. This hearty fare was accompanied by milk, cookies, coffee for the adults and hot chocolate, which everyone enjoyed while awaiting the arrival of the “big guy.”

At 10:15 Santa made his way down to the Oak Room with a police escort (to keep away his excited fans I guess). Upon his arrival, the Penn Estates Christmas tree was lit. In the past, the tree lighting was a separate event but this was combined with the breakfast so Santa could do the honors. Gifts were presented to the children and Santa said his good-byes before heading back to the North Pole. Committee member, Drina Juliano, says this is one of our most popular events for our children and will continue as an annual tradition.

2013 saw many great events and 2014 promises to be no different, with more upcoming fun to look forward to such as Super Bowl, St. Patrick’s Day party and maybe even another Murder Mystery.

So this is your ace cub reporter saying I hope everyone has a very happy new year and I hope to see you at upcoming happenings throughout the year.

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Volunteer and Help Yourself as Well as Others

By Maureen Shindle

According to the Corporation for National and Community Service website, "Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible

benefits alone—such as pride, satisfaction and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents, we: solve problems, strengthen communities, improve lives, connect to others, [and] transform our own lives." (<http://www.nationalservice.gov/about/volunteering/benefits>.)

Penn Estates offers many opportunities to reap these benefits while helping to improve the quality of life in our community, not to mention property values. An active, vital community is much more attractive to potential home buyers. Further, it makes for a more pleasant association, one where people care about and take care of each other.

Typically when recruiting volunteers, we focus on the beneficiaries. But did you know that volunteering is good for the volunteers as well? Recent research shows that there are health benefits to volunteering.

According to The Health Benefits of Volunteering study conducted for the Corporation for National and Community Service, "Even when controlling for other factors such as age, health, and gender, research has found that when individuals volunteer, they are more likely to live longer" (Grimm, Spring, Dietz, 2007, p.1).

The study further finds that "Volunteer activities can strengthen the social ties that protect individuals from isolation during difficult times, while the experience of helping others leads to a sense of greater self-worth and trust" (p.4).

This is great news. It is like a "buy one, get one free" offer. Like having your cake and eating it too. Killing two birds with one stone. (Get the picture?) So what are you waiting for? We all want to be healthier and we all want a wonderful live. Now you can have it all.

Be part of the solution and get healthy while doing so!

Note: The full report, The Health Benefits of Volunteering, is available at http://www.nationalservice.gov/pdf/07_0506_hbr.pdf.



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SNOWTUBE-A-THON
12AM - 6AM

Relay For Life

Give Cancer The Cold Shoulder

Camelback Mountain Resort, in partnership with Relay For Life, will host the country's first ever Relay For Life winter Snowtube-A-Thon on March 8th, 2014, the Biggest Snowtube-A-Thon in the universe! This event is the country's first winter snowtubing Relay For Life event to benefit the cure for cancer. Join us at 6:00PM on Saturday, March 8th through 6:00AM on Sunday, March 9th to participate in this year's overnight snowtubing marathon!

At Relay For Life events, communities across the globe come together to honor cancer survivors, remember loved ones lost and fight back against a disease that has already taken too much. As with any of the 5000+ Relay For Life events nationwide, there is always a fun theme. The theme of our event is "Give Cancer The Cold Shoulder." Tubers celebrate that theme by dressing themselves and decorating their vehicles in the best "Winter Wonderland" theme imaginable. Prizes will be awarded randomly for best costumes and most original vehicle display!

Come out and "Give Cancer The Cold Shoulder" by sliding down our monstrous snowtubing mountain with your friends and family in support of this charity. The night will be chock-full of fun events, prizes & giveaways, live entertainment and the ever-present luminary ceremony in honor of those who have passed or are fighting the disease. Due to the overwhelming support and popularity of this first-ever Relay For Life event, Camelback is selling tickets online! If you're not interested in tubing, but still want to contribute to the event, you can show your support through a simple monetary donation.

Want to further participate? You can also organize your own Relay For Life team and receive even deeper discounts on snowtubing tickets for the event! Relay For Life teams can camp out overnight and take turns snowtubing at Camelback's Snowtube-A-Thon. The event runs all through the night, and because cancer never sleeps, each team is asked to have at least one participant tubing at all times.

The funds raised by the Camelback / Relay For Life Snowtube-A-Thon truly make a difference in the fight against cancer - just ask one of the nearly 14 million cancer survivors who will celebrate another birthday this year!

Add to relay for life page: "If you are interested in joining or starting a relay for life team, please contact Lisa Hoey (Specialist, Relay For Life): email: lisa.hey@cancer.org phone: 570.421.7939 or website: www.relayforlife.org

Whether you organize your own Relay For Life team or come out to support the cause as an individual, with family, with friends or as a group, Camelback Mountain Resort urges you to get involved and have fun at the same time. The theme for the event is Give Cancer The Cold Shoulder, and everyone should get in the spirit by dressing and decorating your vehicles in a winter wonderland theme! We are all touched in some way by Relay For Life, and this year at Camelback Mountain Resort, you can touch lives while making snow-fun memories that last a lifetime.



MARCH 8TH - 9TH 2014
6:00PM - 6:00AM
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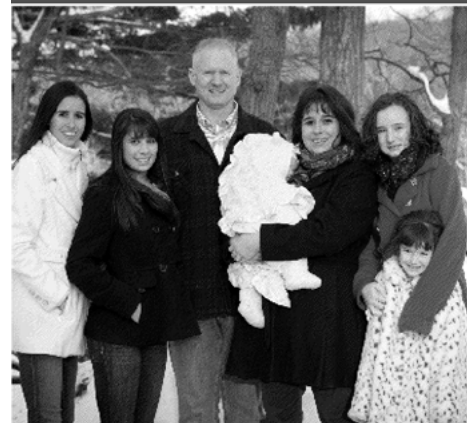
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A Dozen Facts About Snowflakes

- 1 All snowflakes have six sides
- 2 No two snowflakes are exactly alike.
- 3 Snowflakes aren't always white. Years ago, when coal was used in factories and homes, snow was often gray because the coal dust entered the air and was absorbed by the clouds.
- 4 In Prince Edward Island, Canada, where the soil is red clay, snowflakes often look pink because red dust from the soil is blown into the air and absorbed by the clouds.
- 5 The largest snowflakes ever recorded fell in the state of Montana in the United States of America. The snowflakes were 15 inches in diameter.
- 6 The snow capital of the United States is Stampede Pass in Washington State. Each year, the average snowfall is 430 inches.
- 7 The average snowflake falls at a speed of 3.1 miles per hour.
- 8 When combined, windblown snow and black dirt make what is called snirt.
- 9 People buy more cakes, cookies and candies than any other food when a blizzard is in the forecast.
- 10 A blizzard occurs when you can't see for 1/4 mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any of these conditions are less, it is only a snowstorm.
- 11 Billions of snowflakes fall during one short snowstorm.
- 12 Snowflakes are really ice crystals that are formed in the clouds by water vapor.

Heart Of My Heart

By Jane Harris, Harmony Staff Member

Generations of children and adults have vivid memories of those little heart shaped candies with simple messages or slogans that show up for Valentine's Day in schools, homes and the workplace. They've been with us since 1902 and are not likely to disappear even in this age of e-mail, text messaging and tweets.



The NECCO candy company which produced earlier prototypes called conversation hearts continued to develop new versions starting in 1860 when Abe Lincoln was president until 1902 when the current version was put into production.

Be Mine, Be Good, Be True, Kiss Me are some of the original messages. The first new one added was "Fax Me" in the early 1990's. There are now Sweethearts En Espanol and Bart Simpson's personal message - U Stink! - speaks to the popularity of this iconic treat.

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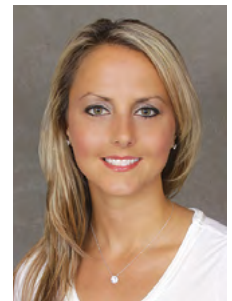
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Did you know:

- 45 homes are presently for sale in Penn Estates.
- 72 homes have sold in Penn Estates year to date.
- The highest-priced home sold in Penn Estates for \$157,500 in 2013.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 90% of buyers start their search on the Internet.
- The average age of today's buyer is 25 years old.

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Michael's Kitchen

By Michael Tyrrell, Communications Committee

Living in the country has many advantages, too many to list. There are, however, some disadvantages. Winter driving on back roads tops my list of the negatives. I have noticed on the Living In Penn Estates Facebook page a number of posts that address the problem of having food deliveries made to Penn Estates.

There basically are very few options and what few exist in the nicer weather, virtually disappear during winter. Pizza seems to be the most desired category.

Here are some easy pizza recipes I've created that are economical and healthful as well. An added bonus is that all the ingredients can be kept on hand. So when that next pizza emergency arises, don't call. Just crank-up your oven and pull out a handful of ingredients from your fridge and get cookin'.

Mystic Connecticut-Style Clam Pizza

(4 servings)

- 2 cloves garlic, chopped
- 1 tbsp olive oil
- 2 cans (6 ½ oz each) chopped clams, drained
- 1 prepared refrigerated pizza shell from supermarket
- 1/3 cup ricotta cheese
- 1 cup shredded mozzarella cheese

Heat oven to 400 degrees. Lightly coat a baking sheet with nonstick cooking spray. Cook garlic in olive oil in nonstick skillet over medium-heat for 2 minutes until lightly browned; stir occasionally. Add clams and cook 2 additional minutes. Spread clams over pizza shell; top with dollops of ricotta and mozzarella. Bake 15-20 minutes until bubbly and nicely browned. Cool a few minutes and cut into 8 slices.

Per Serving-Calories: 528 Fat: 19g Sodium: 767mg

Try This: Instead of the pizza shell, use crusty Italian bread cut lengthwise. Check doneness after 12 minutes.

South of The Border Pizza

(Makes 4 servings)

- 4 whole-wheat tortillas (10-inch) such as Mission Life Balance
- 1 cup medium-hot salsa
- ½ small red onion, chopped
- 1 1/3 cup reduced-fat shredded Mexican-blend cheese
- 4 tbsp prepared guacamole

Heat oven to 350 degrees. Coat baking sheet with nonstick cooking spray. Place tortillas on baking sheet and spread each with ¼ cup salsa. Divide onion and cheese over each. Bake 15-17 minutes or until cheese is melted and tortillas are crisp. Remove from oven and top each with 1 tbsp guacamole. Serve immediately.

Per Serving- Calories: 301 Fat: 14g Sodium: 941mg

Up the Protein & Fiber: Scatter ½ cup drained canned black beans on top of cheese.

Kick It Up: Scatter some pickled sliced jalapenos over the top if you want some added heat.

Buffalo Wing-Style Boboli Pizza

(makes 12 slices)

- 2 lbs uncooked chicken tenders (fillets)
- 1/3 cup Frank's hot sauce
- ¼ cup chicken broth
- 2 thin (10 oz) Boboli pizza crusts
- 2/3 cup reduced-fat blue cheese dressing (such as Wishbone Light)
- 1 cup shredded part-skim mozzarella cheese
- 4 celery ribs, cut into 2-inch pieces

Heat oven to 450 degrees. Lightly coat baking sheets with nonstick cooking spray. Place chicken tenders in large skillet; add cold water to cover. Cover and bring to boil. Reduce heat and simmer for 8 minutes until cooked through. Remove from skillet and cut into long strips.

In a large bowl, mix together hot sauce and broth. Add chicken and toss to coat with the hot sauce mixture.

Place pizza crusts on baking sheets and spread each with 1/3 cup of dressing. Scatter half of the chicken and half of the mozzarella over each. Drizzle some of the hot sauce mixture over top.

Bake pizzas at 450 degrees for 10 minutes or until crusts are lightly browned and cheese is bubbly. Remove from oven and scatter celery over pizzas. Serve with extra hot sauce on the side, if desired.

Per Serving- Calories: 285 Fat: 9g Sodium: 722mg

Make Things Simple: Instead of cooking the chicken yourself, use shredded rotisserie chicken or Purdue Short Cuts (which can be kept on hand in the fridge for a week or more).

FYI: Frank's hot sauce is milder than Tabasco. If you use Tabasco, try 2 tbsp, 3 at the most.

Baby Salad Greens Pizza

(serves 4)

- 2 plum tomatoes, cored and thinly sliced
- 1 whole-wheat or regular pre-baked pizza shell
- ¼ tsp each salt and pepper
- ¾ cup shredded mozzarella
- 3 tbsp grated Parmesan cheese
- 4 cups baby salad greens
- 3 tbsp light balsamic vinaigrette dressing

Heat oven to 450 degrees. Coat baking sheet with nonstick cooking spray. Blot tomato slices dry with paper towel.

Place pizza shell on baking sheet. Top with tomatoes; season with salt and pepper. Bake at 450 degrees for 8 minutes. Top with mozzarella and Parmesan cheeses; continue to bake an additional 5 minutes.

In large bowl, toss salad greens with dressing. Remove pizza from oven and top with salad. Cut into wedges and serve.

Per Serving- Calories: 296 Fat: 10g Sodium: 890mg

For Added Pizzazz: sprinkle finished pizza with toasted pine nuts for some added crunch.

Sliced hot cherry peppers or pepperoncini peppers added with the tomatoes will provide a nice level of heat.

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Sunfish Pond, Delaware Water Gap, NJ

By Michele Valerio Trinkle, Board liaison to Communications Committee

I have mentioned waterfalls and vistas in my last two articles so now I thought I would direct you to a hiking area that has both a serene body of water where you can relax or a nice climb up. On the opposite or New Jersey side of the Delaware Water Gap you can hike to Sunfish Pond, a 44-acre glacial lake 1,000 feet ABOVE the surrounding area.

While the pond itself is really quite beautiful, there are also some very interesting temporary rock sculptures on the northwestern shore. I have no idea who made them but they seem to be different each time I visit.

To hike there is a bit challenging, but well worth it. There are several routes you can take from the Dunnfield Creek parking lot in Worthington State Forest off

of I-80W as you are approaching the Pennsylvania border right before you reach Exit 1. The route I like includes the green blazed Dunnfield Creek Trail to go out that then the white blazed Appalachian Trail to come back which is around 8 miles round trip. If you want more of a challenge you can also



Eating Healthy in Winter

By Maureen Shindle

You don't have to sacrifice healthy eating when the cold and snow rolls in. There are several delicious and nutritious options when it comes to winter produce.

Vegetable	Description	Nutritional Information
Beets	Available Fall through Spring.	Natural diuretic that flushes out excess water or fluid. Contain iron, fiber, and natural chlorine (rinses toxins).
Broccoli	Available all year round, tastes best – less bitter, more sweet – when harvested in cooler temperatures.	Full of fiber and vitamin C which will dilute fat and make it easier to flush from body. Detoxes liver; lowers blood pressure. Also contains vitamin B, calcium, iron and beta carotene.
Brussels sprouts	Last longer when bought on stalk; especially flavorful when roasted.	Significant amounts of vitamins C and K, thiamin, riboflavin, iron, magnesium, copper.
Cabbage	Mellows and sweetens the longer it cooks. The cooler the growing temp, the sweeter it tends to taste.	Contains sulfur and iodine that cleanses stomach and intestines.
Carrots	Available from winter storage	High in vitamin A and good detoxifier. Help liver and guts function smoothly.
Cauliflower	By its nature a cool weather crop and at its best in fall and winter into early spring. When mashed, great substitute for mashed potatoes.	High in vitamin C, thiamin, magnesium, phosphorous and dietary fiber.
Celery	At its best in fall with its harvest continuing through winter. A great additive to smoothies and soups.	Eliminates carbon dioxide from your system. Calcium feeds endocrine system whose hormones break up fats. Contains magnesium and iron; natural diuretic.
Escarole/Endive	Bitter chicory in season in fall and winter	Enriched with vitamins A and B-carotene, both antioxidants. Contains B complex, folic acid, along with B5, B6, B1 and B3.
Kale	One of the healthiest vegetables on the planet. Cooler weather keeps it sweet. Great in soups and smoothies. Can substitute spinach and collard greens in recipes.	Very high in fiber and calcium. Contains extremely high levels of vitamins A, C and K. Also good source of minerals copper, potassium, iron, manganese and phosphorus. Rich in eye-health promoting lutein. Helps lower blood cholesterol levels.
Leeks	Related to garlic and onions. White and light green parts used for cooking. Prepare by cutting thinly.	Contains concentrations of antioxidants and flavonoids. High in vitamin K.
Parsnips	Look like white carrots with a nutty flavor. Look for thinner ones; fatter ones have tough, woody core.	Contains more sugar than carrots, however, rich in antioxidants, vitamin C and many B-complex vitamins. Excellent source of soluble and insoluble dietary fiber.
Sweet potatoes (Yams)	Topped list of valuable vegetables.	High in vitamin A, C, folate, iron, copper and calcium. One of the very few vegetables with protein. High in fiber.
Turnips	Sharp but bright, sweet flavor	High in vitamin C. High amounts of beta carotene, a natural antioxidant.

include the red dot trail up to the top of Mt. Tammany. Helpful maps: <http://www.nps.gov/dewa/planyourvisit/upload/Hikes.pdf> and use this website for several different route suggestions from the Dunnfield Creek parking lot: http://www.njhiking.com/best_hikes_in_nj_sunfish_pond/

The pond is also accessible from the Garvey Springs Trail, located off Old Mine Road. You can get to Old Mine Road from I -80 West, Exit 1, turn right and go about 4 miles down the road. The trail going up is rather steep but it is a shorter route. You can then walk around the whole pond and take the Douglas Trail back down.



I hope you enjoy these suggestions. I especially like this lake due to the remote location and unique glacial features. There are no motor boats allowed on the lake so it is often very still and looks like a pane of glass. Rhododendrons surround the area providing for some picture perfect scenery.

Out & About

Things to Do and See in the Poconos

By Sharon Kennedy, Communications Committee

I hope that you all had a lovely, loving and safe holiday season. I also hope that you are ready for the cold winds of winter. We certainly already had quite the run of snow and ice. Skiers and snowboarders must be mighty happy this year! More snow is expected as I write this article on New Year's Day.

Here is a summary of just a few of the local events that will be happening in coming months. I have drawn from a variety of sources. Please call or check the websites to confirm dates, times and cost.

As always, Jim Thorpe has a number of celebrations scheduled. On 2/15 to 2/16, they host their Winterfest, with ice and wood carving, magic shows, civil war enactments, etc. Call 325-5810 for information. Their St. Patrick's Day parade is listed on 1800poconos website as scheduled for 3/9/14. That seems early since St. Patrick's Day is the 17th. Stroudsburg is listed as hosting their parade on the 23rd at 1pm. Jim Thorpe's Earth Day celebration is on 4/26/14. That number is 325-2079.



Hawley hosts the 12th annual Chili and Wing Cook-off from 12-4 on 3/2/14. You can seek out more information by calling 226-3191 or going to the website of visit@lakeregioncc.com.

I saw a television clip on the Sculpted Ice Works in Lakeville, which looked fascinating. From 2/7 to 2/23/14, they have their "Around the World in Ice" event. Call 570-226-6246 for more information.

If you really love winter, think about taking the plunge at Lake Wallenpaupack at 11am on 2/15. Or you could join in the obstacle courses of Tough Mudder at Pocono Raceway in Long Pond on 4/19/14 to 4/20/14.

All of the local ski areas have special events, which you can check out on their individual websites. Shawnee has Paint the Mountain Pink on 2/8 to 2/9/14, a winter carnival on 2/23 and Nastar race series repeatedly in February. Call 421-7231. Camelback has their Breast Cancer Awareness day on 2/8/14.

PEEC continues to have many and varied events, such as Eagle Watch, Ecozone Discovery Room, singles weekends, and cross country skiing. Call 828-2319 or go to their website. Monroe County Conservation organization also has a number of events throughout the year. On 2/2/14, they host a snow shoeing event at SkyTop. Check it out at www.mcon-servation.org or call (570) 629-3061.

Have fun. And, I am still waiting for input from the Penn Estates community!

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