

President's Message

by Jose Padilla, Penn Estates Board President



Hello Neighbors!

I trust that everyone had a wonderful and safe 4th of July. There isn't a day that goes by that I long for those "amber waves of grain" as written in the wonderful lyrics of America, the Beautiful. Hopefully, as a community we will set the example for our next generation through intelligent dialog and while being open minded and respectful to different approaches and opinions of others.

I will now attempt to bring the community up to speed on the ongoing issue of the Covenants and yes, the sheds, as we all know this is a severely volatile topic of conversation. During the Board reorganization held in Executive Session at the annual meeting, an ad-hoc committee was created to commence the process of evaluating, editing and rewriting our Covenants. This ad hoc committee is made up of five sitting Directors was created to facilitate this burdening task. They were directed to look at all the Covenants for the properties located in both townships, Pocono Township and Stroudsburg. This monumental task will require long hours, hard work and dedication for its completion.

The reason for reviewing each covenant is twofold. One: When they were created, Penn Estates was primarily a weekend community and we have certainly evolved past that. Two: The cost of changing the covenants will be same if we are only changing one or all of them.

Upon completion of the rewriting task all the "DRAFT" covenants and supporting material will go to the Association's attorney for legal review. The attorney will then advise the Board of Directors of any changes that should be made prior to submitting them to the membership. This will be a long, hard journey and we request your patience.

While on to the subject of sheds, and after the June monthly Board meeting where several of our membership impressed upon the Directors their desire to keep their much-needed sheds, our Community Manager, was in contact with our Attorney poised the question regarding the Resale Certificate. When a property is sold in Penn Estates the office issues this certificate that indicates that the property follows the compliance of our governing documents. The attorney indicated that a written statement indicating the property with a shed is not in compliance with the current covenants, however the association is in the process of changing them. We believe this will suffice until the Covenants have been completed, ratified and submitted to the courts.

As President and a volunteer, I would like to make everyone aware that our Association is both a community and a business and that I, along with the Directors are working to enhance the lifestyles of our residents and protect the value of our assets. The Board must be knowledgeable of all the governing documents

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An afternoon kayaking on Highland Lake

photo by Robin Nicholson

Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

Phew! I think it must have almost reached 100 degrees today! Judging by all of the cars parked by the pool, it must have been a great day to take a dip in our two beautiful pools. I have not been able to go swimming yet this year, but my time is coming soon, I hope. It seems strange to write about upcoming events in the fall right now. The fourth of July is Wednesday but autumn is around the corner. In the meantime, here are some of the upcoming local events. Some involve admission fees, and some charge based on whether you purchase tickets ahead of time. Check the websites for information.

This is the season for festivals and fairs. Wayne County Fair is runs from 8/3 through 8/11 and Carbon County Fair runs from 8/6 through 8/11. Most locals love the West End Fair in Gilbert, which runs from 8/19 to 8/25. Yum. Curly fries and funnel cake are Pennsylvania gourmet foods.

The 14th Annual Festival of Wood is at Grey Towers in Milford on August 4th and 5th. You can enjoy crafts, watch demonstrations and enjoy children's activities. Also on August 4th and 5th is the Sweet Corn and BBQ Festival at Shawnee Mountain. You can compete in a corn hole tournament or a pie eating contest. Pennsylvania Wing Fest is at Pocono Raceway in Long Pond on 8/26. That benefits Monroe County Meals on Wheels.

Stroudfest is a downtown Stroudsburg event on 9/1 from 11-6. The Pocono Garlic Fest used to be part of Stroudfest but has been hosted at Shawnee Mountain the past few years. That runs on 9/1 and 9/2. Shawnee Mountain also hosts the Pocono Puppy Palooza on 9/22 and 9/23. That event benefits local animal rescues. Carbon County Oktoberfest is at Blue Mountain Resort on 9/29 and 9/30. The Great Pumpkin Festival at Country Junction in Lehighton runs from 9/29 to 10/28. The Shawnee Autumn Timber Festival is on 10/6 to 10/7.

Quiet Valley Living Historical Farm hosts a variety of special events throughout the year. On 8/11, they have their Heritage Craft Day. The Pocono State Craft Festival is there on 8/25 and 8/26. The Annual Harvest Festival is 10/6 and 10/7.

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Penn Estates Property Owners Association
304 Cricket Drive
East Stroudsburg PA 18301

Should You Attend a Board Meeting?

by Phyllis Haase, Community Manager

If you've never attended a Board of Directors meeting, then you are not taking advantage of your right to observe and participate in the policy making process that protects, preserves and enhances the Association's assets, business operations and important changes that will affect you as a resident.

We are a large corporation, and our Directors of the Board work very hard to run an informative, productive business meeting. Many of the decisions made at a meeting of the Board have a direct impact on you and potentially the property values of our wonderful community.

You may or may not be aware that there are different phases of a Board meeting. The primary purpose for the Board is to hold a Business Meeting. At a Business Meeting, the Board discusses and makes decisions based on a pre-established meeting agenda. Some of the items are financial, rules/regulations, policies and maintenance items/projects.

There is a portion on the agenda called Member Comments. During this time, you the unit owner, are permitted to address the Board for a limited period. This is so you may address the Board with your input, ideas, comments and/or suggestions pertaining to the Association. An important point to remember is that although you may have an important issue to bring to the Board, please do not expect the Board to act on this issue at that time.

Most items brought forward to the Board are then turned over to me, the Community Manager, to research and to provide options and details around the item brought forward. This is the process followed to gather as much information for the Board so that the Board is informed and well prepared on a topic before a decision is made. A lot of time and forethought goes into the Board's decisions as they are volunteering to represent you.

There is also the occasional Executive Session, which is conducted without homeowners present to discuss issues related to legal, contractual or personnel items. Homeowners are not allowed to attend the Executive Session.

Many times we hear, "I didn't know that," "when did that happen" or "why did that happen." Therefore, we encourage you the homeowner to attend the Board meetings so that you are better informed.

Now is a perfect time to start attending. We look forward to seeing you there. Please remember to bring your current, valid, amenity badge as per the bylaws which were approved by the members in good standing; only Unit Owners are allowed to attend.

Message from the Administration Office

Gate Access Changes

As we continue to improve access to our gated community, all residents will be required to provide a password or PIN number associated with their property when calling in a guest.

This change will take effect October 1, 2018.

Please visit the Administration Office to set this up. Upon providing identification, you may select your PIN or password.

President's Message

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and must ensure that the association is operated accordingly. Sometimes it falls upon the President to enforce the policies set forth in these documents which is never an easy thing to do, but I will follow the law as written.

For example, the monthly Board meetings are for members only and at the June meeting I was advised that there were several tenants in the audience and I asked them to leave. This was not an easy item to accomplish as they were misinformed as to who can attend the meeting and I appreciate the honesty of the one individual who stood up and left the room, as I am pretty sure there were others in the room that stayed.

But for every action there is always a reaction - or when life hands you lemons, you make lemonade. The Board is in the process of creating a committee of Tenants Concerns and is currently working out the final details before debuting it to the Community.

I want to thank everyone participated in the first "Breakfast with the Board" as numerous questions (sheds) were asked and answered (sheds) to the best of our abilities. We will be holding these quarterly throughout the year and all residents are invited to the gatherings. If you happen to be a little shy and would like to meet with any Board member or myself, just simply approach our Community Manager, attending Staff, or Board member and we will take the time to answer your question(s) privately. Remember it may not be the answer your looking for, but we may be able to lead you in the proper direction. The Board and I look forward to meeting everyone who attends.

Also, the Board wants to continue to build upon the sense of community while at the same time help motivate the residents to take part in our activities. Currently our Community Manger Phyllis Haase and her entire staff have put together a cavalcade of activities that is geared for all age groups throughout the summer and leading into the fall. Be sure to watch the marquees, e-mail blasts and our Official Face Book page for updates and reminders as the events. They're doing great job for US!

Lastly, as an Association we need to continue building the sense of community and motivate our members to participate in our activities. Volunteers are always needed and welcomed. Participating as a volunteer in the community and association activities, benefits everyone and can be a memorable and rewarding experience. Above all, I would personally like to thank ALL of our volunteers for their endless contributions and sacrifices throughout the years. We are nothing without you.

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Wanted: Floating Volunteers

by Lucy Jacobsen, Chair Nominating and Steering Committee

The committee is looking to get together a list of floating volunteers to help at various events held throughout the year in Penn Estates. In order to become a floating volunteer, you must be over the age of 18, a deeded homeowner, family member or renter and must be in good standing.

The purpose of this is to get more volunteers involved in different events such as community day, some of the parties held and other functions held by the various committees. You would not be a member of any specific committee and you can volunteer for a little or as many hours as possible

There are many people who would like to join a committee, but due to their schedule find it hard to commit. This is a way for those people to get involved.

If you are interested, fill out a volunteer application at the admin office, stating you want to be a floating volunteer and your name will be added to the list. The committee chair would contact you prior to the event to see if you are available.

Hope to see many new floating volunteers added to the list.

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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Let Our Family Serve Your Family

Out & About

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Do you want to be more active? You could paddle on ponds at PEEC in Dingman's Ferry on August 4, 12 or 19 from 10 to noon. That is free, funded by the William Penn Foundation. Other activities are many, and some have a small fee. For a larger cost, you could whitewater during dam releases. Whitewater Rafting in Nesquehoning boasts class-three rapids. Whitewater Challenges at Lehigh Gorge State Park has events from May through October. Some are family style for anyone over the age of 5, and others are whitewater challenges.

If you are up for a real challenge, you could do the Warrior Dash at Long Pond on 8/25. Maybe you want an emotional challenge instead of a physical one. How about the Hotel of Horror in Saylorsburg that runs on Friday, Saturday and Sunday evenings from 9/22 through 11/3. Or you could really relax and take one of the many Stourbridge excursions. The Fall Foliage excursions run from 9/29 through 10/26.

Maybe music is more down your alley. The Monday night concert series at Dansbury Depot in East Stroudsburg run until October first. Those are free. More costly are the concerts at the Wildflower Music Festival in Honesdale that run from July through August 8th.

Whatever you choose to do, have fun! And watch for the events happening in our community. It seems like there are more and more fun things to do right here, without "leaving home".

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We Have More Marvelous Mounties Here in Penn Estates!

by Sharon Kennedy, Communications Committee Member

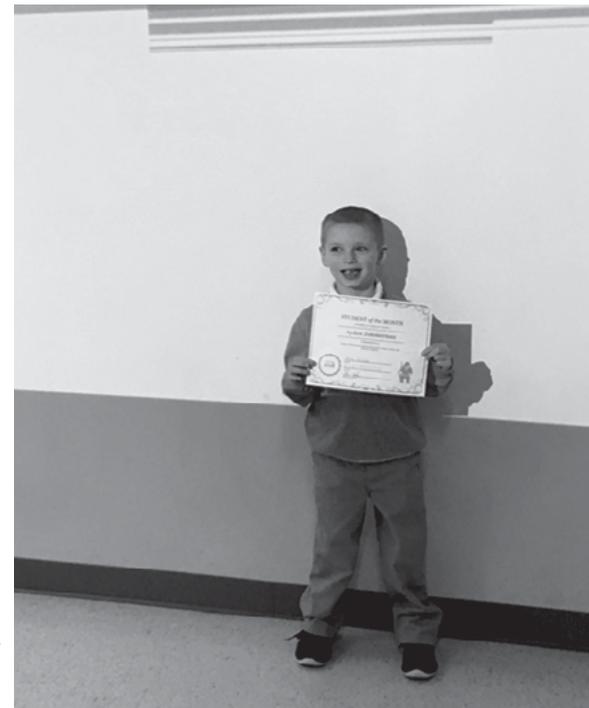
I reported last issue on two fourth-graders who attend Chipperfield Elementary School, who live in our community and who received Marvelous Mountie awards. When researching what a Marvelous Mountie award was, an administrator informed me that we have other young people in Penn Estates who have earned this prestigious award.

Obviously, the administrator could not reveal names of students. However, I just learned of another young member of our community who won a Marvelous Mountie award: Ayden Zimmerman. Ayden never went to day

care. His first day of kindergarten was his very first day of any school. Despite no prior school experience, he earned both a Marvelous Mountie award and was named Student of the Month. His mother, Michelle, said that "he did very well", and he had "A's which was very good." Congratulations to you, Ayden!

What is a Marvelous Mountie award? As I reported in the last article, an administrator told me that winning a Marvelous Mountie award is a VERY BIG DEAL! "It is the highest recognition a student can get." To be granted a Marvelous Mountie, the student must be acknowledged by a teacher for "above and beyond, exemplary behaviors", such as being especially kind and helping another person. It is sort of a good citizen or a kindness award. These young people are setting the standards for the rest of us.

If other parents of Marvelous Mounties would like their children to be acknowledged, please contact the Harmony staff and we would be glad to let our community know about more Marvelous Mounties in our midst!



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Penn Estates Swim Lessons

by **Stephanie Joy Lewis, Contributor**

Most everyone agrees that the ability to swim is an important life skill. Drowning is said to be a leading cause of death among children, but it may also be an avoidable one. But, private or quasi-private swim lessons for our kids can be expensive. Did you know that as part of our amenities, Penn Estates offers swim lessons at no charge, each summer in July, for our Penn Estates children?

My children, now 11 and nine years old, have both been taught over the past several years how to swim, or swim better, by our wonderfully trained Penn Estates lifeguards in the summer swim lesson program in our community. In fact, my nine-year-old Jacob Lewis is continuing with his lessons this summer, to make him the strongest swimmer he can be.

There are four groups of swim students, each reflecting a skill or experience level: 1, 2, 3 and 4. A brief, informal test is taken by each child prior to the season to determine which level that child would best be served in. It is my understanding, generally, that those with no water background, like babies and toddlers, start in at level 1 where they experience being in the water, along with a parent or other caregiver. Level 2 may have more water experience or may not need a parent with them in the water. Learning how to blow bubbles through the water is a common visual I have seen in the beginner groups, as well as using small water kickboard.

When Jacob started his annual swim lessons in Penn Estates, he was already about six years old. Due to scheduling conflicts prior, we had to start him with private lessons outside of the gates. But as soon as we were able to make the July season here in Penn Estates, starting a few years ago, he became a repeat annual customer. If memory serves, he started at a weak level 3. He remained in level 3 for at least two to three years, gaining skill and strength, and this year he was bumped up to level 4!

Jacob offers his own insight to his lessons. He wants kids to know that even if they feel like they do not want to partake, the payoff is worth swimming out of their comfort zone into these lessons. He admits that even now, in the mornings, he often hesitates to embrace his swim lessons before he leaves the house to go

to them. (He admits that Minecraft may be a distraction.) However, he says that once he is there, the time goes quickly. Too quickly, in fact. Jacob says that when his 45-minute lesson is over, he doesn't want it to end. As his mom, it is true that he is usually begging to stay after.

He also recalls a time when the only area he could "swim" in was the shallow end and holding onto the pool walls. But somewhere along the way, thanks to his Penn Estates swim lessons, he learned how to safely navigate the deep end without fear. He loves to jump in and swim to the surface. He is able to enjoy the slide at the deep end. He loves to race his sister and is sure he will soon be faster than she.

At his most recent lesson, after some skills drills, the instructors and students played minnows vs. sharks, followed by the time-tested game of Marco Polo.

From the Mom point of view, the instructor lifeguards are kind and understanding with the children. They are with them every step of the way, reassuring them, allowing them to feel safe, and helping them to feel proud when they achieve a goal. They have been wonderful each and every year, and this season is no different. I was also happy to find that the water temperature this year seems to be notably warmer than prior years. I think I saw kids far more at ease in getting into the water, and staying there. As such, I expect that lessons will be even more successful, because the children are far more comfortable.



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The View from My Seat on the Board

by Dennis Sira, Penn Estates Board Member

Welcome to what I am hoping will become a regular column here in the Harmony – “The View from My Seat on the Board.” Here I will be sharing my particular view on what I see happening. It’s kind of a twofer this time as I was asked to polish up a Facebook post I made and re-share that as well.

Social Media May Not Always be the Answer

Pardon me while I climb on my soap box for a brief moment. Being newly elected onto the Board has made me stop and look at various things including things which we all do without thinking. Many of us have become victims of social media (without even knowing it), and this can cause issues when trying to discuss certain topics. Let me explain why I think this, and why maybe we might all need to learn to stop and think before we react or respond.

The world of social media, cell phones, texting etc has resulted in us not actually interacting with a real person, but instead just a name or an avatar. In reality a majority of real-life communication is done through non-verbal clues, body language, tone, volume, attention, etc. So on social media we really are only getting a small piece of what the other person is saying. We’ve grown accustomed to immediate response, as well as immediately responding. We don’t always put the thought we would (or should) into what or how we say things. Based on this we’ve trained ourselves to just speak off the cuff, constantly speaking or complaining about the slightest thing which crosses our minds.

One thing I try to do myself is what are referred to as the ‘Three Gates of Communication:’ *Is it True? Is it Necessary? Is it Kind?* Before hitting Enter, ask yourself those three questions. I try to do this (maybe not always successfully), but if we all do we will find we have more of a sense of Community.

Also, as a new board member what I hear constantly is that “things need to change”, but when I see something start to change what I hear, frequently from the same people, is “everything is changing”. What I think is that people want things to change, but not the things they don’t want to change, but they can’t take the time to have the discussion about what it is specifically that needs to change!

The truth is that things do need to change, and a new Board, or New Community Manager is certainly not going to do things the same way as before. The Board does not want to determine what can or should change on their own, but if we need to do it on our own we will. What we need is for people to take time and participate. Find the time to have real face-to-face discussions with board members.

I am a fan of Social media, and enjoy many of the discussions on Facebook, but we need real face to face time. I heard that multiple people say, oh I work all week, I’m not going to give up any of my weekend time to attend a meeting. Well if you can’t give anything, how can you expect the community to give anything you want back to you? If the current meeting schedule is no good, drop an email saying what times or days would be good. Having a successful community is going to take a lot more than just discussions on a Facebook.

And as a final note: we all have bad days, weeks or months, and may snap, b!tch or be less than agreeable sometimes, (all of us) let’s try to remember to give people the benefit of the doubt sometime.

What is a Board Meeting?

I want to start the second part of this twofer by saying how much I appreciate the work of those who have been on Board before and the others who are on the Board now. The amount of time spent is certainly more than many people expect. From the very first day, each Board member is not just on the Board but also is the Liaison to at least one Committee. Our night of our first regularly scheduled Board meeting was filled with 5 hours of meetings for Board members. I am stating this just so you understand and are aware of the time commitment your Board is making for you and for Penn Estates. Imagine how much it hurts when we hear people say that coming to one meeting and waiting for two hours waiting for the opportunity to speak was such a waste of time. It certainly bothered me, but then I realized that perhaps some people simply didn’t understand what a Board meeting really is.

The first thing to remember is that Penn Estates is a Corporation (Non-Profit, but still a Corporation), and as such Board meetings are Official need to follow a specific agenda (which is provided on the table when you walk in.)

- *Opening the Meeting* • *Treasurers Report* • *Old Business*
- *New Business* • *Community Managers Report*

These sections of the meeting are conducted by the Board; attendees are free to listen and if the President so chooses may ask someone attending to comment. Following those sections of the meeting is a forum for Property Owners to comment

- *Open Forum*

During the Open Forum, Property Owners who wish to speak will be given two minutes to raise their concerns, ask the Board consideration on a topic, etc.

So, as many of you are aware, the June Board meeting was a bit crazier than expected, with lots of attendees (which was great to see), but they kept disturbing the Official Business part of the meeting, slowing it down. It is also important to note given the formal structure of the Board Meetings that it is for Property Owners only, But I do think some very important things came out of the meeting.

The confusion with Tenants attending the Board meeting was unfortunate in that wrong messages were communicated, but since we do want to get input for all Residents and Homeowners we have set up a Quarterly get together, the one in June was “Breakfast with the Board” and it was a great opportunity for all to voice their opinions, discuss current initiatives of the Board/Community and make recommendations. Please feel free to write to the board at board@pepoa.org to let us know what days or times might be good to have these events in the future, as we know the Friday night Board Meetings are not good for all.

While we are on the topic of Tenants, one of the recent Bylaw changes voted on in May now allows Tenants to become non-voting members of Committees and that is another great way to contribute and provide further input into how Penn Estates moves forward.

Please follow the Official PE Facebook page “Penn Estates Property Owners Association” so you will see all of the events and other updates shared there. And finally, keep your eyes on the PEPOA website, I hear big changes are coming there to make the website much more valuable to all, Home Owners and Tenants.

In closing I wish everyone a safe and happy summer.



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Breakfast with the Board

by Steven Hernandez, Contributor

Our Board of Directors hosted an informal forum on Saturday June 23, 2018 at the Community Center. It was a good, respectful meeting with an exchange of ideas, suggestions and concerns. I made sure to have my family and friends who I have recruited to come to Penn Estates present.



Thanks to the board for hosting this meeting, especially on a Saturday which was more convenient for us. Wish we had a better turnout though. Please try and attend future meeting such as this. We all have to be part of the discussion and decision making to make positive change happen and continue to improve our community.

REMINDER: The speed limit on ALL Penn Estates roads is 25 MPH, except where otherwise posted. Thank you!

Senior Lunch Group Update

by Michael J. Tyrrell, Communications Committee Member

On a rainy Wednesday, May 9th, 30 hungry seniors converged on the Community Center for their monthly lunch get-together. The original plan was a barbecue on the back deck but since the weather was not cooperating, a last-minute plan was hatched for a luau theme indoors.



Our Community Manager, Phyllis Haase and Community Relations Manager, Joanna Huffman cooked and served up a festive, tasty lunch. The tables were decorated with a Hawaiian

theme and the food consisted of a cheese and fruit course, Ham Steak with Pineapple, Tropical Rice and a selection of Cream Pies for dessert.

After lunch, Betsy Morrow, Clinical Nutrition Manager from St Luke's Hospital, spoke to us about healthful food and making small changes to our diet to improve overall well-being as we age. I anticipated a rather dry presentation and not really walking away with anything that I didn't already know. **WRONG.** The talk was surprising informative and the audience had plenty of questions.



These luncheons take place on the second Wednesday of the month and you must secure a ticket by Monday of that week. There is a \$5 per person fee. Hope to see more new faces next time.

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Nina's Corner

by Nina Hernandez, Contributor

Turn the seashells collected from your beach vacation into fun crafts and beautiful ways to decorate your home. One simple way on how to do just that is to use the shells, starfish, and other found items in a glass container. You can also purchase bagged shells at your nearest craft store or online.

To show off shapely shells, pour sand into a glass cylinder vase. Arrange the shells to call attention to its natural beauty. Stand the vase on its own or rest another shell or two against the



base. Simple and beautiful.

We all have a container somewhere in our home that we can use as a foundation for this design. It doesn't have to be a vase or even made out of glass. For example, you can use a serving tray or a wood bowl. Use your imagination, and just have fun.



ACS Tricky Tray and Cash Bingo

by Michael J. Tyrrell, Communications Committee Chair & Bingo Lover



Penn Estaters came together, yet again, to support our American Cancer Society Relay for Life Team at the Penn Estates Community Center on Saturday June 9, 2018. The doors were opened for the Tricky Tray at 4PM so those who didn't want to play bingo could still participate. Bingo started at 7PM.

The basic entry fee for the cash bingo was \$15, of which \$5 went directly to ACS.

There were "Walking Tacos" and jumbo chocolate cookies for sale, as well as chips and soft drinks. Tricky Tray was called after the



photos by Mr. Leon

bingo. A total of just under \$600 was raised. Thanks to Bettyanne Nevil and Drina Juliano for spearheading this worthwhile benefit. Also, thanks to all the volunteers and to those that attended the event. Special thanks to all that donated the baskets.

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Eats Around Town

by Julie Harter, Communications Committee Member

Tom X Inn

My husband had been wanting to try the Historic Tom X Pub for quite a while because some of his friends had recommended it to him. He thought it would make a great date night.

The restaurant is as cute as can be, on the inside and out, rustic and comfortable for sure. I started with a delicious peach cocktail while Dan had a beer he really enjoyed. For our dinners, Dan enjoyed their Carolina Burger, a Black Angus beef patty that was smothered delightfully with Carolina mustard sauce, with pulled pork and coleslaw piled high on top. He asked for it to be wrapped in lettuce instead of a bun, which they accommodated.

On the side, he had their seasoned hand cut potato wedges which were tasty.

I was in a wing kind of mood.

When I heard the waiter say Cherry Cola BBQ sauce, it sealed the deal. Well, I had ten mammoth sized chicken wings deliciously covered in this wonderful sauce. It was definitely one of my favorite wing sauces to date. We finished up with their Strawberry Cobbler with vanilla ice-cream. I was able to sneak a few bites before my husband devoured the whole thing.

We will definitely be having more dates at the Historic Tom X Pub. The restaurant is located off Route 209, by the Country Club of the Poconos Golf Course near Marshalls Creek.



State Candidates Forum

by Michael Desrosiers, Chair Government Relations Committee

On June 10, 2018, Penn Estates hosted a spring bipartisan candidates forum for state-wide offices along with the new 10th U.S. Congressional district.

This political forum provided an opportunity for residents of Penn Estates to listen and engage the candidates on a host of topics.

These topics included health care, economy, jobs, taxes, living wages, education, law enforcement, the rise of school shootings, environment, veterans affairs, and political gridlock in Harrisburg and in Washington D.C. Even the discussion of the train from the Poconos to NYC was brought up. No subject was off the table.

All candidates running for office were invited. However, only the following were able to attend in-person: State Representative Maureen Madden (D) for the 115th District, candidate for State Senator Tarah Probst (D), and Susan Wild (D) a candidate for the new 10th U.S. Congressional District.

David Parker (R) running for PA State-Rep for the 115th had planned to participate, but at the last minute was unable to attend. However, he did send a representative from his campaign team to convey his intentions for running for office.

The future of our state and country is of great concern. It is the responsibility of public officials, who are empowered by their constituents through the act of the **VOTE**, to advocate and represent our community. Penn Estates, with a population of close to 30,000 (point2homes.com) represents a significant influential voting bloc. Therefore, we as a community have the capacity to affect public policy and as a result, politicians need to hear our collective voices.

Penn Estates is grateful for those who were able to attend this forum, especially the candidates who took the time to meet with the community. A fall political forum (TBA) is in the works and we hope that all candidates will be able to attend.



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Relay for Life

by Lennea Aurilia, Contributor

I'm sure you have seen the sign at the gate, posts on the Living In Penn Estates Page or fundraising event emails from Penn Estates about this annual event. What is Relay for Life? Relay for Life is a fundraising event through the American Can-



cer Society. This event helps many families fighting cancer and their families while going through treatment.

Relay for Life helps fund the Hope Lodge. The Hope Lodge is similar to the Ronald McDonald House. The Hope Lodge houses cancer patients and their caregivers at no expense to them while undergoing treatment at designated treatment centers. We have two that service the area locally. This is an amazing cause and charity.

My kids and I just attended our third Relay for Life event with Team Penn Estates. The team has put forth amazing fundraising efforts! We raise funds throughout the year and then celebrate during the two-day event which was Father's Day weekend this year. This event is so much fun! Loads of family fun, games, dancing, walking and most of all celebrating. We celebrate those who are fighting cancer, those who have survived cancer, and those we have lost to cancer.

Every year they have a beautiful luminary service where we remember and celebrate these fighters. The day was especially meaningful to me. I was diagnosed with hereditary colon cancer in 2014. This is something I will always fight and my children will have the same battles as this disease has not skipped any family members.

We are still fundraising for this year and will soon think about team efforts for next year. If you may be interested in joining the team or have questions please feel free to reach out to me. LenneaAurilia@gmail.com



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The Penn Estates Dart League

by **Stephanie Joy Lewis, Contributor**

The Penn Estates Dart League is a club for novices and skilled darts aficionados alike. It provides a terrific opportunity to get out and socialize with a group of people that become like family, while developing or maintaining the skills involved in throwing darts in friendly-spirited weekly event.

Darts is a game for everyone, from young adults to seniors. Because it is not a strenuous activity, it is an inclusive sport, equally suited for those who are unable to be highly active. Likewise, it is terrific for those that want a more relaxing activity than, say, pick-up basketball or downhill skiing. It requires no lifting beyond the weight of the dart, no running, climbing, or jumping. If you have one free hand and are available once a week for an hour or two, consider joining the fun!

My husband and I joined the Dart League two seasons ago. While he used to play darts regularly in his young-man days and even owned a set of darts, he was rusty. I, however, had never been a dart player and at first would often fail to hit the background board, much less the dart board! Although teams of two are generally matched up by the leader of the league, for our first season, being newbies, we were our own team. Suffice it to say, we came in last place by the end of the season and have our plaques to prove it.

Generally, at the start of the season, which is typically in the fall, the two-member teams are created on the basis of experience and skill in order that the teams are as balanced as possible. Very strong players are matched up with the less experienced. For our second season participating in the Penn Estates Dart League, I was placed with the player many considered to be the best: weakest paired with strongest. My husband, being more moderate than I, was placed with a strongly moderate teammate. Fortunately for me, my teammate's skill was enough to carry me with him into first place for the season. My husband and his partner did clinch second place.

The season ends in late spring. It will be interesting to see who we are matched up with next season. How many teams will participate in the season of darts depends entirely on how many people join.

There is also a need for a small pool of substitutes that can fill in when a teammate cannot be there. If a teammate is absent and there is no available substitute, the remaining teammate must throw "Ironman." Ironman is not a great place to be for most of us. Each game consists of one team of two against another team of two. Team A's Player 1 throws his three darts first, followed by Team B's Player 1, followed by Team A's Player 2 and Team B's Player 2. If one person is missing, the remaining team player does not throw twice in the round to make up for the missing person. Rather, the missing person's turn is skipped altogether. In other words, when you are Ironman, your team enjoys only half as many turns as the other team. The chances of winning go way down. As such, even an unskilled substitute is better than no substitute filling in.

The dart game of choice in this league is Cricket. It is a game with relatively simple rules that allows weaker players to have a chance against stronger players. Like other dart games, it provides the added benefit that we get to brush up on our basic addition skills.

There is a wonderful sense of camaraderie within the Dart League. The experienced players regularly coach and teach the newbies. While everyone tries to win their three games of the evening, unlike other leagues outside of our gates, this league is not pressurized or overly competitive. Members laugh at themselves and with each other. Opponents readily high-five each other when the other throws a great dart. Sportsmanship and grace prevail.

Often, members bring snacks and beverages. Spouses or significant others that do not play but enjoy getting out and socializing, frequently join the evening by sitting around the large table where coats, purses, and dart boxes accumulate, as do munchies. At the end of the season, we have a PEDL banquet. Awards, plaques and PEDL shirts get handed out as we enjoy dinner together in the Oak Room to close out the season.

Thus far, the Penn Estates Dart League has met on Mondays at 7:30, p.m. in the Oak Room of the Community Center. The assigned games generally start by 8:00 p.m. We are often finished by 9:30, although that can vary slightly.

If you are interested in playing darts in an easy-going environment and meeting new people, whether you have zero dart skills or are very experienced, joining PEDL may be just the thing for you.

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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee

Grilling season will be in full swing by the time this is published, as will the “dog days of August.” (As I am writing this we are in the midst of the “dog days of July” LOL.) Grilling does not just have to be a weekend experience. You can and should grill during the week, but you need recipes that are quick and easy without too much prep. Also, no unusual ingredients. Here are five recipes that fit the bill.

The Coca Cola Sauce is also great on chicken, steak or ribs. Double or triple the recipe and refrigerate, covered, up to two weeks. Also consider the Caprese Chicken as a dish for casual entertainment. Easily doubled or tripled and fine to serve at room temperature with an ice-cold crisp sauvignon blanc from one of our local wineries. As a bonus all are under 500 calories and contain less than 800 mg of sodium per serving. Enjoy the rest of your summer!

Grilled Chops with Coca Cola Sauce and Sweet Potatoes (4 servings)

1 can (12 oz) Coca Cola (not diet)
1 cup ketchup
¼ cup cider vinegar
½ tsp onion powder
½ tsp garlic powder
½ tsp black pepper
4 bone-in pork chops (about 6 oz each)
1 lb sweet potatoes, scrubbed and cut into ½-inch thick slices

1. Place cola, ketchup, vinegar, onion powder, garlic powder and black pepper in a medium-size saucepan. Simmer until sauce is reduced to 1 cup, about 20 minutes. Take off heat and reserve.
2. Heat gas grill to medium-high or coals in charcoal grill to medium-hot. Lightly coat grill rack with oil or cooking spray.
3. Grill pork chops and sweet potatoes 4 minutes per side; generously brush both sides with ¾ cup of cola sauce. Grill additional 2 minutes per side.
4. Serve pork chops and sweet potatoes with remaining sauce.

Apricot-Glazed Turkey Breast and Grilled Potatoes (6 servings)

Potatoes

6 Idaho baking potatoes (6 oz each), scrubbed
1 cup chopped onion
6 tbsp unsalted butter
½ tsp salt
1/8 tsp black pepper

Turkey

1/3 cup apricot preserves
1 tbsp Dijon mustard
1 tbsp soy sauce
½ tsp ground ginger
1 boneless, skinless turkey breast half (about 2½ lbs)
1 tbsp olive oil
½ tsp salt
½ tsp black pepper

1. Cut potatoes in half lengthwise, almost all the way through so they open like a book. Place an equal amount of onion in each and a pat of butter. Season with salt and pepper. Press closed and wrap tightly in foil. Place on the grill over direct heat. Grill with lid closed for 35 to 45 minutes, until cooked through.
2. In a medium-size bowl, stir together preserves, mustard, soy sauce and ginger. Reserve ¼ cup for serving.
3. Brush turkey with oil and season with salt and pepper. Grill over indirect heat for 30 minutes, covered. Turn after 15 minutes. Brush with remaining apricot- mustard mixture and grill additional 15 to 20 minutes or until internal temperature registers 160°.
4. Serve turkey and potatoes with reserved glaze on the side.

Greek- Style Skirt Steak Pitas (4 servings)

3 tbsp olive oil
3 tbsp red wine vinegar
1 tbsp Dijon mustard
2 tsp dried Greek seasoning (such as McCormick)
1 tsp brown sugar
1 lb skirt steak
1 container (7 oz) 2% Greek yogurt

2 oz feta cheese, crumbled
4 Roma tomatoes, about 1 lb total, cut in half from top to bottom
1 large red onion, peeled and cut into 1/2-inch thick slices
4 whole wheat pitas
1 cup shredded iceberg lettuce

1. In a small bowl, blend olive oil, vinegar, mustard, 1 tsp Greek seasoning and brown sugar. Reserve 3 tbsp of the mixture. Place the remainder in a large resealable plastic bag. Add steak and marinate in refrigerator for one to 2 hours.
2. In a small second bowl, mix together the yogurt, and feta; cover and refrigerate.
3. Heat gas grill to medium-high or coals in charcoal grill to medium hot. Lightly coat grill rack with oil or cooking spray.
4. Brush tomato and onion slices with some of the reserved oil and wine mixture. Place tomatoes on grill, cut side down along with onion slices. Grill 3 minutes and brush with remaining oil mixture. Grill additional 2 minutes until tender. Remove to plate and keep warm.
5. Remove steak from resealable bag and grill 2 minutes per side. Let stand a few minutes before thinly slicing.
6. Serve pita slightly warmed and layer with lettuce, yogurt mixture and sliced steak. Accompany with grilled tomatoes and onion.

Caprese Chicken with Angel Hair (makes 4 servings)

2 tbsp red wine vinegar
1 clove garlic, chopped
1 tsp Dijon mustard
1 tsp chopped fresh mint
½ tsp salt
¼ tsp black pepper
3 tbsp olive oil
3 tomatoes (about 1 lb), seeds removed, cut into bite-size pieces
¼ cup fresh basil, torn into small pieces
4 boneless, skinless chicken breasts (about 5 oz each)
3 oz shredded mozzarella cheese
4 oz whole wheat angel hair pasta, cooked following package directions

1. Whisk together vinegar, garlic, mustard, mint, ¼ tsp salt, and 1/8 tsp pepper. Gradually drizzle in olive oil, whisking constantly until slightly thickened.
2. In a medium bowl, combine tomatoes, basil and 3 tbsp of the dressing. Cover and set aside.
3. Heat a gas grill to medium-high or the coals in a charcoal grill to medium-hot. Lightly coat grill rack with oil or nonstick spray.
4. Brush chicken with remaining dressing and season with remaining ¼ tsp salt and 1/8 tsp pepper. Grill 5 to 6 minutes per side or until internal temperature reaches 160°. Scatter cheese over top during last minute of cooking.
5. Toss cooked pasta with half of the tomato salad. Serve with chicken and remaining tomato salad.

Green Goddess Grilled Tuna Salad (4 servings)

6 tbsp reduced-fat mayonnaise
6 tbsp sour cream
1 tbsp white vinegar
1 tbsp lemon juice
2 scallions
2 tbsp chopped parsley
1 tbsp snipped chives
¼ tsp salt
1/8 tsp black pepper
2 tuna steaks, about 12 oz each, cut vertically in half into 4 steaks
8 tsp lemon pepper seasoning
2 medium tomatoes, cut in half, seeds removed
12 cups mixed salad greens

1. Heat a gas grill to medium-high or the coals in a charcoal grill to medium hot.
2. Combine mayonnaise, sour cream, vinegar, lemon juice, scallions, parsley, chives, 1/8 tsp of the salt and the pepper in a medium bowl.
3. Lightly coat grill rack with oil or nonstick spray. Season tuna with remaining salt and 7 tsps of the lemon pepper. Grill about 3 minutes per side for medium. Meanwhile, season tomato halves with remaining 1 tsp lemon pepper and grill, cut-side down about 5 minutes, until slightly charred.
4. Toss greens with 6 tbsp of the dressing. Serve with tuna, tomato halves and remaining dressing.

Message from the Editor:

Penn Estates resident and Harmony Contributor Evelyn Infante helps run the family business, is wrapping up a crime novel and loves to spend time with her children, grand children and great grand children. She also writes short stories in her "free time." This short story was inspired by a recent family loss. I have enjoyed Evelyn's short stories and hope you'll enjoy this one.

Michael J. Tyrrell, Harmony Editor

I'm Here

by Evelyn Infante, Contributing Writer

Standing at the front of a spacious salon, stood a soldier watching people as they arrived. Although retired from the Army National Guard many years ago, the Master Sergeant had never stopped being a soldier, much like a police officer never stops being a cop, retirement not withstanding.

He was attired in his dress blues. From the medals and ribbons that adorned his chest, to the perfectly creased pants and shiny shoes, he was a sight to behold, if you were one of those special people who noticed such things.

Going to West Point to pick up this brand new suit was worth it. This is exactly how I wanted to dress for this occasion. He felt whole for the first time in a long time.

Look at all the people who showed up, he noticed with appreciation. It had been snowing since dawn, and the soldier was surprised so many made it. As he quietly watched, hugs and kisses were exchanged and hands were shaken, before coats were hung in the anteroom.

My children, grandkids, daughters in law, and sons-in law are all here of course. Best family anyone could ever hope to have. As he watched them, he felt his heart overflow with love for them.

Scanning the room, he spotted a few neighbors, and even a couple of co-workers who braved the trip. It's nice of them to come all this way, especially in this weather.

Most everyone he cared about was present except his family on his mother's side. He felt sad and disappointed they did not make the effort. A little anger slipped into his otherwise serene demeanor, but he shook it off. Doesn't matter, he concluded, and continued his surveillance.

His attention was drawn to the sudden burst of laughter piercing the quiet conversations going on all around him. Curious, he listened to the small crowd laughing and wondered what was going on.

He spotted his youngest son, who was at the end of a story he'd told many times over the years. Clearly, his friends still found it funny.

"...he then picked up the Christmas tree and flung it across the room."

Laughter again exploded. The soldier smiled remembering the incident. He'd asked his son to put up the decorations on the Christmas tree, instructing that he hang the lights first then the ornaments. His son did not see the logic in this and wanted to hang the ornaments first. Thought it didn't make a difference. They argued until the sergeant picked up the tree and threw it across the room. That was the end of the Christmas tree for years.

Yes, I had a temper. Wish I hadn't done that, but it sure made for a funny story, he chuckled.

There followed a few more stories. He listened to them all with a big smile on his face. He was enjoying himself. Finally, it was time.

Everyone quieted down and took their seats. The honor guard marched in. There were three, looking splendid in their dress uniforms, white gloves, and young faces. The senior officer stood to one side watching the younger soldiers attend to their duty.

The sergeant looked on with anticipation. He loved military ceremony.

They saluted the sergeant, who saluted back. They then turned to face one another still holding their salute. Taps was played to honor the extinguishing of a life. At the end of the recording, three volleys were fired.

Oh, oh, thought the sergeant, as he looked at his family who were silently crying. He felt the pain in their hearts and wished he could wrap his arms around each and every one of them, but had to remain at attention. Duty first.

One of the honor guards turned to the sergeant and retrieved the flag from the casket. It had been folded with the stars pointing upwards, representing the American national motto – In God We Trust.

They then faced one another and unfolded the flag as they walked backwards. When it was completely unfurled, they began folding it into a tricorne hat to signify soldiers who served under General George Washington.

That's right. These boys know what they're doing, thought the sergeant. He had always been a stickler for proper procedure, especially when it came to handling the American flag.

It was a very impressive ritual. You could hear a pin drop in that room. When they were done, one of them walked over to the eldest son, and offered the flag to him. He quietly spoke while looking straight ahead.

The sergeant quietly mouthed the words spoken by the young soldier.

"On behalf of the President of the United States, Army, and a grateful nation, please accept this flag as a symbol of our appreciation for your loved one's honorable and faithful service." The sergeant's chest puffed up with pride. His eldest accepted the flag and did not break down in tears. His sisters, who were sitting beside him cried into their tissues.

All too soon it was over and people began to leave, only his family remained. Even when the funeral director reminded them the service was over they did not move but sat together for a while, not wanting to say goodbye. The sergeant sat beside them until they were ready.

Watching them walk out the room, he infused them with all the love that was in his heart. He was proud, content, and ready to move on.

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Morning Pages - Channeling Julia Cameron

by Jane Harris, Communications Committee Member

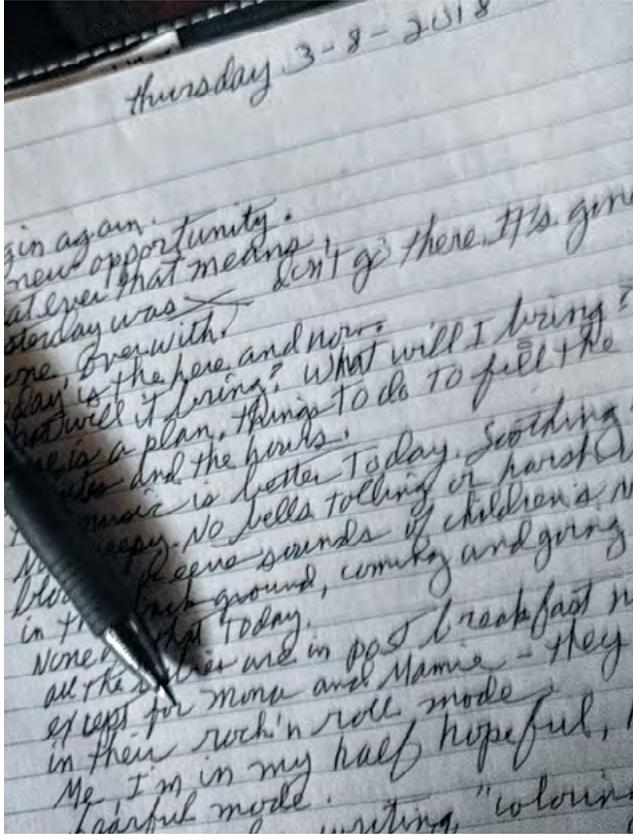
Blast from my past...maybe 1996-98. Making art, taking and teaching workshops, classes for adults and kids.

Times have changed as they do. Today's world at times can be ominous, frightening and in your face. The most impactful world is our private world. There we have some control over what is happening or at least how we traverse it. A clear and peaceful mindset is an advantage.

Points to ponder:

- *Our daily life*
- *Family*
- *Relationships*
- *Keeping it together*
- *Discipline*
- *One thing at a time*
- *Keep it simple*
- *Slow down.*
- *Don't overreact.*
- *Face the firestorm*

Julie Cameron wrote a workbook for artists in the early 90's...a 12-week mapping of group or individual activities designed to boost creativity. There were classes and meet-ups ad infinitum...I jumped in to one such group. As an artist one is always looking to touch base with the muse.



The concept of "Morning Pages," which is at the core of the practice, was the single most crucial step in the process. Did it...then life changed up.

Several months ago my mind shot back to that time. Hmm....

My current routine begins with stretches, deep breathing in and out...and a few simple exercises while still in bed. 5-10 minutes max for me!

Then out of bed...touch my toes...reach for the sky...NO phone. I suggest placing it out of your reach so that you have to get up to access it LATER.

1. Press the on-button on the coffee machine or brew a tea.
2. Turn on Direct TV soundscapes (or other listening device). No lyrics.
3. Pick up your writing tablet (NOT a computer tablet!)
4. Choose your favorite seat, outdoors is great. Keep your journal or paper tablet in the same spot..Sit and look around the room...breathe...begin to write...longhand... pen to paper...feel it! Write the day/ date if you like.

How are you feeling?...Sun up yet? Is it raining?...worried about something?... Bad mood... Good mood...write it out. Random is good...a speck of dust...a sound you just heard... a dog barking...then hop to something else.

Get it out of your head and on the paper.

Julia's directive...three pages.

When I started up again four months ago...I did one page...works for me.

In a matter of days fear had lessened, my outlook was more positive and energy was remarkable. I added an additional activity... working in a coloring book! Really fun. Oh...sometimes I just stare out the window. It takes a lifetime to get it right, a lifetime of ups and downs - one page at a time.

I cannot begin to tell you how much this has changed up a very tense time for me. I have no doubt that we are all in the same boat... just different holes! LOL!

Here is a link to a current very short article that offers validation from a psychotherapist and life coach, Dr. Jane Bolton: <https://drive.google.com/file/d/1lz-jGOUf6wBgBDGmiLTjCT8W24CRSx41N/view?usp=drivesdk>

Trap, Neuter and Release Returns to Penn Estates

by Bettyanne Nevil, Penn Estates Board Member

The Penn Estates board of directors has recently provided funds to reinstate a Trap, Neuter and Release (TNR) program in Penn Estates. The basic concept, for those not familiar with these programs, is rather simple. Feral cats are humanely trapped and brought to a veterinarian where they are spayed or neutered. They receive vaccinations to prevent infectious diseases. The cats are then kept for a short time while healing and then released back to the areas where they were trapped. (They must be released back to where they were trapped).

Studies have shown that over the course of years when continuing a TNR program, the birth of new kittens decreases significantly. Healthier cats gain weight, stray less and some can be adopted. The chance of cats developing tumors in their mammary or testicle areas are eliminated. Overall health improves. The females don't go through cycles of producing more kittens. Males don't roam looking for females in heat and there is less competition for mating. This decreases conflict with their human neighbors (less yowling and fighting). These programs have been around for a decade with proven results.

If you would like a trap set on your property, email pennestatesneighbor@outlook.com. An important point worth noting is that we can only come on your property at your request.

We are in real need of volunteers as well. Please contact me at above email if you would like to participate in our TNR Program.



photos by Melissa Penta





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Did you know:

- 16 homes are presently for sale in Penn Estates.
- 51 homes sold in Penn Estates year to date.
- The highest-priced home sold for \$293,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 93% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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