



Living in Harmony with Nature Harmony

Penn Estates Property Owners Association

June/July 2014

Annual Election Results

By John Bradley, Board President

The PEPOA Annual meeting was held on May 3, 2014 at the Oak Room in the Community Center, at which three directors were elected to the Board. There were three candidates campaigning for the three open positions.



The vote tallies were:

- José Padilla - 109 votes
- Bettyanne Nevil - 105 votes
- John White - 102 votes

All were seated for three-year terms.

Two (2) resolutions were passed dealing with financial decisions that are already covered in the Penn Estates Property Owners Association (PEPOA) Bylaws. Even though the Bylaws authorize the Board of Directors to make these decisions, the Association's CPA has recommended that resolutions be approved by the membership each year to prove to the Internal Revenue Service, in the event that PEPOA's tax return is audited, that the Board acted with the authorization of the membership.

- Resolution #1: Disposition of surplus funds
- Resolution #2: Apportionment of annual assessment

At the Executive Meeting immediately following the annual meeting, the new Board elected its officers:

- PresidentJohn Bradley
- Vice-PresidentLuna Mishoe
- SecretaryDavid Juliano
- TreasurerAdrian Martenco

In addition, the new committee liaison assignments are as follows:

- | Liaison | Committee Assignment(s) |
|-----------------------|--|
| Bettyanne Nevil | Communications, Audit Compliance |
| José Padilla | Appeals |
| Sean Reilly | Buildings/Grounds, Long Range Planning |
| Gary Conforte | Recreation, Community Day |
| Adrian Martenco | Finance, Nominating, Steering |
| John Bradley | Community Documents |
| John White | Wildlife/Forestry |
| David Juliano | Architectural Review, Real Estate |
| Luna Mishoe | Community Safety, Government Relations, PEUI |



2014/2015 PEPOA Board of Directors — Front row (l to r): Adrian Martenco, Treasurer; John Bradley, President; Sean Reilly; José Padilla; Bettyanne Nevil and Luna Mishoe, Vice President. Back row (l to r): David Juliano, Secretary; John White and Gary Conforte.

The Board adopted its meeting schedule (listed below) for the 2014-2015 session:

Type of Meeting	Date	Time	Location
Special Board Work session*	Friday, June 6, 2014	5:00 pm	CC Conference Room
Board Meeting	Friday, June 6, 2014	7:30 pm	Oak Room
Community Forum – Committee Kickoff	Saturday, June 7, 2014	9:00 am	Oak Room
Board Meeting	Friday, July 11, 2014	7:30 pm	Oak Room
Community Forum – Budget Forum	Saturday, July 12, 2014	9:00 am	Oak Room
Board Meeting	Friday, August 1, 2014	7:30 pm	Oak Room
Board Work Session – Review Prelim 2015 Budget*	Tuesday, August 26, 2014	7:30 pm	Oak Room
Board Meeting	Friday, September 12, 2014	7:30 pm	Oak Room
Board Meeting	Friday, October 3, 2014	7:30 pm	Oak Room
Community Forum – Preliminary 2015 Budget Forum	Saturday, October 11, 2014	9:00 am	Oak Room
Board Meeting	Friday, November 7, 2014	7:30 pm	Oak Room
Community Forum – Final 2015 Budget Forum	Saturday, November 8, 2014	9:00 am	Oak Room
Special Board Meeting – Approval of 2015 Budget	Saturday, November 15, 2014	10:00 am	Oak Room
Board Meeting	Friday, January 9, 2015	7:30 pm	Oak Room
Community Forum/Committee Workshop	Saturday, January 10, 2015	9:00 am	Oak Room
Board Meeting	Friday, February 6, 2015	7:30 pm	Oak Room
Board Meeting	Friday, March 6, 2015	7:30 pm	Oak Room
Community Forum/Committee Year in Review	Saturday, March 7, 2015	9:00 am	Oak Room
Board Meeting	Friday, April 3, 2015	7:30 pm	Oak Room
Annual Meeting, Election, Board Organization	Saturday, May 2, 2015	10:00 am	TBD



More Annual Meeting photos on pages 7 & 8

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Meet the Candidates Forum

By Lucy Jacobsen, Chairperson

On April 26, 2014, the Nominating and Steering Committee held its annual Meet the Candidates forum. Approximately 45 residents attended this event along with several members of the Board of Directors.

The candidates each had five minutes to introduce themselves to the residents. This was followed by and Q and A session which was very informative.

Following the Q and A, food and beverages were provided to the residents that attended the event and they also had the opportunity to speak to the candidates and board members.

Thank you to the members of the committee for all their hard work over the past few months to prepare for this event.

Treasurer's Report

(UNRECONCILED)

As of March 31, 2014

Collections of 2014 Dues: Current Month	\$221,806.18	
YEAR TO DATE TOTALS:		
Operating Dues Income		\$1,318,095.63
Dues transferred to Capital Reserve	\$61,253.91	
Total Dues Income	\$1,379,349.54	
This is 81.7% of the 2014 Dues Income budget		
Collection of Prior Year's Dues: Current Month	\$6,154.87	
YEAR TO DATE TOTAL PRIOR DUES INCOME		\$7,662.92
This is 25.4% of the 2014 budget for this line item		
Collection of Late Interest: Current Month	\$9,718.45	
YEAR TO DATE TOTAL LATE INTEREST		\$13,500.97
This is 30% of the 2014 budget for this line item		
Collection of Cap Imp Fees (CIF)	\$5,950	
YEAR TO DATE TOTAL CAP IMP FEES		\$27,370
This is from the sale of 5 homes in March		
This is 46% of the 2014 budget for this line item		
Based on the sale of 50 homes for 2014		
*Note: CIF is not part of the operating income; these funds are deposited in the Capital Reserve Account for current projects		
Association Cash Assets		\$2,703,987.36
Operating Cash Accounts	\$1,164,409.10	
Capital /Reserve Accounts	\$1,539,578.26	



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Penn Estates Harmony

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Fireside Chat

By Sean Reilly, PEPOA Board Member

It was 20 degrees with a foot of crunchy snow outside and warm and conversational inside as the First Fireside Chat with the Board of Directors got underway in the Community Center. The big stone fireplace warmed the room as a little wine and cheese opened the room to friendly conversation. Lots of suggestions and questions flowed from the gathered members to the Board and each other.

The Highlights of the Discussion included:

The new Public Safety Contract. A contract has been signed to hire Black Knight Security for full 24 hour coverage, seven days a week. They will enforce all our Public Safety rules and various quality of life rules (noise, dogs, etc.) as they patrol the community. The contract will be evaluated in 7 months on performance and ACA requirements. The officers will be unarmed. The contract reserves the option for the Board to request armed officers if that is deemed necessary. The Black Knight team will be CPR qualified, carry a defibrillator, carry oxygen and respond to all emergencies in coordination with all 911 calls to Stroud Twp. They will call in Stroud Regional Police for all suspected criminal or potentially dangerous situations requiring armed municipal officers.

Reporting general complaints. How do I make a complaint to the Office which won't get lost? Answer: Send your complaint in an email to the Secretary of Board, Mr. Adrian Martenco at board@pepoa.org and cc the administration at admin@pepoa.org. The Secretary will forward the complaint to the full Board and /or the administration for a response.

Post Office mail errors. Complaints filled the room concerning wrong mail deliveries, lost incoming mail and lost outgoing mail, even costing one owner her cobra health coverage because the outgoing mail from the big blue drop box got lost. Complaints to the Postmaster seem to fall on deaf ears. The Post Office has not made a successful transition to the two-year-old 911 address changes. Chronic delivery errors are routinely being made.

The best suggestion seemed to be to act collectively and develop a plan to establish a petition of particulars which will be sent by the Association to the US Postmaster General and our congressman in order to bring corrective pressure from the top down to the local Postmaster. The Board should work on a strategy and select a team to work on this.

Joining Committees. A suggestion was made to simplify the process to join committees. The fact is that any owner is welcome to attend almost any committee meeting without being an official member. Of the 15 Committees the only exceptions are the confidential meetings of the Appeals Committee hearings on general violations and violation disputes with the Architectural Review Board (ARB) over property improvements, and some Finance Committee and Nominating and Steering meetings.

The Nominating and Steering Committee will work on fast tracking the paperwork for persons wishing to join a committee as a voting member.

New Homeowner and old violation issues. Realtors voiced a concern that new homeowners should be given more than 30 days to correct multiple, preexisting violations on a run-down property they have just purchased, especially in the winter months. This suggestion will be sent to the ARB for review and consideration.

Dog Rules. All dogs must be under the control of the owner and on a proper restraint to "electric fence" on their property. Occasionally a dog bolts off the property. When found a 1st warning will be issued. A second offense is given a summons and a \$70 fine. Loose dogs are intimidating and may frighten or harm individuals or pets. Loose dogs that harm people or other pets will be deemed "dangerous dogs" and subject to fines and action by the local courts to quarantine them or result in removal from the community or euthanasia. In 2013 one dog broke away from a child walking it on a leash and killed a cat and a dog in two separate events.

According to the process above the "dangerous dog" was quarantined and then euthanized. Please report any loose dog to Security.

New Property Rules. New ARB rules were discussed. Permits are now available for limited fences in back yards, new colors for homes, metal roofs, limited tree cutting, and Real Estate "For Sale" signs and "Contractor -at-work" signs.

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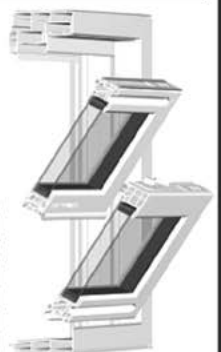
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- Carnival (June 25-28, 2014)
- Community Day (August 2, 2014)

Name: _____

Address: _____

Email: _____

Phone: _____

Vendors will be responsible for bringing their own table and canopy. Participating vendors will donate a basket for the recreation committee to use for their basket raffle. (Proceeds of raffle will be used to purchase additional playground equipment)

Please return completed form to Penn Estates Administration Office or mail to:

PEPOA / Attn: Recreation Committee
304 Cricket Drive
East Stroudsburg PA 18301

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

Weekly Activities

Monday

- Mah-Jongg..... 12:30 pm
- Darts..... 7:30 pm

Tuesday

- Bookmobile 4:00 pm
- Bingo 7:00 pm

Thursday

- Understanding the Bible 7:30 pm
- Women's Bible Study 7:30 pm

Sunday

- Dart League 3:00 pm

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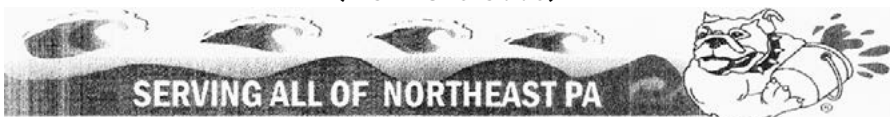
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Common Questions and Answers Regarding the Change in PEPOA Security

Q1: Why the change?

A1: The Board of Directors spent several months deciding whether to continue with the private/in-house Public Safety or to review options for contract security services. The in-house module that operated for nearly five years was not meeting the expectations as they were set forth five years ago; therefore, a decision was made to solicit bids by way of a formal Request For Proposal (RFP) process.

After an extensive seven-month process, the Board of Directors made the decision, by majority vote, to move forward with contract security services. By a majority, the Board of Directors chose Black Knight Security (BKS). The Boards and management are confident that BKS will not only meet the security needs of our community, but surpass prior performance measures.

Q2: Why weren't residents notified of this change before the transition?

A2: Residents were not notified in advance of this plan to outsource the Welcome Center and Public Safety because the Association had to protect employee rights and confidentiality.

Q3: What is the cost? If there is a savings, what does the Board propose to use it for?

A3: The contract cost is \$274,359 annually which includes the use of their vehicles and their gas. The 2014 budgeted allocation for Public Safety and the Welcome Center is \$429,200. If you subtract the contract cost from the 2014 budgeted allocation, the net savings is \$154,841 (annualized). The use of the savings will be determined by the Board at a later date depending on the needs of the association.

Q4: Black Knight Security guards are not armed. How can this company protect us?

A4: BKS officers will not use weapons of any kind. Their job is to observe and report to Stroud Area Regional Police (SARP) and/or Pocono Township Police Department (PTPD) any criminal activity.

They are empowered to pull vehicles over for traffic violations and give citations for PEPOA codes and rules infractions. All residents are required to acquiesce to the lights and/or sirens as with any other emergency vehicle. Failure to do so may result in a citation for fleeing and eluding security.

BKS officers will respond to all calls to the Welcome Center Emergency line for emergency assistance. They will make the judgment call for local police, fire and/or ambulance based on the situation upon their arrival. At no time will emergency calls for assistance go unanswered.

All BKS officers are CPR and AED certified; the vehicle is equipped with basic first aid supplies and an oxygen tank to assist any person during a medical emergency until emergency services arrives.

Stroud Regional Police Department and Pocono Township Police Departments will continue to provide emergency services to Penn Estates residents as is their standard procedure.

All calls placed to 911 will be responded to by the appropriate emergency agency and BKS will provide assistance as requested by those departments.

The Board of Directors and Management hope this brief outline has helped you understand and feel more confident with the change in security. Please feel free to come to any of our Board meetings if you have any additional questions. We

will be having additional forums for security so please check the website for time and date. As well, the Board can be contacted at Board@pepoa.org.

Regards,
PEPOA Board
of Directors

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Late Spring/Early Summer Happenings

By Matthew Jacobsen, Cub Reporter

The March of Dimes Bingo took place on April 2nd in the Oak Room with doors opening at 2pm and the calling starting at 3pm. There were 11 games in all with cash prizes; the grand prize was a Dorney Park Family Four Pack. The event was organized by Yvonne Hilsky who is the chair of the Pocono Division of the March of Dimes. She told me how happy she was with the outcome and was very thankful to all who were involved including Drina and David Juliano as well as Ellen and Nicole from the administration office. Yvonne went on to say that events like this are truly inspirational and she loves organizing them. This specific event raised \$465.

The Volunteer Dinner, which was also held in the Oak Room, is a night when Penn Estates thanks their volunteers for all their hard work. Food and beverages were served, including homemade Sangria and wine. The Italian food was plentiful and delicious and was provided by Pipolo's Italian Eatery. All volunteers are feted at this event but one is always singled out as Volunteer of the Year. Patsy Ortiz was this years winner. When I caught up with Patsy, she told me how proud and honored she felt, especially since this recognition was given to her by her friends and peers.

A sure sign of spring in Penn Estates is the annual visit from the Easter Bunny. This breakfast event kicked off at 10am and the Oak Room was packed. The kids were kept occupied with arts and crafts until the guest of honor hopped in. Breakfast was served which consisted of pancakes, sausage, juice and coffee. Penn Estates resident chefs, sisters Ellen and Linda, prepared the food which was served by a group of our dedicated volunteers. The room came alive when the Easter Bunny arrived. All the kids had a chance for a photo op with him and received a plastic egg that contained a surprise. The egg hunt started at 11am and the kids were grouped by age to even the playing field. I had a chance to pull over 9 year old Alex who told me he was having an amazing time and proceeded to show off all the eggs he had gathered. He was especially happy when he found a small piece of paper inside one which allowed him to pick a prize from the prize table inside. Attendance at this event exceeded previous years and continues to be our most popular family event.

The summer dart league will have started by the time this publication comes out so head down to the Oak Room on Mondays to play or just watch. Players of all levels are welcome, including beginners. Our Horseshoe league will also be starting up. Details will follow.

Later on in the summer, we have Community Day and the Carnival to look forward to. Why not make this the year you get out and support Penn Estates events and volunteer if you are able.



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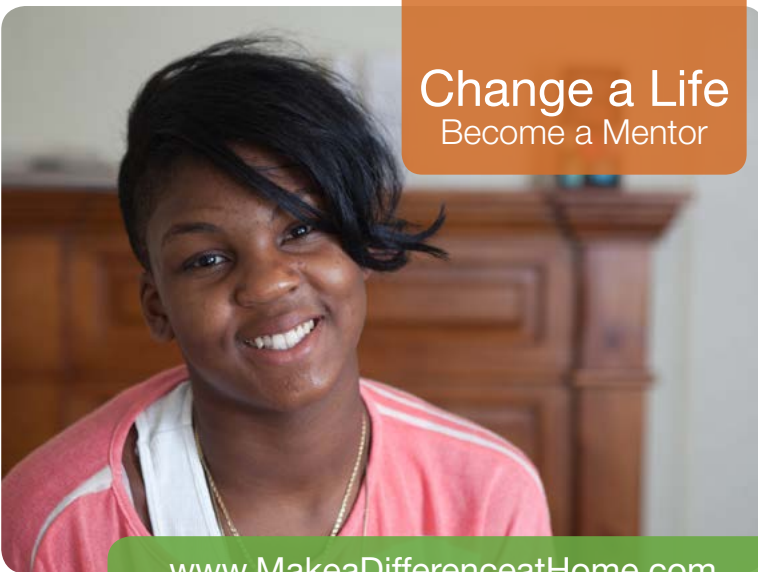
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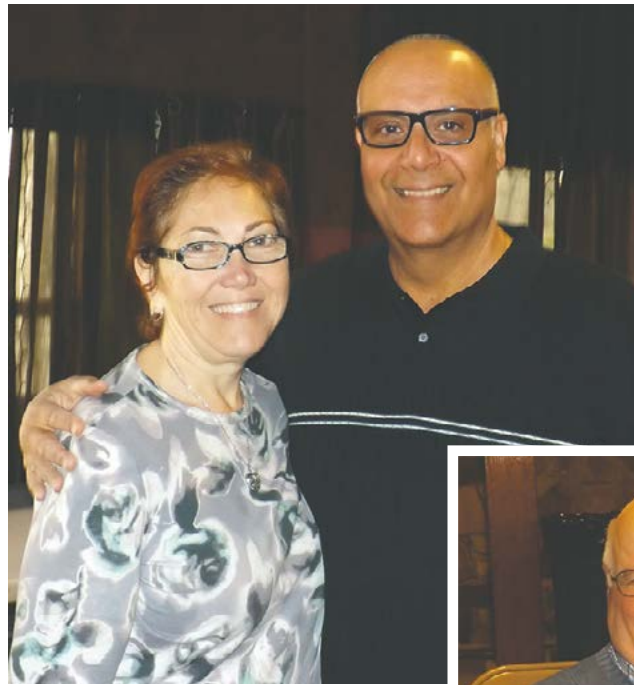
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Annual Meeting

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Did you know:

- 59 homes are presently for sale in Penn Estates.
- 31 homes have sold in Penn Estates year to date.
- The highest-priced home sold in Penn Estates for \$185,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 90% of buyers start their search on the Internet.
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Annual Meeting



Security/Safety

Tips to Discourage Burglars

The association makes every effort to maintain a secure environment in our community, but there is only so much we're authorized to do. Unfortunately, illegal entries into homes in our area—and others—happen from time to time.

Residents can do more to protect themselves and their property than the association can do. Here are a few common-sense suggestions for reducing your chances of being the target of burglary:

- Install double-cylinder, dead-bolt locks on your outside doors and include a reinforced strike plate to strengthen the doorframe.
- Lock all doors and windows no matter how briefly you'll be out of the house.
- Install bars or lock pins on sliding doors and windows. These are available at local hardware or discount stores. Some mechanisms allow you to lock a sliding window or door in a partially-open position so you can enjoy fresh air securely while you're at home. However, if you go out, close the window and lock it.
- That old trick of hiding a key somewhere outside your home is a bad idea. Burglars—or anyone who may have seen you hiding the key—will know where to find it. Instead, give a key to a neighbor or leave one with the association management office.
- "John, I've gone to pick up your sister. I'll be home at 3:30. — Mom." This note also means, "Burglar, this house will be unoccupied for 45 minutes. Help yourself." Don't ever leave notes like this.
- If you're going to be out of the house for a short time, leave a television or radio on to create a sense of activity and presence.
- If you're going to be away for a longer time, such as a vacation, take a few simple precautions to keep your home from looking empty. Ask a neighbor to collect your mail and keep the door and porch clear of delivery notices, newspapers and fliers. Pick up several electric timers at the local discount store, and use them to turn lights, a television or radios on and off at various times during the day and evening. Let your neighbors and the manager know how to reach you in case there's an emergency.
- Marking your valuable personal property won't prevent it from being stolen, but it will help you get it back if it is. Engrave your driver's license number on items in a hidden area. Check with the local fire department, police station or library to borrow an engraver. They're also available at large discount stores and are worth the investment if you have many items to mark. Photographing the item (and the engraved marking, if possible) will make it easier to retrieve your items from the police if they are recovered, and will aid in making an insurance claim if they aren't.

It doesn't take much to discourage a burglar. He succeeds on opportunity, and if your home doesn't offer a good opportunity, he'll move on to one that does.



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Winding Through PA Wine Country Sorrenti Cherry Valley Vineyard Revisited

By Michael Tyrrell,
Communications Committee Member

Over the last year or two, we visited five local wineries which I wrote about in Harmony. One of the first we visited was Sorrenti Winery; it is also one of the most convenient. It's right off the Saylorsburg exit on Route 33. We had been wanting to go back since, at the time of our first visit, they were just about to open their new restaurant on the premises, Pizzeria Mamma Lucia.

Recently, we brought guests there for a tasting and lunch. To recap the protocol in the tasting room - you can taste six wines for a \$3.00 fee (which is deducted from any wine you purchase). We like their wine, the fave being Chambourcin, made with our local Chambourcin grape. At \$15.00 it's pricey for a PA wine but it's really a complex, rich and fruity wine that pairs very well with grilled foods.

The pizzeria is located in the building that was the original tasting room and store. They offer a few appetizers, salads and pastas as well as assorted wraps. We went for the pizza



Market Statistics for Penn Estates 1st Quarter

At the end of the first quarter, the amount of listing inventory was low. Of the 30 active listings, 12 were considered distressed (foreclosure or short sale) listings. The average closed price for the first quarter was \$74,190 with an average price per sold square ft. at \$36.75. As of May 1, 2014, there were a total of 50 active listings and 22 of the listings were distressed.

Statistical Market Analysis

Status	Listings	List Volume	Sold Volume		List Price	Sold Price	Sale/List Price	Total sq.ft.	List Price per sq.ft.	Sold Price per sq.ft.	Agent Days on Market	Cumulative Days on Market
Active	30	3,261,200	0	Low	34,900	0	0.00	1,008	19.39	0.00	35	35
				Avg	108,707	0	0.00	2,121	53.03	0.00	197	197
				High	249,000	0	0.00	3,765	100.20	0.00	794	794
Pending	12	1,239,300	0	Low	59,900	0	0.00	1,248	25.88	0.00	7	7
				Avg	103,275	0	0.00	2,420	43.28	0.00	215	218
				High	144,900	0	0.00	3,280	55.16	0.00	832	832
Closed	21	1,624,000	1,557,996	Low	33,900	34,000	0.83	1,080	13.02	13.95	4	4
				Avg	77,333	74,190	0.97	2,132	38.45	37.21	83	125
				High	185,000	185,000	1.12	3,536	92.36	87.62	428	641
Overall	63	6,124,500	1,557,996	Low	33,900	34,000	0.83	1,008	13.02	13.95	4	4
				Avg	97,214	74,190	0.97	2,181	46.31	37.21	163	177
				High	249,000	185,000	1.12	3,765	100.20	87.62	832	832

This analysis has not been performed in accordance with the Uniform Standards of Professional Appraisal Practice which requires valuers to act as unbiased, disinterested third parties with impartiality, objectivity and independence and without accommodation of personal interest. It is not to be construed as an appraisal and may not be used as such for any purpose. Information is deemed to be reliable, but is not guaranteed. ©2014 MLS and FBS. Prepared on Friday, May 02, 2014 8:05 AM.

and it was difficult to choose from the 12 brick oven pizza options (\$10.00 to \$13.00 each).

Each pizza is 12 inches in diameter and two for the four of us was enough for lunch. We ended up with a Margherita and a veggie (peppers, onion, mushrooms, olives, tomatoes). The crust was wonderfully thin and crispy, although the tomato was regular plum tomatoes which are nothing special this time of year. Canned San Marzano would have been a better choice until local tomatoes are available.

Overall, we give the pizza thumbs up. Our guests enjoyed their semi-dry Kitten Red (\$10.00 per bottle) with the pizza while I enjoyed a glass of strawberry sangria.

The outdoor deck and surrounding garden make this a great setting for an summer afternoon visit. Sundays are sangria days accompanied by live music. We are planning a return trip later in the season.

Out & About

Things to Do and See in the Poconos

By Sharon Kennedy, Communications Committee

What a wonderful sunny day this is today! Forsythias are blooming, as are tulips and daffodils. The sun is finally out and the roads are no longer flooded. After the winter to beat all winters, it finally feels like spring is here. The next few months will be filled with almost too many choices of festivals, races, rafting, crafts shows and other events. Soon the PEPOA amenities will open.

Here is a summary of a few local events that will be happening in coming months. As always, I have drawn from a variety of sources. Most local events can be found either through the Pocono Record or the website 800Poconos. If you want to search within an hour's drive, you might also check njskylands.com and/or discoverlehighvalley.com. The former lists events in Northwest New Jersey and the latter lists events in the Allentown-Bethlehem-Easton area. Please call or check the websites to confirm dates, times and cost.

I often report on outdoor activities at PEEC and MCC. PEEC has been hosting various activities for families, singles and children throughout the summer. PEEC has many events throughout the year, too numerous to list. Some are free, some have fees and some require reservations. Check out events, times and fees at www.peec.org or call 570-828-2319. You can drum at night, or learn new skills or learn about nature. Similarly, the Monroe County Conservation hosts many nature walks and educational events throughout the year, such as the Public Bog Walks. Check out their events and whether pre-registration is required at www.mcconservation.org or call (570) 629-3061.

I always enjoy taking out of town guests to the Quiet Valley Living Historical Farm. They have special events throughout the year. They will be hosting a Summer Garden Party (6/21/14), a Heritage Craft Day (8/2/14) and the Pocono State Craft Festival (7/12/14) over the next few months. Go to www.quietvalley.org for more information or call 570-992-6161. Of course, another favorite for out of town guests is Bushkill Falls. Do you know that admission is free at Bushkill Falls for local residents?

Music festivals abound! The Milford Music Festival will be from 6/27/13 to 6/29/13 and the Annual Honesdale Roots and Rhythm Music Festival will be on 6/21/14. Both are free. The Pennsylvania Blues Festival will be at Blue Mountain Ski Area on 7/25-7/27. Call 610-826-7700. The Pocono Mountain Blue Grass Festival will be at the Greene Dreher Sterling Fairgrounds in Newfoundland on 6/20 to 6/22. Call 610-573-0797. The Musikfest in Bethlehem runs from August 1st to the 10th.

Other festivals also abound! The Kutztown Folk Festival in Kutztown, PA runs from June 28 to July 6. The Annual Arts and Crafts Fair in Downtown Hawley is on 6/14. Call 570-226-3191. The Poconos Wurst Festival will be on 7/19 to 7/20. Call 570-421-7231. The Annual Audubon Arts and Crafts Festival will be on 7/19-7/20 as well. Call 484-256-4483. The Great Tastes of Pennsylvania Wine and Food Festival will be at Lake Harmony on 6/21 to 6/22. Call 800-255-7625. The Annual American Freedom Festival will be at Dansbury Park in East Stroudsburg on 7/4 to 7/6. (Fireworks will be on 7/4.) The Shawnee Riverfest will be on 7/13 from 1-8. The Shawnee Riverfest benefits East Stroudsburg Salvation Army Emergency Response Program. Call 570-424-4000.

The weekend of 6/6 – 6/8 is the Pocono 400 Nascar weekend at Long Pond. There is a celebration of that event in downtown Stroudsburg on 6/7. There will be the typical festival events, with the addition of carnival events including a rock climbing wall. Call 570-420-2808 for more information.

Stay nice and clean (even if not dry) if you go whitewater rafting. There are Whitewater Dam Release weekends for the Lehigh River Gorge. Or you could choose a one to seven day trip with the Lehigh River Sojourn out of Jim Thorpe from 6/22 to 6/28. Or you could take Fido with you on Pet Day at Pocono Whitewater out of Jim Thorpe. Go to 800poconos website for special events on the river, and/or for special benefit golf days, etc.

Maybe your speed is more sedentary. Fireworks abound on the July 4th weekend. Honesdale is on 7/3, Shawnee is on 7/5, Lake Wallenpaupack is on 7/4, Dansbury Park in East Stroudsburg is on 7/4, and Jim Thorpe is on 7/5.

Do you want to get active? How about a triathlon? The Black Bear Triathlon is on 6/1 out of Beltzville State Park in Lehigh. The website is cgracing.com. The Spartan Sprint is at Blue Mountain Ski Area. Call 610-826-7700. The Wally Man Triathlon is on 6/14 at Lake Wallenpaupack in Hawley. Call 240-678-0505. The Biggest Loser Walk/Run is on 7/12-7/13 at Blue Mountain Ski Area. Call 610-826-7700.

Don't forget to pick up some fresh local produce at the Farmer's Market from 8 to noon every Saturday on 7th Street in Stroudsburg!

Have fun. And, I welcome your suggestions!

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Michael's Kitchen

By Michael Tyrrell, Communications Committee

Most of the recipes I develop usually are healthful, economical and relatively easy to execute. Here are some favorites that I either bring to summer fetes or serve at home to guests at barbecues. This selection is somewhat economical and easy but not necessarily healthful. Hey, it's summertime. Live a little!

The hot dog casserole, pasta salad and chili would also make good summertime family dinners. Just up the serving size. Supplement the potato salad with some grilled seasoned chicken sausages (such as Aidell's) to round out for a full meal. Check out my articles in previous Harmony issues to find some local Pennsylvania wine to pair with these recipes. After this past Pocono winter, we all deserve to enjoy some fun wine and food with friends and family.

Corn Bread Topped Hot Dog Casserole (serves 12)

2 pkgs (12 oz each) all-meat franks
4 cans (16 oz each) vegetarian beans
¼ ketchup
2 tbsp Dijon mustard
2 tbsp dark brown sugar
2 tbsp dark molasses
2 tsp hot sauce
2 scallions, trimmed and chopped
2 tbsp vegetable oil
1 1/3 cup yellow cornmeal
2/3 cup all-purpose flour
2 tbsp sugar
2 tsp baking powder
1 tsp salt
2 eggs
1 cup milk

1. Heat oven to 350 degrees.
2. Brown hot dogs in large skillet, about 3 minutes per side. Cut into 1-inch pieces.
3. Mix beans, ketchup, mustard, sugar, molasses and pepper sauce in 13 x 9 x 2-inch baking dish. Stir in sliced hot dogs.
4. Bake for 30 minutes.
5. Meanwhile, sauté scallion in oil over medium heat 3 to 5 minutes until softened.
6. Whisk cornmeal, flour, sugar, baking powder and salt in a bowl. Stir in scallions with cooking oil. Mix eggs and milk in small bowl; stir into cornmeal mixture until smooth.
7. Spoon over casserole and bake an additional 30 minutes or until top is nicely browned. Cool 15 minutes before serving.

Per Serving - Calories: 478 Fat: 21g Sodium: 1575mg

Do Ahead Tip: You could put this together up to and including step 3. Cover and refrigerate for a day or so. Just bring back to room temperature before putting on topping and baking. Traveling Tip: If you're taking this to a party, bake off up to a few hours before and cover. It really is delish at room temp but you can gently reheat if necessary.

Smoked Ham and Jarlsberg Pasta Salad (serves 18)

1 lb medium pasta shells
½ cup cherry tomatoes, quartered
½ sweet red pepper, seeded and thinly sliced
½ green bell pepper, seeded and thinly sliced
¼ cup shredded carrot
3 tbsp lemon juice
1 tbsp olive oil
2 tsp sugar
¾ tsp salt
½ tsp celery seed
¼ tsp black pepper
1 cup reduced-fat mayonnaise
½ lb smoked ham, cut into bite-size cubes
½ lb Jarlsberg cheese, cut into bite-size cubes

1. Cook pasta according to pkg directions. Drain and cool.
2. Mix pasta with tomatoes, sweet peppers and carrot in large bowl.
3. Mix together lemon juice, olive oil, sugar, salt, celery seed and pepper in small bowl. Whisk in mayonnaise until smooth.

4. Fold ham, cheese and mayonnaise dressing into pasta and vegetables until evenly coated.
5. Refrigerate, covered, at least 3 hours, preferably overnight. Can be prepared up to 3 days ahead.

Per Serving- Calories: 211 Fat: 8g Sodium 423mg

Serving Tip: For the best results, refrigerate for 2 days. When serving, stir well and allow to stand out of the fridge for 30 minutes.

Michael's World Renowned Potato Salad (serves 12)

3 lbs red potatoes with skins
1 medium yellow onion (about 6 oz) peeled and thinly sliced
2 tbsp red-wine vinegar
½ tsp garlic powder
½ tsp salt
¼ tsp black pepper
¼ tsp ground nutmeg
1 cup reduced-fat mayonnaise
6 eggs, hard cooked, peeled and chopped
1 cup pitted black olives, sliced
3 tbsp finely chopped flat leaf parsley

1. Boil potatoes in lightly salted water in large pot for 35 to 40 minutes or until just tender, being careful to not overcook. Drain.
2. Peel potatoes while still hot. Cut into 1/3-inch thick slices. Place sliced onion in a large bowl and place hot potato slices on top. Cover with plastic wrap and set aside for at least 1 hour.
3. Mix together vinegar, garlic powder, salt, pepper and nutmeg in small bowl. Whisk vinegar mixture into mayonnaise until smooth.
4. Add chopped egg to potato mixture and gently stir to combine. Gently fold in mayonnaise mixture, olives and parsley. Cover with plastic wrap. Refrigerate for at least 4 hours, preferably overnight, before serving. Can be prepared up to 3 days ahead.

Per Serving- Calories: 194 Fat: 8g Sodium: 430mg

Secret Ingredient: Instead of the red wine vinegar use the brine from a dill pickle jar and double to 4 tbsp.

Serving Tip: If possible, let this refrigerate for 48 hours. It only gets better with age.

Counter Intelligence: Allowing the warm potatoes and onion to stand, covered, for an hour or so actually mellows and softens the onion.

3-Bean BBQ-Style Chili (serves 12)

1 tbsp vegetable oil
1 lb ground beef
1 onion, chopped
2 cloves garlic, chopped
¼ cup chili powder
1 tbsp ground cumin
1 can (16 oz) stewed tomatoes
1 cup ketchup
1/3 cup light brown sugar
¼ cup molasses
¼ cup Worcestershire sauce
1 tbsp dry mustard
2 cans (15 oz each) red kidney beans, drained
2 cans (15 oz each) pinto beans, drained
1 can (15 oz) cannellini beans, drained
12 cooked bacon strips, optional
Jalapeno strips, optional

1. Heat oil in large Dutch oven. Crumble in meat; add onion and garlic. Sauté over medium-high heat until meat is no longer pink and onion tender, 8 to 10 minutes.
2. Stir in chili powder, cumin, tomatoes, brown sugar, molasses, Worcestershire sauce and mustard. Simmer, covered, 30 minutes. Stir occasionally. Add beans and continue simmering for an additional 30 minutes, stirring occasionally.
3. To serve, ladle into bowls or cups. Top with bacon and jalapenos if desired.

Per Serving- Calories: 270 Fat: 8g Sodium: 644

Leftover Tip: If you have an extra serving or two, freeze for future use as a topping for grilled hot dogs, burgers or nachos.



Lake Regulations

For a complete and more formal listing of Lake Regulations please refer to the PEPOA Rules and Regulations, Articles IX and X.

Lake Hours 2014 Season:

Monday-Thursday 11:00am – 7:00pm

Friday-Sunday & Holidays 11:00am – 8:00pm

After 4 pm the lake may be closed for lack of use

2014 Lake Rules

There is absolutely no swimming in the lake unless Lifeguards are on duty.

Use of the beach area for sunbathing and picnicking is permitted.

1. HAVE FUN!
2. Amenity badges are required for lake use. Property Owners must wear badges. Guests must pay guest fees of \$3.00 per day per person.
3. Children under twelve (12) years of age are not permitted in the facility unless accompanied by a responsible person 16 years or older.
4. Supervisor on duty may close the beach for reasons of safety, weather or maintenance without prior notice.
5. Small children still in diapers must use plastic diaper covers or swim diapers. No disposable diapers are permitted in the lake.
6. Only appropriate swim attire may be worn in the lake. This is a family oriented facility. No thongs or backless/bottomless bathing suits are permitted.
7. Picnicking is limited to the designated areas and all trash should be placed in the provided containers.
8. No running, dunking, pushing or other horseplay, no sitting or hanging on ropes will be permitted.
9. Socializing with or distracting lifeguards while they are on duty is prohibited. No loitering or congregating will be allowed.
10. No glass containers and absolutely no gum is permitted. Trash is to be deposited in containers provided.
11. Do not overcrowd any boat. All occupants under the age of 16 must wear a U.S.C.G. approved flotation device.
12. No diving or swimming from boats will be permitted.
13. Boating during thunderstorms is not permitted. Boats must be docked at the first signs of a storm.
14. Association owned lounges, chairs and gazebos are available on a first come first served basis.
15. HAVE FUN!

2014 Fishing Rules

1. Fishermen must comply with the State Fishing Laws and Regulations. They must possess and display a Pennsylvania license if sixteen (16) years of age or older.
2. Fishing is not permitted from the beach or boat dock.
3. All fishermen must wear amenity badges.

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Pool Regulations

For a complete and more formal listing of Pool Regulations please refer to the PEPOA Rules and Regulations, Article VIII.

Pool Hours 2014 Season:

Monday-Thursday 11:00am-7:00pm

Friday-Sunday & Holidays 11:00am-8:00pm

2014 Pool Rules

There is absolutely no admittance to the facility unless Lifeguards are on duty

1. Have FUN!
2. Pool badges are required for pool entrance. Property Owners must wear badges. Guests must pay guest fees of \$3.00 per day per person.
3. Children under twelve (12) years of age are not permitted in the facility unless accompanied by a responsible person 16 years or older.
4. Supervisor on duty may close the pool for reasons of safety, weather or maintenance without prior notice.
5. No diving will be permitted in the shallow end of the pool. No flips, back dives or other stunts will be permitted at any time.
6. No running, dunking, pushing or other horseplay, no sitting or hanging on ropes and no swinging on ladders will be permitted.
7. No glass containers, food or beverages are permitted in the facility. Absolutely no gum is permitted. Trash is to be deposited in containers provided. Water in plastic bottles is permitted.
8. There is absolutely no smoking permitted at the facility. Designated smoking areas are available outside of the enclosed area.
9. Small children still in diapers must use plastic diaper covers or swim diapers. No disposable diapers are permitted in the swimming pool.
10. Only appropriate swim attire may be worn in the pool. This is a family oriented facility. No thongs or backless/bottomless bathing suits are permitted.
11. Only radios equipped with and used with headphones shall be allowed in the enclosed pool area.
12. Only U.S. Coast Guard Approved flotation devices permitted. No Exceptions.
13. Socializing with or distracting lifeguards while they are on duty is prohibited. No loitering or congregating will be allowed.
14. PEPOA-owned lounges and chairs are available on a first come first served basis.
15. Have FUN!

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Having cancer is hard. Finding help shouldn't be.



Please join Team Penn Estates as we participate in the annual American Cancer Society – Stroudsburg Relay for Life on Saturday June 14, 2014 at East Stroudsburg University on their track.

Opening Ceremony at 10am; Parade of Teams at 12 Noon; Survivors' Lap at 5pm immediately followed by dinner at 6pm; Luminary Service at 9pm; closing ceremony Sunday Morning at 10am.

Several activities are planned throughout the 24 hours including face painting, basket raffles, crafters and vendors, haircut-a-thon, scavenger hunt, karaoke, and many more.

Please register Cancer Survivors and Caretakers with Rita at 570-994-4320

Movin' On. Life After Graduation

By Jane Harris



All students, even kindergartners, want to move up to the next step on the ladder. Believing that then they will acquire a new status but somehow immediately are at the bottom of the next mountain to be climbed. Funny how that works.

High school and college graduates are plagued with the question of what they might do with the rest of their lives. They have only one choice.....live it and live it well. Think before they act, think about others, think about the importance of family and friends, think about the goals they wish to achieve and about the

steps they must take toward those goals.

However they need to be prepared for twists and turns that might dismantle plan A. The solution is always to expect the unexpected and respond with plan B. They need to ask for help or advice but know in the end the choice will be theirs.

They've spent years learning to think and now it's show time!

Meanwhile, proud parents, family members and friends will celebrate with the graduates. Good job by all! Didn't someone say, "It takes a village..." Congratulations class of 2014!



Is Art Therapeutic?

By Jane Harris

Let me count the ways:

<i>Elevates mood</i>	<i>Escape from everyday life</i>
<i>Improves morale</i>	<i>Encourages experimentation</i>
<i>Encourages critical thinking</i>	
<i>Recreation</i>	<i>Lengthens attention span</i>
<i>Develops your right brain</i>	<i>Lessens pain</i>
<i>Relaxation</i>	<i>Enhances the immune system</i>
<i>Reduces stress</i>	<i>Improves hand eye coordination</i>
<i>Serves as a positive distraction</i>	
<i>Improves morale</i>	<i>Encourages experimentation</i>
<i>Setting aside "me time"</i>	<i>Lengthens attention span</i>
<i>Improves cognition</i>	
	<i>Self esteem Socialization</i>
<i>Lessens pain</i>	<i>Enhances self awareness</i>
<i>Self expression</i>	<i>Calms</i>
<i>Improves Communication</i>	<i>Resolves inner conflict</i>
<i>Escape from everyday life</i>	<i>Just plain fun!</i>

Try your hand at something arty! Doesn't have to be complicated. Don't worry if you think you don't have talent. The process is what's important and the result might surprise you.

Try colored pencils, markers, watercolor or inexpensive poster paint. A sketchbook or journal, printer paper.... what ever you have around that might be an appropriate surface. Keep all your stuff together.

You can start with random doodling before tackling something that might seem scary! Use color pencil or markers. In reality, you can use a ballpoint pen or a pencil. Just get started and go with the flow. Do it every day or several times a day for 5 or 10 minutes. The goal is to keep at it until it becomes a habit. You can try something different whenever you feel motivated to do so.

Another great way to get started is to make a collage. A few magazines are a good beginning then perhaps include gift wrap or colored papers. Browse through the magazines and pull out pages that have images, texture or colors that appeal to you. Then begin to cut out pictures or shapes. Take your time and relax; there is no rush. Use small, medium and larger shapes. Then begin to arrange them on your paper, overlapping some of the pieces. When you decide that you like it use a glue stick to keep them in place and move on to another collage. Again don't wait "until you have time." Once you are in the habit of doing drawing or painting or collage...then you can pre-plan.

Try your hand at pushing paint around. It's a great feeling. Use a larger brush instead of the small, skinny ones used for detail work. The disposable sponge brushes come in a variety of sizes and you can easily do twists and turns with your brush and several colors at a time. Kid's poster paint works wonderfully for this activity.

Creating a mandala is a good way to clear your mind, concentrate, focus and experiment. Mandalas are spiritual symbols originating from Buddhist and Hindu traditions. The circular shape represents the universe. Google around for mandala images. There's a site that offers free downloads of designs for you to color. If you remember, coloring is fun!

Trace a large circle using a coffee can and a smaller can for the center. Reference examples on the Internet for ideas. Mandalas are symmetrical. Dividing and measuring are part of the process. Use a ruler to divide the circle into pie segments and then wing it from there, measuring every last inch of it might be too tedious for right now. Repeat shapes and designs, using a pencil, within the circle. Use a fine black marker to trace over your drawing and then think about adding color with markers or color pencils.

However you decide to begin, decide and do it. Stick to the process and you will be amazed at the results.



Pet Rules

We love dogs—we really do. That's why the association is committed to enforcing leash laws on association property. According to the U.S. Humane Society, an unleashed dog has an average life span of less than four years? Allowing your dog to run free threatens your dog's health and welfare and the happiness it brings to you.

We also love our community. That's another reason the association is committed to enforcing leash laws—so all residents may enjoy our community.

We trust we can count on you for voluntary compliance with the leash law. We don't like to call animal control, but we won't have any choice if your dog is running free.

ARTICLE XIV - RULES FOR PETS AND WILDLIFE

— Approved Rules and Regulations January 3, 2014 —

1. The keeping of poultry or animals other than those classified as family pets, i.e., dogs, cats, and caged birds, shall be prohibited. [Cross reference Declaration of Protective Covenants #9].
2. Animals may not be kept, bred or maintained for any commercial purpose. No exotic animals, livestock or poultry of any kind shall be raised, bred or kept on any lot.
3. All canines in the community shall be registered with the Association. Owners and Renters who register their pets will receive a numbered tag which needs to be placed on the pet's collar so that the dog may be identified and returned. A nominal suggested donation shall be requested for each dog registered.
4. All pets in Pennsylvania, after six (6) months of age, must have a Pennsylvania license or other state license. Pet tags must be displayed and vaccination record produced upon request by Public Safety.
5. **All pets must be confined to the dog owner's property. When walked off the owner's property, all dogs must be on a leash. Any and all pet excrement must be immediately picked-up and placed in a trash receptacle or Pet Waste Station.**
6. No dogs, cats or other animals referred to, as household pets will be permitted at the lakes, pools, beaches, playgrounds, picnic areas or any other places designated as recreational areas and/or common areas.
7. **All household pets must be kept under the pet owner's control at all times. The following will be deemed in violation of this rule:**
 - A. Animals found roaming freely; or

- B. Ongoing or persistent barking, which disturbs or interferes with the peace, tranquility and comfort of others, or otherwise deemed a nuisance. [Cross reference Article II – Rules for Conduct, #4(B) and #11]; or
 - C. Behavior that is perceived as menacing to others, behavior that damages property, or behavior threatens health and safety of others or their pets.
8. **Willful and obvious disregard for safety of others, by repeated instances of permitting pets to roam freely in community will be deemed in violation of this rule.**
 9. Any pet found roaming freely in the community can be picked up and detained for a reasonable period of time at a designated penned area before being released to a local shelter. Any dog or cat found without identification will be deemed stray or feral and immediately sent to a shelter. All costs associated shall be the responsibility of the owner.
 10. Property Owners, Renters and their Guests are prohibited from feeding non-domesticated mammals found within Penn Estates. Domestic mammals by definition are ones which have become adapted through breeding in captivity to a life intimately associated with man. Feeding of non-domestic mammals of any kind, including but not limited to deer, squirrel, raccoon, skunk, opossum, bear, coyote, feral cats, etc., is strictly prohibited.

Violations of any part of this section will subject the Property Owner, their Renters or Guests to fines as outlined in Article XXI – Schedule of Fines.



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