



Harmony

Annual Meeting - May 7, 2016

2016-2017 Board of Directors Election Results

These results include both the ballots received by proxy and in-person votes for those that attended the annual meeting.

Gary Conforte 76 votes 3 year term
David Juliano 71 votes 3 year term
John Baraniuk 58 votes 3 year term
Jody Perkin 58 votes tie
Keesha Bruno 52 votes	
Sandra Bonet 49 votes	
Oleg Gorshkov 46 votes	

*Special acknowledgment to Ms. Perkin; she conceded to giving Mr. Baraniuk an opportunity to serve as she had already served.

2016-2017 Officers and Board of Directors

President: Luna Mishoe
 Vice President: Jose Padilla
 Secretary: Adrian Martenco
 Treasurer: Ron Gatti
 Directors: John Baraniuk, Gary Conforte, David Juliano, Bettyanne Nevil, Sean Reilly
Congratulations to the returning directors and new director, John Baraniuk!

Bylaw Amendments Results

These results include both the ballots received by proxy and in-person votes for those that attended the annual meeting.

Amendments

Article I, Section E 116 approve/33 reject amendment passed
Article IV, Section 1E 124 approve/27 reject amendment passed
Article IV, Section 1F 126 approve/26 reject amendment passed
Article VI, Section C 126 approve/26 reject amendment passed

Petition Amendments

Article 1, Section E 107 approved/38 reject amendment passed
Article IV, Section D 104 approved/42 reject amendment passed

Meet the Candidates

By Lucy Jacobsen, Chair Nominating & Steering Committee

The Nominating & Steering Committee held our annual Meet the Candidates Event on April 30th, 2016. There were seven candidates this year; however, only four of them were in attendance at this event. Approximately 60 residents came out to hear what these candidates are offering to our community.

The candidates had up to five minutes each to introduce themselves. This was followed by a Q and A session. Many important questions were addressed and all the candidates were given the opportunity to answer these questions.

Once the forum was over, the committee provided food and beverages to all those in attendance. Thank you to the members of the committee for all the hard work during the last four months preparing for this event, and to all the candidates and those in attendance.

Treasurers Report

2015 Annual Audit

By Sean Reilly, Immediate past Treasurer 2015-2016

The Association auditor, William Owens and Company CPA has produced the Association's Annual Audit for the tax year 2015. The Board adopted the Audit at its May 6, 2015 meeting.

OPERATING FUNDS

Total Operating Revenues 2,311,205.00
Total Operating Expenses (2,045,885.00)
Other Miscellaneous Deductions (3,298.00)
Total Operating Surplus 262,022.00

SURPLUS UTILIZATION — The Board of Directors has decided to apportion the \$262,022 in 2015 surplus funds as follows:

- \$100,000 will go to the 2016 Operating budget, forestalling a dues increase for the 6th year
- \$78,000 to repay our own capital funds for funds borrowed for gypsy moth spraying in 2016
- \$35,000 to fund an extra security staff to service the rear gate for the next year of traffic backups
- \$49,000 to the Non-Reserve Capital Fund

CAPITAL FUNDS

Total Capital Revenues from Dues and Transfer Fees 225,718.00
Total Capital Expenditures 86,294.00
Other Miscellaneous Expenses 2,826.00
Total Capital Revenue Gain for the Year 2015 136,598.00

(NOTE: The total of all capital funds on hand at the end of 2015 = \$1,807,000.00)

CONCLUSION — For the past six years, the association has run a surplus and held dues static. The Penn Estates Property Association is in a very healthy economic status as it enters 2016.



Breakfast with the Easter Bunny - more photos on page 8...

Photo by Lisa Ortiz

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Finance Resolutions Passed

PEPOA Annual Meeting, May 7, 2016 — Two resolutions passed that deal with financial decisions already covered in the Penn Estates Property Owners Association 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

The Members of the Penn Estates Property Owners Association authorize the Board of Directors to apportion any surplus 2016 operating funds between the Capital Reserve Fund and the 2017 Operating Budget, in accordance with Internal Revenue Service ruling 70-604.

Discussion: The Penn Estates Property Owners Association Bylaws (Article VIII, Section F) already give the Board the authority to decide how surplus funds are handled. Approval of this resolution simply makes it clear to the Internal Revenue Service that the Members of the Association have specifically authorized the Board to decide how to apportion any 2016 surplus, thus allowing the Association to attain preferential tax treatment of any surplus.

> Passed by show of hands May 7, 2016

Resolution #2: Apportionment of Annual Assessment

The Members of the Penn Estates Property Owners Association authorize the Board of Directors to apportion the 2017 annual assessment between the 2017 Operating Budget and the 2017 Capital Budget.

Discussion: The Penn Estates Property Owners Association Bylaws (Article VIII, Section G) already give the Board the authority to set the annual common expense assessment (i.e., the annual maintenance fee) per lot, and the same article specifies that annual assessments are intended to support both the operating and capital budgets. Approval of this resolution simply makes it clear to the Internal Revenue Service that the Members of the Association have specifically authorized the Board to decide how to split the 2017 assessment between the two budgets.

> Passed by show of hands May 7, 2016



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Back Gate Rule Changes

By Laura Jones, Community Manager

On Friday, March 8, 2016, PennDOT closed the single lane Hallet Road Bridge indefinitely due to storm damage. Please understand that the Board and Management of Penn Estates have absolutely no authority on the maintenance or re-opening of this PennDOT Bridge. However, we have maintained close contact regarding the status of reopening. We have no authority to open the road, change the detour or demand that the bridge be repaired before your guests or deliveries are expected.

Due to the bridge closing, the Board and Management have suspended certain back gate rules. Those with existing and current paper passes may enter through the back gate. If the paper pass is expired, security will allow entry; but you have a limited amount of time to drive straight to the Welcome Center to obtain a new pass. Security will follow up and citations will be issued for trespassing if a person fails to obtain a new pass.

Guests that have been registered in advance via the website may use the back gate and scan their driver's license to obtain a pass. Should the scanner not be functioning, security will allow entry but only *directly* to the Welcome Center to obtain a pass. Security will follow up and citations will be issued for trespassing if a person fails to obtain a new pass.

Guests registered by phone that have proper ID and know the location they are visiting will be allowed through the gate to obtain a pass at the Welcome Center. Again, if they fail to obtain a pass, security will issue a citation for trespassing.

Unregistered and unexpected guests are required to follow the detours to come to the front gate either via 191 to Metzger Road or Cranberry Road to Hallet Road. Directions for both are available, in writing, at the back gate.

Contractors without a contractor's pass that are not registered with the Welcome Center must follow the directions from Cranberry Road

to Hallet Road due to the height limits at the Cherry Lane Road overpass.



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Community Corner

Compiled by Nancy Padilla, Communications Committee Member

Do you have some exciting news to share with friends and neighbors? Maybe a new baby in the family? A baptism? A wedding? Would you like to recognize someone for a special achievement? Maybe celebrating a birthday or anniversary wishes? All you have to do is email the information to PEPOAHarmony@gmail.com, don't forget to include your name, phone number and email address (in case we have questions).

May Birthday Wishes

- Paul Quillin
- Leslie James-Pucilowski
- Diana Stanukenas
- Lisa Ortiz
- Dave Lavendar
- Debbie Weatherford
- Gerri Mathesis

June Birthday Wishes

- Michele Serafin
- Jen Krause
- Nicole Padilla
- Calliope Padilla
- Christina Delurski
- Jerry Taylor

Wedding Wishes

- Jess and Jeremy Esbin
- Jennifer and Jonathan Correnti

Graduations - We congratulate our 2016 graduates!

The Communications Committee sends their sincere condolences to Evelyn Barbosa and her family on the passing of her mother who was a long-time Penn Estates resident.

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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	2nd Tuesday.....	7:30 pm
Communications	3rd Saturday	10:00 am
Community Documents	TBD	
Community Safety.....	1st Saturday	9:00 am
Finance	4th Saturday	9:00 am
Government Relations	TBD	
Long Range Planning	4th Thursday	7:30 pm
Nominating and Steering	1st Thursday	7:00 pm
Recreation	2nd Thursday.....	7:00 pm
Wildlife and Forestry.....	4th Wednesday	7:00 pm

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Harmony

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

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Utilities Inc. Proposed Rate Increase

The Board and Management have received several requests for a response from residents on the proposed rate increase filed by Utilities, Inc.

Neither the Board nor Management may act as an agent for the Association; residents that are customers of Utilities, Inc. must file comments or complaints against the proposed rate increase individually.

Please refer to the link below for the Public Utilities Commission for additional information on how to file a complaint or comment for the proposed increase.
http://www.puc.state.pa.us/filing_re.../filing_complaints.aspx

To Register a Formal Complaint to a Proposed Rate Increase - If you would like to file a formal complaint against a utility company's proposed rate increase, you may fill out a Formal Complaint to a Proposed Rate Increase Form. Filing this form will make you a party to a legal proceeding or case. If you do not wish to be a party to the case, consider filing a Comment to Proposed Rate Increase.

To Register a Comment to Proposed Rate Increase - If you wish to register your objection or comment to a proposed rate increase by your utility company, you may fill out a Comment to Proposed Rate Increase Form. Your comments to a proposed rate increase will be placed in the official document folder of the case for review by the presiding officer, the parties to the case and the Commission staff. In addition, a public input hearing may be scheduled in your area to give consumers an opportunity to tell the Commission in person what you think of the proposed rate increase.

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Volunteer of the Year: Michael Tyrrell

By Sharon Kennedy, Communications Committee Member

So much goes on behind the scenes to keep our community running smoothly. Roads have to be plowed of snow, important decisions have to be made, appeals have to be heard, security has to keep us safe, maintenance works wonders to keep us lovely and in working order, the office keeps us running in all the business aspect and fun events are



planned and carried out. There are so many people to thank for all that we mostly take for granted on a day-to-day basis. Some are paid staff. Many others are donating their time for the good of us all.

Each year the management and office staff host a dinner to honor those who contribute their time and expertise. It was a lovely event this year, as in years past. Thank you to all who worked so hard to make that happen!

At the dinner each year, there are awards to acknowledge special contributions and one person is chosen to be recognized as Volunteer of the Year.

This year, Michael Tyrrell was deservedly voted to be Volunteer of the Year. I have the pleasure of working with Michael on the Communications Committee, which he chairs. And a pleasure it is! Michael has been a great spokesperson for our committee and our community.

He reached out to potential volunteers and has grown our committee from a tiny contingent to a creative and congenial work group of good size, especially considering how difficult it is to recruit volunteers among our very busy commuting community residents. Michael chairs with an open mind, a creative spirit and a respect for all others.

Thanks, Michael, for all you do. Congratulations on your award!

Volunteer Recruitment Day

By Lucy Jacobsen, Chair, Nominating & Steering Committee



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On April 9th, 2016 the Nominating and Steering Committee held our second Volunteer Recruitment Event. Although the weather was against us, we did recruit 8 new volunteers that day and successfully filled 2 committees. We also were able to add members to several committees that still need additional volunteers to complete them.

Thank you to the members of the committee for all the hard work they put into this event, especially Mark and Christine Jones for all the wonderful food and beverages they prepared. All committees were represented that day be either the chairperson or a member of the committee and many of the board members attended also.

Thank you to all who attended and also to those who submitted volunteer applications. We will be holding another event this fall but if you are interested in joining a committee, please stop by the administration office and submit and application.

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Here it comes. Get ready; get set; go!

By Sean Reilly-Director

There will be a creative cloud of dust this summer – right through the middle of our community! Emerging out of this traffic clogging cloud of grinding dust, stone and blacktop will be a brand new Penn Estates Drive. Two miles of smooth driving.

The project - phase by phase:

- Phase 1: Install eight new storm water pipes. Install new fiber-optic cable.
- Phase 2: Grind up the entire road [10" deep] and mix with cement; let dry.
- Phase 3: Rebuild 13 intersections and driveways.
- Phase 4: Grind off all deteriorated asphalt at the entrances and parking lots.
- Phase 5: Pave the base layer of asphalt
- Phase 6: Pave the final to asphalt surfaces
- Phase 7: Paint all the lines

Phase 1 - The reconstructions of the 35-year-old road will begin in June with the replacement of eight storm drain pipes and the reinstallation of a new fiber-optic cable to service the security gates. This will begin to cause traffic detours while they cut the road open for each pipe. The installations will occur across Cricket Lane, Cranapple Dr.; P.E. Drive South of Sterling Dr.; Edgeview Dr.; P.E Drive, South of Sandalwood Dr.; P.E. Drive south of Mill Road and P.E Drive at Landsdale Dr. Each detour will last approximately 24-48 hours.

Phase 2 - The next phase will begin after school is out, in June. Enter the big machines! Over the period of less than a week the entire roadway will be ground up, cement and water will be added, and it will be mixed, leveled, rolled, compacted, and kept damp for about a week as it slowly cures and solidifies. Speed levels will be reduced during this period, before the new asphalt is added.

Phase 3 - All of 13 intersections entering onto Penn Estates Drive will be excavated and rebuilt one at a time. These intersections will closed (**see detours**) during various phases of the reconstruction, in July and August.

Phase 4 - Several areas will have one and a half inches of old, broken, cracked asphalt removed. These areas include the front and rear gate entrances before the gates and the parking lot space along the roadsides at the pool complex.

Phase 5 - The installation of two miles of heavy asphalt base layer, 2½ inches thick.

Phase 6 - The installation of two miles of final smooth asphalt top course.

Phase 7 - Finally, all the line striping will be done.

Detours: Caution – Danger – Safety

Slow driving must be the rule when following the detours. This is essential to protect the workers and the work in progress. You must not disobey the detour signs, which will change on a daily basis for 30-45-60 days over the many phases of this work. Tickets, fines and repair cost summonses will be issued to violators.

Conclusion

The existing 35 yr old Penn Estates Dr. has hundreds of patches and was impossible to repair with old dig, fill, and pave-over technology. This new roadway recycling is the latest green road building technology and is designed and built to last 30-35 years. This project will cost \$1,313,000. The funding is \$760,457 from capital savings and \$522,543 from an existing, approved bank loan.

Due to prudent planning and savings by the Board, we can build this major, property-value-enhancing roadway without a dues increase for the 7th year in a row. Hooray!

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Deck Gardening For Beginners

By Jennifer Nicholson, Communications Committee

Gardening in Penn Estates can be challenging for two major reasons. The main reason? You guessed it...DEER. Those adorable creatures we all love definitely have voracious appetites and will eat up any plants that are not covered in fences. The second reason is one of the things that make Penn Estates so beautiful...TREES. Trees block out sunlight on much of our properties and as we know, plants kind of need sunlight. If you have a sunny deck or porch then this article is for you. My hopes are to introduce some gardening ideas to help you expand or maybe just begin a deck garden for the first time.

Why deck gardening? Decks are usually in sun for at least part of the day and they are much easier to block off and protect from deer than open land. If you have an elevated deck that deer cannot access...then you are set. If you have a ground level deck or an uncovered (no roof) front porch



that deer think they own (my front porch) you can still work it. Installing an attractive gate to the entrance of your porch not only looks nice, it can keep deer out. Porch gates are surprisingly affordable and come in a variety of designs. They are easy to open and close with self-latching swing shut mechanism. These gates can be multi-purpose if you have dogs or children as it can function to keep them in and keep deer out at the same time.

OK, so if you have a sunny porch or deck that is inaccessible to deer, we are ready to deck garden! First and foremost, you must make use of vertical space. In our community, protected, sunlit space is rare so sprawling gardens are not possible. I have found success in utilizing vertical gardening both indoors and outdoors. Vertical planters are all over the place nowadays and they are designed to minimize water and soil requirements. There are endless varieties of premade vertical planter and even more of DIY projects. If you are handy with a hammer you may want to let your creativity run free and make your own vertical planter out of inexpensive materials like pallet wood. If you are not handy, I know we have many handy neighbors in Penn Estates that you may be able to commission the job to. I bought two cheap vertical planters from a Facebook yard sale page that I use for my herb garden. It survives nicely over the winter when I take it indoors. I also use vertical hanging baskets along my deck railing in the summer.

You don't need to solely concentrate on your vertical planters. Get some nice big planters for the floor as well. Mix it up. I am currently growing a blueberry bush in my largest planter. Blueberry bushes have particular soil requirements so a large planter is the best bet to be able to control and monitor the soil pH. Which brings me to my next topic, facts and information about growing. There are high tech probes that can wirelessly transmit messages to your phone about soil chemistry (water, nitrogen, pH etc) but if you are not quite there yet then download a good gardening app or do some quick Googling to find out what requirements your desired plants will have. After nearly murdering my New Guinea Impatiens I did a quick Google search and discovered that I had been scorching them in the open sun. They need LOTS of shade. They are now in ICU in the covered portion of my deck. Don't be like me and wing it, find out what your plants need before you wind up with all of your hard work going down the drain.

Out&About

Things to Do and See in the Poconos

By Sharon Kennedy, Communications Committee

Welcome to Summer in the Poconos! It is a wonderful time to enjoy our community. I look forward to the pool and lake opening, and to our great summer events. It is a wonderful time to enjoy the surrounding areas. Check out the past Harmony articles on hiking in the Poconos. There are festivals and sporting events and craft fairs and all sorts of fun things to do. The following is just an overview of local events. I draw from various sources. However, if you want to look on-line for events within driving distance, I find three sources to be most helpful: 800poconos.com, njskylands.com and lehighvalleylive.com. Please keep an eye out for events listed in the local newspaper. There are so many rafting, biking and train rides that I won't even try to list all of them here.

If you enjoy physical events, check out the Wallyman Triathlon at Hawley on 6/11. Or there are many rafting and paintball skirmishes around the area, some combine both (paddles and battles). How about more peaceful outdoor walks? Walk the Tannersville bog walks every Wednesday from 1. Call 570-629-3061. Or drive a little bit further and enjoy the many events at PEEC, such as the edible and medicinal plant walk on June 12th. Maybe you would rather watch others be active. The Malibu Ranch Championship Rodeo recurs on Saturdays from July 5 to September 3 in Milford. Call 800-862-5428. Or you could enjoy Pennsylvania 400 at Pocono Raceway on July 29-31.

Is it a rainy day and you want to experiment with something different? I enjoyed a challenging time at Poconos Escape. Much like a real life video game, eight of us spent time in a locked room working as a team to unearth clues to finally escape. Check it out on their website at escapepoconos.com.

Music festivals fill the Poconos this time of year. I enjoy wandering around Milford and enjoying music everywhere during their annual Music Festival. It takes place on 6/24 to 6/26 this year. That same weekend is the Pocono Mountains Bluegrass Festival in Newfoundland. Call 610-573-0797. On 6/18, Honesdale hosts the Annual Roots and Rhythm Festival. Call 570-253-5492. Stroudsburg will be hosting free concerts in the park beginning June 2nd from 6-8 on Thursdays.

The Great Tastes of Wine and Food Festival will be at Split Rock Resort in Lake Harmony on 6/25 and 6/26. Call 1-800-255-7625. On 7/16, Shawnee hosts the Annual Wurst Festival. Call 570-421-7231. The annual Festival of Wood is on August 6 and 7 at Grey Towers in Milford. Call 570-296-9630. The Audubon Wildlife Arts and Crafts Festival will be in Hawley on July 16 and 17. Call 484-256-4485.

The weekend of July 4th is mighty busy. The 14th Annual American Freedom Festival goes for 3 days on the July 4th weekend at Dansbury Park in East Stroudsburg. There are fireworks at Shawnee on 7/4, and over Lake Wallenpaupak on 7/4.

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Breakfast with the Easter Bunny

March 12, 2016

Photos by Lisa Ortiz



Paint and Sip

By Bettianne Nevil, Board Member

There was a purpose behind this paint and sip that took place in the Oak Room on May 13, 2016. Team Penn Estates chose to have a fundraiser for ACS using the popular paint and sip forum, while painting and sipping the night away. No BYOB here. Everything was included!

It was really different from any other paint night I have attended. We painted a wine glass. You don't have to be an artist; your inner creative spirit will inspire you. Thirty-seven people attended and all seemed to really enjoy the evening. Loads of delicious homemade finger food was served including appetizers and desserts. Plenty of wine, of course, was available as well as other beverages.

There's going to be a repeat in the fall. It may be paint on canvas or another glass. You can bet it will be great! Although the purpose behind this was raising funds for The American Cancer Society, we left having had a lot of fun.

If you missed this one, please sign up for the next one. We'll let you know when it is.



Attracting Birds

By Melissa Penta, Contributor and Avid Birder

We are lucky to share Penn Estates with many beautiful birds. The best way to observe these birds is by feeding them in your yard. A good place to start is with a simple tube feeder filled with sunflower seed along with suet cakes inside of a suet cage. This will attract most of the usual feeder birds, but you may also want to consider adding other foods for more of a variety. I put together a list of bird food and feeder preferences that can yield the best results. You can purchase the food and feeders at any local hardware or pet and farm stores. Bird food can also be purchased at most grocery stores. A birdbath with running water is also an excellent way to attract birds to your yard.

Chickadees, Titmice, Nuthatches, Wrens: Sunflower/safflower seeds, suet, peanut kernels, seed/peanut cakes. *Feeder:* Seed, suet, platform or hopper feeder.

Finches, Buntings: Sunflower and safflower seeds, thistle/nyger, millet, suet. *Feeder:* Seed, suet, platform or hopper feeder.

Cardinals, Grosbeaks, Towhees: Sunflower and safflower seeds, seed/peanut cakes, millet, cracked corn. *Feeder:* Tray, platform or hopper feeder.

Woodpeckers: Suet, seed/peanut cakes, peanut kernels, sunflower seeds. *Feeder:* Suet, peanut or cake feeders.

Jays: Whole peanuts or kernels, seed/peanut cakes, sunflower seeds. *Feeder:* Peanut or cake feeder.

Sparrows, Doves: Millet, sunflower seeds. *Feeder:* Tray or platform feeders, spread seed on ground.

Orioles, Tanagers: Oranges and other fruit, suet, grape jelly, sugar water. *Feeder:* Orange holder, suet feeder, cup feeder for jelly.

Bluebirds: Mealworms, suet, berries and other fruit. *Feeder:* Small tray for mealworms or fruit, suet cage.

Hummingbirds: Plant nectar, sugar water, small insects. *Feeder:* Hummingbird feeder.



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Reading Corner

By Evelyn Infante, Communications Committee Member



On Saturday, April 16, the Eastern Monroe Public Library, Hughes Library Branch, held its annual Monroe County Book Expo. It was well represented by both local authors and book lovers alike. This year, I was not able to participate but stopped by to say hello and convey my best wishes to the hard working writers in attendance.

already thinking of her next book and the one after that. Had me all fired up to finish my detective novel. I wish I had her energy.

But Sahar wasn't the only successful author at the Expo. Patrick Malcolm, actor, stuntman and precision driver, who wrote *The Limit is When you Say Stop*, makes time every year to be a part of this wonderful book fair. People who are captivated by Mr. Malcolm's charismatic personality always surround his table.

Fiber Artist, Quilter, Fabric Collage Muralist, Author and Poet, Liz Pemberton also made time to be there as well as Jack Hillman whose book, *Field Trip*, I wrote about in a previous issue of *Harmony*. Among the twenty-one authors there, more than half were familiar to me. It was great to see them all again.

Books on sale ranged from poetry, music, spousal abuse, to children's books. And the best part of being there is meeting and speaking with my fellow writers. Personally, all that talent inspired me. The book expo is one of the best ways to sample different books and meet the very interesting people behind the stories.

If you love books, don't miss this yearly event next spring. The Poconos can certainly boast of how many artistic people live here!



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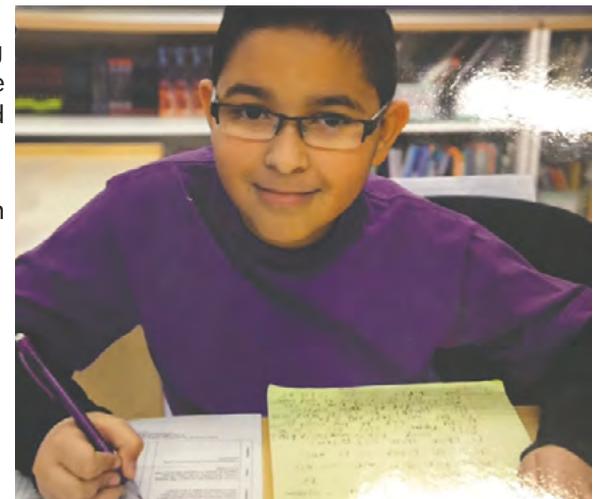
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This year, twenty-one authors participated, some quite successful as storytellers, like my friend Sahar Abdulaziz, who has five published books to her credit and one ready for launch. She amazed me when she stated that she is

Young Voices in Harmony

By Katherine Hernandez, Communications Committee

In past issues of *Harmony*, we've featured writing by young residents who attended a single writing workshop and produced pieces based on their own interests. The feedback we've received on the Young Voices in



Harmony column has been tremendously positive and we want to continue the initiative.

The next opportunity for youngsters to shape their ideas into written works for *Harmony* is coming soon. We'll be running a three workshop series designed to: help young writers identify their topic of interest; plan and draft their writing; revise and polish the piece for publication.

The skills built during this workshop series will serve young writers throughout their lives, whether composing works for school, employment, or publication. They'll learn strategies that apply to all kinds of writing—blog posts, emails, social media updates, poems, songs, journal entries, stories, essays, articles—and for all audiences.

Workshops are open to all youth, ages 8 to 18, interested in being published in *Harmony*. Basic writing skills are required (should be able to compose a thoughtful paragraph with a clear focus). Beyond that, writers of all levels are welcome. Participants should plan to attend all three sessions for maximum benefit.

Workshops will be held at the Community Center (lower level of Oak Room building), from 10am to 12pm, on the following Sundays: June 26, July 3, and July 10. Participants are encouraged to bring snacks. Interested parties can email me at kmillshernandez@gmail.com or simply show up ready to write on the first Sunday.

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Community Book Exchange Boxes

By Robin Nicholson, Communications Committee Member

There is a popular trend in many communities with Community Book Exchanges or "Little Libraries" to promote literacy and a sense of community. This trend also encourages an alternative to the electronic world we spend so much time.

Inspiration came from the Little Free Libraries of Wisconsin. Their program has placed thousands of similar Little Libraries in parks across the country. This movement began in 2009 with the premise of "take a book, leave a book" where neighbors could share their favorite literature in a small exchange box.

The mission of the Little Free Library is to "promote literacy and the love of reading by building free book exchange boxes worldwide and to build a sense of community as we share skills, creativity, and wisdom."

These community book-sharing boxes rely on the donation of people in the community, so the variety is endless. The variety also encourages diversity in reading and by sharing books the donors inspire readers to try books they might not have picked up on their own.

Since that time the movement has taken off and been adopted by many towns with book exchange boxes in parks and neighborhoods. In fact, there is a book exchange box pictured here that has been successfully going in Stroudsburg's Bryant Park for years.

Recently, Penn Estates resident Nory Morales presented the idea for our community and it was received quite positively. She and other PE residents embraced the idea and presented it to the board. As a result, we just might be seeing a couple of these book exchange boxes as a wonderful addition to our very own community. Watch for one by the playground by the community building and the playground at Highland lake beach! Thanks Nory! Please offer support to this positive community based project by donating a book in the future!



Hallet Road Bridge Closure

On March 8, 2016, Penn Estates was informed by PennDOT that the Hallet Road bridge will be closed indefinitely. Contact PennDOT at (610) 871-4100 with any questions.

Penn Estates front gate access from Routes 447 and/or 191

This route is for vehicles less than 10' high

- At the traffic light intersection of Routes 447 and 191, head North on 447/191.
- Travel 6/10 of a mile; turn left at Analomink Post Office on to Cherry Lane Road.
- Follow Cherry Lane Road to Metzger Road; turn left on to Metzger Road.
- Turn left on Hallet Road.
- The Penn Estates entrance will be on the right in approximately 1 mile.

This route is for vehicles over 10' high

- From Rt. 611 at the traffic light at the Tannersville Inn/Warner Road & Cherry Lane Road intersection:
- Turn on to Cherry Lane Road for 2.7 miles.
- Turn right onto Bog Road for 1.3 miles.
- Turn right onto Hallet Road.
- The Penn Estates entrance will be on the right in approximately 1 mile.

To Leave Penn Estates via Routes 447 and/or 191

- Turn left out of the front entrance onto Hallet Road.
- Turn right on Metzger Road.
- Turn right on Cherry Lane Road.
- This will lead to the intersection of Cherry Lane Road and Rt. 447 at the Analomink Post Office.
- Turn right for 447 South towards Eagle Valley.
- Rt. 191 is on the right at the first traffic light.

Penn Estates Happenings

By Matthew Jacobsen, Cub Reporter

On March 19, 2016 the recreation committee hosted a fun St Patrick's Day party in the Oak Room. As usual the Hoey family prepared a great traditional spread including corned beef and cabbage and Shepherds Pie. It was BYOB and there was plenty of music and dancing.

It's finally late spring/early summer here in Penn Estates and with the warm weather comes plenty of events for us residents to enjoy. Community Day, which is one of our many free events, will take place on the second Saturday in August. Our recreation committee plans to mix things up and reintroduce the pig roast as part of the festivities.

Sadly, due to the repaving of Penn Estates Drive, there will be no Carnival this year. We can look forward to it returning next year.

Keep an eye out for notices about various parties at the pool and possible family movie nights under the stars. Look for our horseshoe league coming back every Sunday, weather permitting. This is open to all residents, of all levels. Come on down to the horseshoe pits on the side of the tennis courts for a competitive and fun afternoon.

As always, make sure to get out and stay involved in our community.

Songs of Summer

By Jane Harris, Communications Committee

A cold winter and a spring that changed it's mind...are the back story to the movies playing in our heads... blue skies, ocean breezes, sandy beaches...or the verdant green of mountain hideaways immersed in chatter of birds, crickets and katydids.

Summertime and the living is easy.

Musical reminders from the past serenade us in a varied soundtrack that kicks in when playlists start to include songs from a five-decade time frame as well as trending tunes.

The year was 1936. Billie Holiday put heart and soul into a song from Porgy and Bess. Summertime was smooth and sultry, perfect for lazy afternoons during this favorite time of year. This classic sound bite depicted life in the South but easily dissolved the idea of North and South...erasing any line drawn in the sand!

Ella Fitzgerald did further musical justice to this tune through several generations in a way that only Ella could, teaming up with Louis Armstrong in 1947 for a memorable duet. Another duet...Les Paul and Mary Ford provided musical pleasure with In The Good Old Summertime - 1952.

In 1957 Can't Wait for Summer was a hit for Steve Lawrence followed in 1958 by the Danliers and One Summer Night.

Summer Time, Summertime - Summer's Love - Summer Dreams - Summer Breeze - Hot Time Summer in the City from the Lovin Spoonful in 1968 let us into the world of concrete and glass where steamy takes on a whole new sense of summer.

Janis Joplin's wailing, gut wrenching version of Ella's Summertime...equally unforgettable.

Now it's 1969...we're in Woodstock...the Who (who could ever forget!) with their fringe-flying guitar slinging version of Summertime Blues re-dux of Cochran's tune from 10 years earlier brought generations together.

Youtubeor whatever source of good listening you prefer can provide the tried and true, old and new tunes to celebrate summer...sing out loud in the car, on your deck, deep in the woods, on the beaches in the ocean, sing to the skies...unless our PE neighbors don't share your enthusiasm. Headsets can solve the problem, but you might have to lip sync.

Summer is a delicious respite from hibernation... the light at the end of a six-month tunnel. Hang on to the last light of day, sing your song of summer and sing it loud. Have a wonderful sunny, family fun summer.



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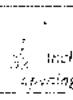
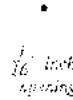
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 A dripping leak consumes: 15 gal. per day 450 gal. per month	 A 1/8 in. leak consumes: 3,806 gal. per day 114,200 gal. per month
 A 1/32 in. leak consumes: 264 gal. per day	 A 1/4 in. leak consumes: 15,226 gal. per day 456,800 gal. per month
 A 1/16 in. leak consumes: 943 gal. per day 28,300 gal. per month	 A 1/2 in. leak consumes: 60,900 gal. per day 1,827,000 gal. per month

Water Loss In Gallons					
Leak this Size	Loss Per Day	Loss Per Month	Leak this Size	Loss Per Day	Loss Per Month
.	120	3,600	●	6,640	199,520
•	300	10,800	●	6,964	209,520
•	693	20,790	●	8,424	252,720
•	1,200	36,000	●	9,585	296,640
•	1,920	57,600	●	11,324	339,720
•	3,095	92,880	●	12,750	361,600
•	4,295	128,880	●	14,952	448,560

Great News for Folks Who Hate Exercising

By Katherine Hernandez, Communications Committee Member

The prevailing mindset in our culture is that a body needs exercise in order to be healthy. We've widely accepted the idea that working out rigorously for an hour a day, 3 - 5 days each week, should provide our bodies with all the movement they need.

For decades, we've trusted that this is the remedy for the sedentary lifestyle brought on by our incredible technology.

What we've failed to see, according to Katy Bowman, a biomechanist, is that working out for 50 - 60 minutes a few times a week cannot undo the damage caused by all the inactivity that dominates the other 23 hours in each day.

In her book, *Move Your DNA: Restore Your Health Through Natural Movement*, Bowman challenges us to reconsider how we move our bodies throughout the day and week. She prescribes specific movements that follow and respect the body's structural design. This is the way, she says, to protect our health, stay flexible and strong, and to avoid the need for regular use of pain relievers, from ibuprofen to prescription strength.

The good news for the exercise-averse is that Bowman does NOT recommend devoting time to rigorous workouts. In fact, she says they do more harm than good and she details the bio-mechanical reasons for this in her book.

Bowman suggests that we think of movement just as we think of nutrients. There are certain nutrients our bodies need in order to survive. Just the same, there are key movements that our bodies need—and are currently deprived of—in order to remain strong, supple, healthy, and able. She calls these "movement nutrients."

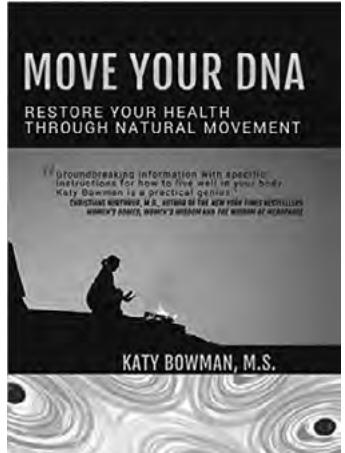
Bowman recommends we all treat ourselves to a range of movements (like rolling a foot over a tennis ball while standing at your work station, for example) that don't call for high-tech sportswear or require us to work up a sweat.

She also recommends "passive" stretches that you can do while lying on the floor and reading or watching TV. They are effective, but also happen to feel fantastic!

One thing that Bowman says every body needs, though, is a lot more outdoor walking over natural ground. This benefits the body, mind, and spirit in myriad ways, including all the obvious ones and even some you may never have thought of.

For example, Bowman discusses the need for our eye muscles to have regular opportunities to flex by focusing our vision on points at varying distances—distances unavailable to us indoors! She also shows the damaging effects of spending most of our lives wearing shoes and walking on flat, man-made surfaces, both of which limit the natural functions of our feet and ankles, leading to a multitude of problematic conditions, which we tend to refer to as "aging."

In another of her books, *Whole Body Bare Foot: Transitioning Well to Minimal Footwear*, Bowman guides us through a gradual transition from stiff, "supportive" shoes and flat ground to less restrictive footwear and natural surfaces. These changes, she says, enable the body to engage in the kinds of movement it's built for and which allow it to thrive.



KATY BOWMAN, M.S.

So, whether you regularly exercise or not, if you want your body to perform and feel better—and you want to improve your overall well-being—then you'd do well to read Bowman's books, visit her blog, and watch the wealth of videos she shares on YouTube.

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2016 Lake Rules

Hours: Monday – Thursday 11:00am – 7:00pm
Friday – Sunday & Holidays 11:00am – 8:00pm

After 4:00pm the lake may be closed for lack of use

1. Have Fun!
2. The Grantee is hereby granted the privilege of boating, swimming, fishing and ice skating in the lakes of the Grantor. None of the foregoing activities are to be engaged in for any commercial purpose whatsoever and all such privileges are under and subject to payment by Grantee of such fees as are set forth in the within covenants and restrictions. [Cross reference Declaration of Protective Covenants #21].
3. Children under sixteen (16) years of age are not permitted in the lake or beach area unless accompanied by a responsible person eighteen (18) years of age or older who shall be responsible for conformance to all lake and beach rules. The responsible person(s) must remain at the beach facility with any/all children under sixteen (16) at all times.
4. Children under sixteen (16) years of age are not permitted to use boats at the lake unless accompanied by an adult who shall be responsible for conformance to all lake and beach rules.
5. No china or glassware of any sort is allowed at the beach, consumption of food is limited to designated picnic areas, and all trash should be placed in the provided containers.
6. Only boats, canoes or watercraft propelled by oars, sails or paddles shall be permitted upon the waters of said lakes. No motorboats of any description shall be permitted on the waters of said lakes. [Cross reference Declaration of Protective Covenants #22].
 - a. **Boat Registration** All boats used on PEPOA Lakes must be registered with the Association. Boat registration applications are available at the Administration Building. Annual registration fees are \$5.00. Dated identification stickers are issued for boat registrations; renewal registration and dated identification stickers are required annually. Identification stickers should be affixed to the boat immediately. Lost identification stickers will only be replaced if the owner produces proof of registration (i.e. office receipt) the cost for replacement is \$3.00.
 - b. **Boat Racks** Boat racks will be made available by PEPOA at one location on each of the three lakes; residents may store boats on the boat rack(s) for a \$10 seasonal fee. Rental applications are available at the Administration Building. Rack space will be available on a first come; first served basis. Once all of boat racks are full, no more boat rack registrations will be issued. Any resident that does not obtain a rack space may not store boats along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Residents without a rack space must take their boat(s) back to their property after use. Boats rack storage is a "store at your own risk" policy and the Association is not responsible to damage or loss of property stored at the boats racks. It is strongly recommended that owners secure their boats to the boat rack with a bike lock or some type of tether and lock.
 - c. Boats must be removed from the racks no later than November 1st of each year. Any boats not removed by November 1st will be removed by PEPOA; locks will be cut and destroyed and a removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
 - d. **Improper Boat Storage** absolutely no boats are to be store along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Both registered and unregistered boats found to be improperly stored will be immediately removed at the owner's expense. A removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
7. Users must ensure that all watercraft is equipped with a U.S.C.G. approved flotation device for each occupant. Questions regarding these regulations should be directed to the lifeguard on duty.
8. No running, pushing or other horseplay is permitted.

2016 Pool Rules

Hours: Monday – Thursday 11:00am – 7:00pm
Friday – Sunday & Holidays 11:00am – 8:00pm

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

1. Have Fun!
2. Guests with owners in good standing shall pay a guest fee of \$3.00 per day if they do not have an amenity badge. [Cross reference Article III - Membership Identification and Access Control, Section (A) - Amenity Access, #2].
3. No one is permitted in the pool enclosure except during scheduled hours and only when lifeguards are on duty.
4. The pool staff may close the pool during scheduled hours for reasons of safety, weather or maintenance.
5. No running, dunking, pushing or other horseplay will be permitted. Always enter the pool with caution.
6. No china, glassware, smoking or beverages (except water in plastic containers) of any kind is permitted in the pool enclosure.
7. Food is permitted in designated areas only, and not to be consumed in the bathing areas. Proper trash receptacles are provided and should be used accordingly.
8. Children under sixteen (16) years of age are not permitted in the pools or pool enclosure unless accompanied by a responsible person eighteen (18) years of age or older who shall be responsible for the child's behavior and conformance to all pool rules. The responsible person(s) must remain at the pool facility with any/all children under sixteen (16) at all times.
9. Children who are not toilet trained must use plastic pants or swim diapers. Children wearing non-swim diapers are not permitted in the pool.
10. No diving will be permitted in the shallow end, or off the sides of the pool. No flips, back dives or other similar types of actions will be permitted.
11. Only appropriate swim attire may be worn in the pool. Street clothes, underwear or cut-offs are not allowed. The pool staff shall enforce compliance with this rule.
12. Deep-water areas of the pool are limited to individuals who can swim the width of the pool in a satisfactory manner. Qualification is at the discretion of the pool staff and verification may be requested at any time.
13. No sitting or hanging on ropes and no swinging on ladders will be permitted.
14. Gum chewing is not permitted in the pool enclosure.
15. Only radios equipped with and used with headphones or ear buds shall be allowed in the enclosed pool area.
16. Flotation devices, scuba and skin diving equipment are prohibited in the pool and beach areas, unless permission has been granted by the pool staff.
17. No articles of any kind may be thrown into the pool unless approved in advance by the pool staff.
18. The primary responsibility of the pool staff is the safety of the swimmers. They have the authority to remove anyone in violation of the rules from the pool for any portion of the day or longer. Chronic pool offenders may be suspended for a day, week, season or any portion thereof, and subject to other action or a citation and a fine, depending on the circumstances.
19. Pools and lakes will be cleared for 30 minutes upon hearing thunder. An additional 30 minutes will be added for each thunder clap. In the event of lightning, the pools, pool deck, lakes and beaches must be vacated and remain empty for 45 minutes after the last lightning strike.
20. Socializing with or distracting the pool staff while they are on duty is prohibited. No loitering or congregating will be allowed around the lifeguard or guard stand.
21. Personal lounges and chairs are permitted in the pool enclosure at the discretion of the pool staff, but may not be stored in the pool area. Association owned lounges and chairs are available on a first come first served basis.

Michael's Kitchen

By Michael J. Tyrrell, Communications Committee

Yep, outdoor grilling season has finally arrived! Here are a few favorites of mine that are solid weeknight family meals but are company-worthy as well. The chicken is a great do-ahead meal since it is fine eaten gently warmed up or at room temperature. The salmon can also be enjoyed at room temperature. Halibut or bass are fine substitutes if you feel like spending a bit more (actually, a lot more). The ribs are...well, the name says it all. Everything except the final grilling can be done ahead. Look for some great side dishes in the next issue of Harmony to pair with your grilled food.

Apricot-Glazed Chicken

(serves 4)

- 1 chicken, cut into 8 pieces, about 3 lbs
- ¼ tsp each salt and pepper
- 1/3 cup apricot preserves
- 1 tbsp Dijon mustard
- ¼ tsp garlic powder
- 2 tbsp ketchup
- 2 tsp chopped fresh ginger

1. Prepare outdoor grill with medium hot coals or heat a gas grill to medium. Season chicken with salt and pepper.
2. Grill chicken 25 to 30 minutes, turning occasionally until lightly browned.
3. Meanwhile, in a food processor, whirl together apricot preserves, mustard, garlic powder, ketchup and ginger until well blended.
4. Brush chicken with glaze and grill another 5 minutes. Do not flip chicken or it will burn. Serve with remaining glaze on the side. Serve with couscous or rice.

Salmon with Lemon-Mustard Sauce and Herbed Grilled Potato Salad

(serves 6)

- 2 tbsp coarse Dijon mustard
- grated rind of 1 lemon
- 2 tbsp lemon juice
- ¼ tsp each salt and pepper
- 1 clove garlic, finely chopped
- ½ cup extra virgin olive oil
- ½ tsp each chopped fresh oregano and thyme
- 1 salmon fillet, about 2 lbs and 1-inch thick
- Herbed Potato Salad (recipe follows)

1. Prepare outdoor grill with medium-hot coals or heat gas grill to medium-high.
2. Make Dressing: In a bowl, whisk together mustard, lemon rind and juice, salt, pepper and garlic. Slowly drizzle in oil, whisking until thickened and well blended. Whisk in oregano and thyme. Reserve 3 tbsp dressing for potatoes and 2 tbsp for serving with fish.
3. Prepare Herbed Potato Salad (recipe follows).
4. Salmon: In a large glass dish marinate fish in remaining dressing for 15 minutes.
5. Lightly brush grill grates with vegetable oil. Pace the fish, flesh side down, on grill. Grill, uncovered, for 6 to 7 minutes, until flesh releases itself from grill. Carefully turn fish over with a large spatula. Grill additional 3 minutes until fish is opaque in thickest part.
6. Slip spatula between fish and skin to separate the fillet from the skin (skin will stick to the grill) and transfer to a platter. Drizzle with the reserved 2 tbsp dressing and serve with the potato salad.

Herbed Potato Salad: In a large bowl, toss 1½ lbs small red-skinned potatoes, 1 tbsp vegetable oil and ¼ tsp each salt and black pepper. Place potatoes in a grilling basket and grill about 30 minutes until fork tender. Turn basket a few times during grilling. Cut potatoes in half and toss with the reserved 3 tbsp dressing and 2 sliced scallions.

Grilled Shrimp in the Style of Veracruz

(serves 6)

- Sauce: 2 tbsp vegetable oil
- 1 large onion, sliced
- 2 cloves garlic, sliced
- 1 large sweet red pepper, cored and sliced
- 1 can (28 oz) diced tomatoes with juice
- 2/3 cup pimento-stuffed green olives, sliced
- ¼ tsp each salt and black pepper

- Shrimp: 2½ lbs extra-large shrimp, shelled and deveined
- 2 tbsp lime juice
- ½ tsp salt
- ¼ tsp black pepper
- 1½ cups white rice, cooked following pkg directions

Lime wedges, for garnish

1. Sauce: In large skillet, heat oil over medium heat. Add onion and saute 5 minutes. Add garlic, and red pepper; saute 4 minutes, stirring occasionally. Stir in tomatoes, olives, salt and pepper. Simmer on low heat, covered, 5 minutes.
2. Prepare outdoor grill with medium-hot coals or heat gas grill to medium-high.
3. Shrimp: In a large bowl, combine shrimp, lime juice, salt and pepper.
4. Heat a grilling basket over grill. Arrange shrimp in basket and grill, uncovered, 2 to 3 minutes per side or until cooked through.
5. Place cooked rice in a large bowl and pour sauce over the top. Add shrimp and garnish with lime wedges.

"Fall Off the Bone Spare Ribs" with Kickin' Rib Sauce

(6 to 8 servings)

- 4 lbs pork spare ribs, cut into individual ribs
- 1 recipe Kickin' Rib Sauce (recipe follows)

1. Bring a large pot of lightly salted water to a boil. Add ribs and gently simmer for 60 minutes. Drain and remove ribs to a large dish or cutting board.
2. Prepare an outdoor grill with medium-hot coals or heat a gas grill to medium-high.
3. Generously brush ribs with rib sauce. Grill about 5 minutes per side, brushing with more sauce as needed, until ribs are nicely browned. Serve with remaining sauce on the side.

Kickin' Rib Sauce: In a medium saucepan, heat 1 tbsp vegetable oil over medium heat. Add 2 cloves chopped garlic; cook 1 minute. Stir in 6 tbsp tomato paste, ½ cup beef broth, ½ cup brown sugar, ¼ cup Worcestershire sauce, ¼ cup lemon juice, 1 chipotle in adobo, seeded and chopped and 1 tbsp adobo sauce. Bring to a boil. Reduce heat to medium-low; simmer, stirring occasionally, 15 minutes. Sauce will reduce to about 1½ cups.

Eats Around Town

By Julie Harter, Communications Committee Member

Peppe's Bistro - For Valentine's Day this year, the hubby and I decided to go to Peppe's Bistro. We have been saying for the 14 years living here that we need to go but just never got around to. Well, I wish we had gone sooner. Peppe's Bistro is so very lovely. The dining room is elegant without being ostentatious. A perfect romantic date night restaurant. We both started off with a delicious shrimp bisque. It had large pieces of shrimp and I really enjoyed the light, creamy bisque. We then shared an order of fried



calamari that came with two different sauces. Firstly, the calamari was excellent, cooked to perfection, tender and not chewy. The sauces were a traditional marinara and a Thai Chili. Dan liked the Thai Chili, I preferred the marinara. Now we come to our entrees. We ordered the Chicken Franchise, which was delicious and came with mashed potatoes and the Chicken Saltimbocca which came with roasted Brussel sprouts and mashed potatoes. The

portions were so large that we both had to take some home.

All in all, we were very happy with everything that night. The food, atmosphere, and the wait staff were all top notch during a very busy Valentine's Day night. I predict more date nights at Peppe's Bistro for us in the near future. They are located in Eagle Valley Mall, East Stroudsburg and open seven days a week, Monday through Friday 4pm-10pm, Saturday 4pm-11pm, and Sunday 4pm-9pm.

Pho Saigon II - Recently, we went for a spontaneous dinner to Pho Saigon II. They just opened in the Fountain Court plaza on 611 south in Bartonsville. I love Vietnamese food, Pho in particular. Pho is a traditional Vietnamese soup loaded with fresh vegetable, rice noodles and meats in a rich, flavorful broth. We chose a rare beef and fatty brisket Pho to share as an appetizer. There are no words to describe how delicious this soup is, between the combination of ingredients and the fresh basil and bean sprouts to be added to the broth was absolutely phenomenal.

We then both ordered Bun which is a rice vermicelli bowl loaded with fresh julienned vegetables, rice noodles, sliced egg roll and your choice of protein. I chose the beef while Dan ordered chicken. It comes with different condiments / sauces to accompany the Bun. The flavors exploded in our mouths, while we looked at each other in awe.

The atmosphere is light and trendy. This is a great place for a date or a fun night with family. If you like Asian food and can also appreciate ethnic comfort food, this new restaurant should be on the top of your list to try. Pho Saigon II is open seven days a week, Monday through Saturday 11am-9pm, Sunday 11am-8pm.

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