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Harmony

Penn Estates Property Owners Association

April/May 2022

Notice and Call to the Annual Membership Meeting

by PEPOA Board of Directors

The Annual Meeting of the membership will be held on Saturday, May 7, 2022, in the Oak Room at the Penn Estates Community Center. All property owners in good standing (defined in the Bylaws as: "A Member who is in compliance with the Declaration of Covenants, Bylaws and Rules, and who has paid all financial obligations owed to the Association") as of March 23, 2022, are eligible to vote and are strongly encouraged to attend and participate.

Members not in good standing as of March 23, 2022, may attend the meeting but may not participate in the proceedings nor vote.

Eligible Members may vote on proposed amendments to the Bylaws either (1) in person by Ballot at the Annual Meeting or (2) by properly completing and returning the Directed Proxy Ballots included in the Annual Meeting package mailed to each property owner.

To be valid, Directed Proxy Ballots must be received by the Association's Certified Public Accountant at the address designated no later than 48 hours prior to the Annual Meeting (10:00 am on Thursday, May 5, 2022).

Members in good standing will be provided the opportunity to speak for two (2) minutes as part member comments. The President will conduct the meeting in accordance with Modern Rules of Order. Additionally, input/question cards will be available at the Registration Desk for all Members in good standing.

At the time noted on the Agenda, the Board of Directors and Management will respond to questions asked. It is requested that participants adhere to established procedures so that everyone wishing to do so can participate to the fullest extent possible.

We look forward to seeing everyone at the Penn Estates Community Center on May 7. Please arrive early as we will begin promptly at 10 am

Saturday, May 7, 2022

10:00 AM

Penn Estates Community Center

Meeting Agenda

Annual Meeting of the Membership

May 7, 2022 | 10:00AM

1. Call to Order and Officer Roll Call
2. Pledge of Allegiance
3. Introduction of Professionals in Attendance
4. Determination of Quorum
5. Approval of 2021 Annual Meeting Minutes
6. Financial Report
7. Individual Candidate Presentations [* No Action Required]
8. Special Issue Voting – Bylaw Amendment [* No Action Required]
9. Complete Ballot
10. President's Report
11. Report on Balloting – Bylaw Amendments
12. Public Comment – Questions & Answers

** Voting will not take place as there is no election or amendments to the Bylaws for 2022*



Penn Estates Dog Park to open May 2 - See page 19...

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From Phyllis's Desk

by Phyllis Haase, Community Manager

Lifeguards and Badge Monitors Wanted

The Penn Estates Aquatics Department is currently seeking lifeguards and badge monitors for the 2022 summer season. These seasonal positions runs from May 28 to September 5.

LIFEGUARDS: \$12.50/hour – Candidates must be at least 16 years old and have a valid lifeguard and CPR certification.

BADGE MONITORS: \$10.00/hour – Candidates must be 16 years old.

Employees of the Penn Estates Property Owners Association are required to be fully vaccinated against COVID-19 unless a medical or religious exemption is approved. Being fully vaccinated means that a candidate is at least two weeks past their first J&J shot or second Pfizer or Moderna shot.

As a condition of employment, newly hired employees who do not qualify for an exemption will be required to provide proof of their COVID-19 vaccination. Please contact the Association for information about the medical or religious exemption process.

Qualified parties may forward their interest to PhyllisHaase@PEPOA.org

Volunteers Needed

Board members and committee members play a critical role in making community associations vibrant, fun, and attractive places to live. The board is currently accepting applications for the following committees:

- Recreation
- Finance
- Appeals
- Election
- Communication
- Trap Neuter and Release (TNR)

If you are unable to commit to attending committee meetings, then perhaps you would be interested in assisting committees on an as-need basis by serving as a floating volunteer. Floating volunteers primarily assist the Recreation Committee with their events.

If you are interested in serving on a committee for the 2022-2023 term, please contact the Community Manager at PhyllisHaase@PEPOA.org. Interested parties must be a member in good standing as per the bylaws to serve on a committee.

The Board of Directors will be selecting committee members in May.

What is the "Real" History of Easter?

by Sandy Black, Contributor

Easter actually began as a pagan festival celebrating spring in the Northern Hemisphere long before the advent of Christianity.

The origin of Easter is thought to come from "Eostre," who was the Anglo-Saxon name of the Teutonic goddess of spring and fertility. The Teutonic goddess of spring and fertility was celebrated on the day of the vernal equinox which now falls around March 21 when the sun rises in the east and sets in the west. The day has twelve hours of daylight and twelve hours of darkness.

The traditions which are associated with this pagan festival survived with the idea of the Easter rabbit, the symbol for fertility and in the brightly decorated Easter eggs which are the symbol of rebirth.



What Is the "True" Story of Easter?

The Easter story from the Bible tells of the death, burial, and resurrection of Jesus Christ, the Son of God. It is a story that has changed many lives, because it is the story of God's powerful love for each of us and the sacrifice he made for us.

In some Christian religions, Easter is the celebration of Jesus coming back to life (called the Resurrection) three days after being crucified by the Romans and buried in a tomb. Easter is not celebrated by all Christians.



Help Wanted: Maintenance Employee

Penn Estates has an immediate need for a full-time experienced maintenance person. Duties include general maintenance, grounds maintenance, light plumbing and electrical, vehicle/equipment maintenance, snowplowing, pool maintenance, roadwork, etc. The community has 26 miles of roads, two swimming pools, three lakes w/beaches and Basketball/Tennis courts. Snow Removal is a High Priority in the winter and requires overtime when needed. You may be called in at any time to perform snow removal in the community. **Starting \$15 per hour.**

Benefits: Health insurance / Paid time off / Dental & Vision insurance / Life insurance / 401(k) matching

Employees of the Penn Estates Property Owners Association are required to be fully vaccinated against COVID-19 unless a medical or religious exemption is approved. Being fully vaccinated means that a candidate is at least two weeks past their first J&J shot or second Pfizer or Moderna shot. As a condition of employment, newly hired employees who do not qualify for an exemption will be required to provide proof of their COVID-19 vaccination. Please contact the Association for information about the medical or religious exemption process.

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Penn Estates Fire Hydrants A Historical Perspective

by Phyllis Haase, Community Manager

I want to address a topic that has been misstated in a recent Facebook posting regarding Penn Estates POA and Community Utilities of Pennsylvania deciding to disengage fire hydrants for use by the fire department. Here is a little history about the subdivision and Public Utility.

Cranberry Hill Corporate submitted their land development plan to Stroud Township. The Subdivision Plan - Planned Uniform Development (PUD) was reviewed and approved by Monroe County Planning and Stroud Township.

The approval did not speak to, nor was it required to install a water suppression system. Condition number 10 on the approved plan solely required Cranberry Hill Corporation to supply potable water to all properties.

As with many associations in the Poconos, the fire department pulls water from the lakes if additional water is needed to refill their tankers. In addition, the Tariff for Penn Estates Utilities (Utility Inc.), there was no requirement to provide fire suppression.

Community Utilities of Pennsylvania provides water service to the Penn Estates community and does not provide fire flow protection to their water system customers. Ground wells supply the water service delivered to their customers, and the system is not designed to meet fire flow standards.

Per State Statute, water systems that provide fire flow must meet specific requirements, including water main sizes, water storage, capacity, and/or pressure. Penn Estates Utilities was not designed, nor does it operate, with these specifications. Therefore, any hydrants within the water system are intended to serve for maintenance purposes only for utility personnel such as flushing efforts, water quality control, etc.

The restated settlement agreement was signed on April 3, 1998, which transferred common elements from Cranberry Hill Corporation (the developer) to Penn Estates Property Owners Association with the exception of all utility systems and utilities related property within the Penn Estates Subdivision. Penn Estates Property Owners Association at no time has owned the sewer plant.

Cranberry Hill Corporation was already in discussion with selling the sewer and water plant to Penn Utility Company prior to the settlement agreement.

By Final Order entered February 10, 1997, PA Public Utility Commission (PUC) approved the acquisitions of Penn Estates Utilities, Inc. of Stroud Water Company and Penn Utility Company (wastewater) asset and operating rights. Docket Nos. A-210072, A-230063, A-212915F2000 and A-230332F2000.

PA Public Utility Commission additionally approved the following in 2015:

- The merger of Penn Estates Utilities, Inc and Utilities Inc.- Westgate into Community Utilities of Pennsylvania Inc., and the right of Community Utilities of Pennsylvania, Inc. to begin to offer, render, furnish and supply water service to the public in the territories of Penn Estates Utilities, Inc. A-2015-2504889.

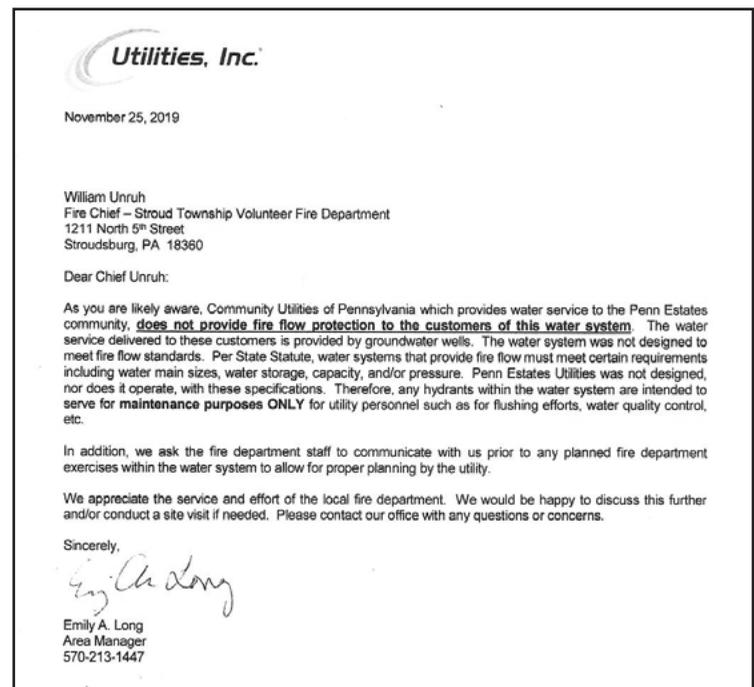
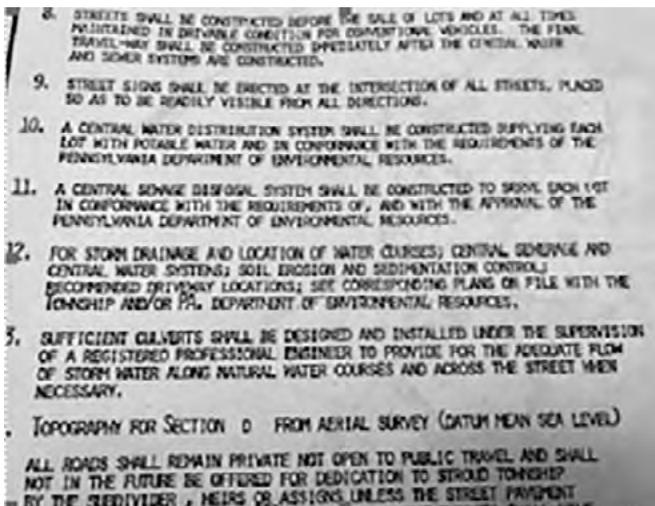
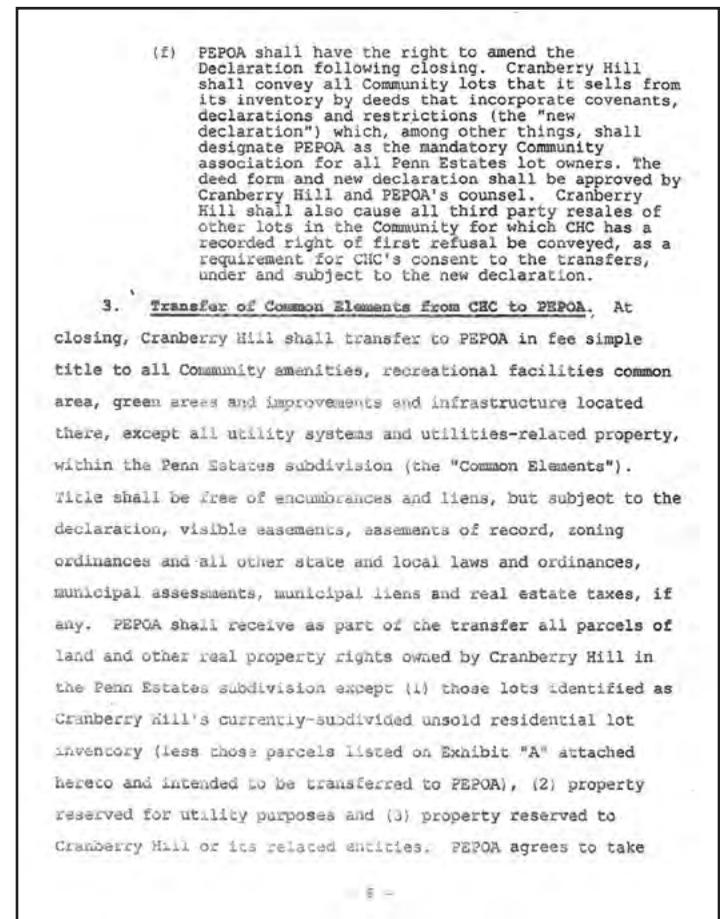
- The merger of Penn Estates Utilities, Inc and Utilities Inc. of Pennsylvania into Community Utilities of Pennsylvania, Inc. to begin to offer to furnish and supply wastewater service to the public in the territories of Penn Estates Utilities, Inc. and Utilities Inc. of Pennsylvania A-2015-2504891.
- The transfer of assets from Penn Estates Utilities, Inc. to Community Utilities of Pennsylvania, Inc. and the abandonment of Penn Estates Utilities, Inc. as a water service utility A-2015-2504892.
- The transfer of assets from Penn Estates Utilities, Inc. to Community Utilities of Pennsylvania, Inc. and the abandonment of Penn Estates Utilities, Inc. as a wastewater service utility A-2015-2504893.

Members have assumed that the hydrants located in select areas of the community were for the replenishment of fire tankers which is understandable. Utilities Inc. recently placed a notice on the hydrants stating the use is for flushing lines which may have caused the misunderstanding by the members that the use of the hydrants has changed.

Annually, Community Utilities, Inc. notifies the fire department that the system is not designed to meet fire flow standards.

Please keep in mind unlike the water supply for the New York Metro Area, which comes from the Hudson River and upstate reservoirs in the Catskill and Delaware Water Shed, Penn Estates water supply comes from Wells. The source of the water and the storage and pressure change the water systems' dynamics. Utilities, Inc. is continually looking at ways of improving its water system, which supplies Penn Estates property owners

It is best to obtain factual information. Facebook generally is not the venue to receive such information. Please do not hesitate to contact me via email with any questions or concerns at phyllishaase@pepoa.org



Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

Ahhhhh, we are coming up on my favorite time of the year. I have already heard and seen birds. Soon there will be the light green of new growth buds on the trees. As I write this, we had a rainy but warm day, less than week after several inches of icy snow. Based upon recent communications from PEPOA, events will soon be up and running. The fitness center and the recreation center have already been open for a while.

Local activities outside of Penn Estates are just beginning to be posted. Thus far, we seem to be opening just before the local outside world. Regardless of your favorite type of weekend activity, plan to attend the Annual Meeting. I believe the plan is to conduct the meeting indoors at the community center.

Here are some of the other upcoming events around the area. As always, I take my information from internet sites. Please call to confirm dates and times and costs.

The Monroe County Conservation District in conjunction with Northampton Community College will host an Earth Day event with exhibits, music, speakers, food and activities on April 23rd. Admission is free.

Pocono Environmental Education Center hosts their Earth Day celebration on April 30th from 10 to 4. They will have hikes, exhibits, learning stations, food and crafts. The cost is \$5 per car.

Jim Thorpe will celebrate Earth Day on April 23rd. Their Earth Day includes Lehigh River clean-up, activities, workshops, food and live performances.

On 4/9, the annual Spring River Road Clean-up will start at 9am. If you want to participate, you will have to register and sign a release, which you can do on-line. They will provide safety gear, a continental breakfast and lunch. That will be at Shawnee Inn and Golf Resort.

The Stourbridge line and the Lehigh Gorge Scenic Railway typically do special runs for each season. The Easter Bunny trains on the Lehigh Gorge Scenic Railway in Jim Thorpe will be on 4/9, 4/10, 4/16 and

4/17 at 11am, 1pm and 3pm. The Stourbridge Line Easter Bunny trains originate out of Honesdale on April 9, 10, and 16. For the over 21 age group, Mountain View Vineyards will host adult Easter Cork Hunts on April 16th. Make your reservation on-line for one of three sessions: 10am to noon, 12 to 2 or 2 to 4.

Local vineyards seem to be quite busy this season. In addition to the Easter Cork Hunt, Mountain View Vineyard hosts goat yoga on 5/22, 6/26, 7/14 and 8/1. The Wally Wine Fest is April 8-10 at Silver Birches. Reservations are required. Wine on the River will be on May 7 at the Lehigh Outdoor Center. There will be wine, crafters, vendors and music. This is for adults 21 and older.

Quiet Valley Historical Farm hosts a Farm Animal Frolic this time each year. The cost this year is \$12 and the dates are Saturdays 10-4 and Sundays 12-4 from May 21 to May 29. On April 24 from 1 to 5, there will be a Community Family Fun and Game Day at Barley Creek Pint Sized Park in Tannersville. Admission is free but donations are suggested to benefit Along the Way.

Jim Thorpe's independent film festival is on April 24 through April 27. Jim Thorpe's Birthday Celebration of the Native American athlete Jim Thorpe is on May 21 and May 22. There will be Native American folklore and drumming, food, music, crafts, etc. Milford's Music Festival is always great fun. That is on June 10 - 12, 8am to 5pm.

Have fun! Please let me know of your favorite events so that I can include them in the future.



PLEASE DRIVE SLOWLY!

The speed limit on ALL Penn Estates roads is 25 MPH, except where otherwise posted.

 **Harmony**

The official publication of the Penn Estates Property Owners Association
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2022 PEPOA BOARD OF DIRECTORS CANDIDATES

Ibrahima Kone

Greetings Residents of Penn Estates,

My name is Ibrahima Kone, and most people call me Abraham or Abe for short and I'm running to represent you as a member of the Board of Directors of our beautiful community. I have been living in Penn Estates for 6 years and always wished I had previously known how great our community was.

While searching for the best place to care for my elderly mother and raise my only son Brian, I stumbled onto Penn Estates and made up my mind after driving around and talking to a few residents, to make of it my dream community.

I migrated to the United States in my early 20s and pretty much lived in New York City where I attended college in the CUNY (City University of New York) system. I majored in Business Administration while consecutively working as an EMT and also as a Fire safety Director in a family shelter run by the City of New York. Coping with both school and work was never an easy task, nevertheless, my dedication to both was unmentionable.

An anecdote by my late grandfather has always kept me moving: "A great mason is evaluated for his greatness at the bottom of the wall he builds." I have always wanted to be that great mason, by applying my knowledge and skills in a real life setting. I started volunteering at NGOs (Non-Governmental Organizations) by helping immigrants with their legal paperwork, homeless families with social services needs and students with their homework.

I have always seen myself as a hands-on and business minded type of a per-



son. I'm currently working for UPS (United Parcel Service) and I'm proud to be a member of Teamsters Union for 25 years. Before I was hired, I was pressured to be a manager or a supervisor but the prestige of wearing the brown uniform was one that I couldn't forgo at any cost and today I'm proud to have chosen to be a tractor and trailer driver.

As we all know, our country has gone through major disasters such as the terrible event of September 11th 2001 which I personally witnessed and continue to feel its emotional downfalls and the ongoing pandemic. My direct involvement in either reviving our economy after each event by synchronizing the flow of our supply chain, by alleviating the backlogs of goods in our ports or by making sure that necessities such as personal protective equipment, medical supplies and COVID-19 vaccines get to their respective destinations has given me a personal satisfaction.

I always volunteer to train and manage holidays workers at UPS. I emphasize on improving their performance by minimizing claims and foremost in a safely manner. I always accept a last-minute trip to haul a trailer full of goods from New York City to Bethlehem or Stroudsburg Hubs despite the exhaustion from my daily commute. It gives me the optimum pleasure to have helped my community.

It is in the same mindset that I want to contribute to the continuing improvements that the current Board of Directors and our magnificent community manager are making in our impressive community. I'm currently a member of both the Appeals and the Finance Committees. I hope to do more by reaching out to our diverse community and also to inquire on its needs. It would be an honor to help implementing them to the best of my ability.

My interaction with some of the members of the Board serving as liaisons in the above-mentioned committees reassures me that I want to be part of the team that makes all of us proud of this Premier community and I'm asking for your votes and the honor to serve you. Thank you.



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Did you know:

- 8 homes are presently for sale in Penn Estates.
- 110 homes have been sold in the last 12 months.
- The highest sold price is \$598,000 in the last 12 months.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 95% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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2022 PEPOA BOARD OF DIRECTORS CANDIDATES

MaryAnn Rodriguez

Good day Board Members,

Regarding my submission to the Board of Penn Estates, I wanted to give some of my background information which I believe make me a good fit as a Director.

I have an associate degree in Business. I have used this degree to initially begin my career as an Investment Advisory Department. I began as an intern and was subsequently sponsored to begin the education to become an Investment Advisor. After 18 months of additional school, I received my license to buy and sell stock (Series 7, Series 11). I began the difficult task of managing some corporate clients, in addition to bringing in new clients. I successfully managed the portfolios of 22 of my customers, as well as 5 corporate customers. This position provided me with my foundation for in depth research and money management, as well as patience and my first education is customer relations.

Some 5 years later, after I started my family, my career moved to the Insurance Industry, where I spent 16 years as an IT Project Manager/Withdrawal Liability Specialist for the Unite! HERE (Union of Needletrades, Industrial, and Textile Employees (UNITE) and Hotel Employees and Restaurant Employees Union (HERE). Coming from the private industry, this position introduced me to the world of Unions and Collective Bargaining Agreements, which drove the entirety of how this company works.

My position entailed calculating the liabilities for out of business Clothing Manufacturers (International Ladies Garment Workers Union) a division which was in the middle of closing. This meant every firm was to repay the fund when exiting the Union. Upon entering the Union, all Clothing Manufacturers agreed to a 10 year contribution plan, upon leaving the Union, I calculated what the manufacturer owed the Union, after crediting as many years as they participated. I created a data base which would electronically calculate the liabilities to increase the productivity of the Department.

I worked on this team for three years and was promoted to Project Manager for the IT Division. My responsibilities included heading all Claims driven software enhancements and troubleshooting as well as the daily data management for the Life Insurance Division. In addition, I ran the 2 year Y2K project for the company systems. This project brought in every department of the company as well as all of the Local Unions, to bring all computer issues to the Federal Insurance Y2K compliance code. This provided me a well rounded understanding of the daily operations of the company.

This project further developed my interpersonal skills as well. It allowed me to look beyond my daily tasks and expectations, to understanding how every person in the company relies on every other person in the company to achieve a goal. This team building project provided me with the most important skill, not only in business, but in my everyday life. This position firmly grounded my organizational, interpersonal and finance skills.



Since leaving the Insurance Industry, in 2012, I moved into the elevator industry. I have held several different positions, including Human Resources, Manager of Accounting and my current position, Direction of Operations. I currently manage all staffing, compliance, projects, scheduling and am a licensed expeditor for the City of New York. I have expertise in NYC Building Codes and Compliance, Financial requirements and compliance, all corporate insurance regulations and staffing insurance. In addition, I also run the sales and vendor relations.

This position has utilized all by education and prior employment history, as well as broadened my horizons relating to running a full-service company. Since the company is a "Mom and Pop" shop, with revenues into the millions, it is a very demanding and detailed oriented position. Since coming into this position, I have also spear headed the development of the sister company, manufacturing of controllers. This has brought in a new set of skills, including licensing, UL coding, building compliance and dealing with Local Zoning. This is the position I hold near to my heart. It is ever changing, ever problem solving and most of all, most rewarding. I have watched the growth of this company since I began, knowing I was an integral part of the growth and will continue to be.

In addition to my experience, I am also a member of the National Association of Elevator Contractors and I sit on Board of The New York City Department of Buildings Private Corporation. Both have brought a better understanding to my position and have been a part of changes made and continue to be made. I have also held a seat on the Board of Directors of Penn Estates for a year, which I hope my previous time was looked upon as being productive.

On a personal note, I am a Certified Group trainer as well continue my training in martial arts. While I am not employed as a trainer, I have donated my skills to Penn Estates and several clubs during COVID. I have also been a resident of Penn Estates since June of 2016.

In closing, I feel that my eclectic background would make a perfect fit to again, sit on the Board of Directors of Penn Estates. My organizational, Customer Relations and financial background I believe, give me a unique prospective and would make me an asset to have on the Board. My last seat saw some much-needed changes to Penn Estates, review and making changes to the Covenants, much needed changes to the amenities such as the gym and the wonderful upgrade to the pool. While it was only the beginning, I look forward to once again, see the changes, as well as be a part of the changes to come. Essentially, my goal, if seated on the Board, is to bring all my experience to move the Board in a direction which benefits the Association as well as the Community.

I look forward to hearing from you and thank you for your consideration.

Application of Payments

Penn Estates is required to follow the Uniform Planned Community Act (Act 180). When an owner submits payment to the Association, it must be applied in the following manner:

UPCA 68 PA. C.S.A. 5315 (i) requires payment to be applied first to any interest accrued by the association, then to any late fee, then to any costs and reasonable attorney fees incurred by the association in collection or enforcement and then to the delinquent assessment. The foregoing shall be applicable notwithstanding any restrictive endorsement, designation or instructions placed on or accompanying a payment. This translates to *"the principal gets paid last even if the owner requests to designate how the payments should be applied."*



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Rice Balls in the Air Fryer? Yep!

by Paul Quillin, Contributor

Rice balls aka arancini are made starting with risotto. Watch this space for my risotto recipe using Italian imported carnaroli rice. Now this recipe assumes you already have some of that prepared or are using some leftover risotto.

Air Fryer Arancini using Risotto

1. If the risotto has not been stored in the refrigerator, let it get cold before working with it, so it can be rolled into balls.
2. Place some bread crumbs in a small bowl. In another bowl, place one or two beaten eggs. These amounts vary with the amount of risotto you have.
3. Roll the rice into balls, about 2 inches in diameter. Dip each into the eggs then into panko or bread crumbs to coat the entire ball.
4. Place rolled and coated balls back into the fridge for 45 minutes.
5. Preheat air fryer (400 degrees for 5 minutes). Put rice balls from fridge into the air fryer leaving a bit of space between them. You may have to do them in batches if they won't all fit. Fry for 10 minutes. Check the doneness and add a minute or two if you want them darker. The balls are actually done around minute 6-7 but the browning doesn't start until minute 8-10.
6. Serve with marinara sauce and ENJOY!



Stay in Touch with Penn Estates

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Community Manager > Phyllishaase@pepoa.org

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Eats Around Town

by Michael J. Tyrrell, Communications Committee Member

Blue Ocean Fish Market

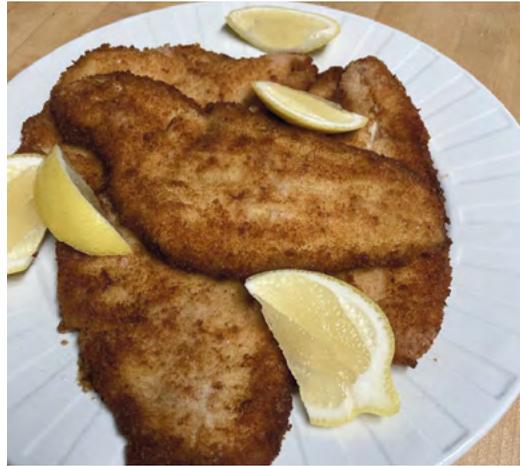
Our small town is very fortunate to have this gem of a fish market, conveniently located on 611 right near Aldi. They recently relocated from their original store further up 611 near the library.

The owner is a friendly guy who knows all things fish. He travels a few mornings a week into the Hunts Point Market in the Bronx to shop for his stock. The selection of fish and seafood is very impressive.

He will fillet whole fish on the spot if you request, such as red snapper, bluefish or monkfish and a favorite of ours Black Cod (also known as sable fish). There are also plenty of fillets readily available such as flounder, scrod, talapia, haddock, salmon and halibut to name a few. Good selection of various size shrimp and scallops. We will be trying their mussels and clams on a future visit.

I recently felt like shrimp scampi and made it at home with some of their extra-large shrimp and added in some scallops. It was so fresh and sweet tasting. When we want a regulation fish and chips, their flounder or haddock is what we use (breaded and fried in Crisco just like Mommie used to make). The salmon and other steak-like fish such as tuna and swordfish never disappoint. They also have a limited selection of sauces and different seasonings and breading products.

Please give them a try if you haven't yet. Besides supporting a small business, you are getting quality product at a fair price. **Blue Ocean Fish Market, 764 N. 9th Street, Stroudsburg PA. Monday-Saturday 9am to 5pm, 570-424-8755.**



Little Angels Cafe & Catering

This cozy little place on Main Street has become a recent favorite of ours for brunch or lunch. In addition to their wraps, burgers, salads they also offer daily specials. I love the soup bar which offers 6 different soups daily. On Sunday they have a Breakfast Buffet from 8:30 to 1:30. Get there early as it is very popular.

A recent addition is a Friday lunch themed buffet. Each month is a different theme. We tried it in February when their theme for the month was Latino. We feasted on pernil, rice and beans, empanadas (they were huge), a taco bar with soft and hard tacos and all the fixings, corn bread and much more. Everything was really executed perfectly and very fresh.

The soup bar is included in the price of \$13.95 per person. The soup choices the day of our visit were Southwestern Chicken and Rice, Chicken Noodle, Asian Beef, Pizza Soup, Tomato and a Vegan choice. They were all excellent. Included as part of the soup bar is a nice selection of biscuits and homemade bread.

For March it will be fish and seafood in recognition of Lent. They are planning an Italian theme in the near future. We have always had a good experience whenever we have stopped in. The staff couldn't be more accommodating and friendly.

Little Angels Cafe, 901 Main St., Stroudsburg PA. Tues-Fri 11am to 4pm, Sat & Sun 8:30am to 1:30pm, Littleangelscafe@yahoo.com. 570-424 8810.



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Did You Know...?

by Phyllis Haase, Community Manager

Parking Rules

- Any vehicle parked on the roadway or easement may be removed at the Property Owner's expense.
- The Association shall not be responsible for any illegally parked vehicle. The owner will be responsible for any/all damages which may be incurred.
- Incidental Momentary Parking. Occurring in, or associated with, normal, typical, or customary operations of homeownership. Allowed are repositioning vehicles, clearing driveways, dropping off or picking up persons or parcels, and generally any short-term activities requiring momentary parking. Hazzard Lights shall be on during momentary parking of vehicle.

- Except for Incidental Momentary Parking, Vehicles shall only be parked on the driveway portion of the lot. No on-street parking or parking in the easement, which is generally 10 feet back from the roadway, will be permitted unless authorized by Public Safety in writing. Some examples of reasons for the issuance of a parking pass are those having work done at their home by a contractor, deliveries, gatherings, etc.
- During snow and icy weather no parking variances will be issued

Garbage

Garbage and trash collections will take place at the roadside. Containers may be placed at the roadside the day before contracted pickup and removed prior to 11:59 PM on the day of pick-up. It is the responsibility of the Property Owner to provide trash pick-up for their property.

Top 10 Amazon Mother's Day Gift Ideas under \$50

by Debra Celentano, Communications Committee Member

Plush Robe for Women

<https://amzn.to/3lws743>

Women's Memory Foam Slippers

<https://amzn.to/3hpHNdy>

Dainty Gold Initial Bracelet

<https://amzn.to/3K1Vw6y>

Tablet Stand Holder

<https://amzn.to/3pmWvWM>

Shiatsu Neck and Back Massager

<https://amzn.to/3lxgoSD>

YETI Rambler 14 oz Mug

<https://amzn.to/3M9RTwZ>

Instant Coffee/Beverage Cooler

<https://amzn.to/3JXh4ks>



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10 Cinco de Mayo Facts You Probably Didn't Know

by Sandy Black, Contributor

1. Cinco de Mayo is Not Mexico's Independence Day

This is the most common misunderstanding made about "Cinco de Mayo". It is not the celebration of Mexican independence. It is the celebration of a very important military victory of independence from Spanish rule which occurred fifty years before the Battle of Puebla. The actual day for celebrating independence day for Mexico is September 16.

2. Cinco de Mayo Celebrates a Short-Lived Victory

The Mexicans did win the battle but lost the war. Napoleon III returned with a larger military force seized the Mexican armies and placed Emperor Maximilian I as the ruler. This empire only lasted from 1864 through 1867 when President Benito Juarez reclaimed Mexico and installed a new government.

3. More People Celebrate Cinco de Mayo in the U.S. than in Mexico

Cinco de Mayo is predominately celebrated in the town of Puebla and Veracruz where schools are closed for the day. Locals reenact the war in costumes and parades. They celebrate it with lotsa of singing and dancing.

4. The U.S. and Mexico are not the only places That Celebrate Cinco de Mayo

Cinco de Mayo celebrations do not only happen in the U.S. and Mexico. Other countries celebrate this date as well. In Canada, pubs serve Mexican food and drinks. The Cayman Islands have an annual air guitar competition at the local Hard Rock Cafe. It is celebrated on the date, but it is hardly a celebration of Mexican heritage. However, there is a lot of drinking, American cuisine, and live music. You thought the Japanese did not know how to party? Cinco de Mayo is one of the Western celebrations held in Japan to appreciate the cuisine, culture, music, and fun. The celebration takes place in Tokyo with a large festival.

5. Cinco de Mayo Became Popular in the U.S. Thanks to Political and Marketing Moves

Until 1933, Cinco de Mayo was unheard of in the US, except California. In that year, President Franklin created the "Good Neighbor Policy" to improve relationships with Latin American countries. Before that, starting in 1863, Mexicans in California would celebrate the victory. Cue in the Chicano Movement in the 1940s, and by the 1950s and 1960s, the celebration began to cross over from California to the rest of the country. Companies, realizing the marketing possibilities, started promoting the celebration in the 1980s. Beer companies were one of the main promoters. To this day, there are more than 150 events held, mostly in cities with the largest Mexican-American populations. So, thank you, Corona!

6. The Largest Cinco de Mayo Celebration was the "Los Angeles Fiesta Broadway"

For many years, "L.A. Fiesta Broadway" was the largest and wildest Cinco de Mayo celebration. In 1992, it reported an estimated 600,000 attendees on the streets. There were so many people celebrating Mexican heritage with crafts, music, and lots of beer and tequila, that some serious disturbances took place in 1994. Other parties have taken the lead on being the largest celebration. The Denver Cinco de Mayo Festival boasts around 400,000 attendees annually.

7. America Did Not Help During Cinco de Mayo but Did Help Get Rid of the French Occupation

This is a Mexican celebration, and it's great that Americans gather to celebrate the rich Mexican heritage. It is important to note that Americans are not entirely uninvolved in the historical events around Cinco de Mayo. Remember how despite the massive victory in the Battle of Puebla, Napoleon III still defeated Mexican forces? This was in 1864. By 1865 the American Civil War was over and the United States was assisting Mexico to expel the French, which happened in 1867.

8. Cinco de Mayo Victory Was Actually Important to the U.S. Too

Keep in mind that the Battle of Puebla, which Cinco de Mayo celebrates, occurred in 1862. At the same time the US was involved in the American Civil War. Many historians believe that if the Mexican army had not defeated the French in this battle, Napoleon III would have gone on to aid the Confederate States of America. Had this happened, it could have had a serious effect on the war.

9. You've Probably Never Eaten the Authentic Cinco de Mayo Dish

Great food is one of the most anticipated parts of a good Cinco de Mayo celebration. Tacos, enchiladas and guacamole - they're delicious! But the traditional Cinco de Mayo dish is none of those. Invented in the late 17th century, the mole poblano is a bitter chocolate cream with chili peppers and other spices. In Mexico, it is served with chicken, and usually eaten with rice.

10. The Celebration Has Its Colors

The same colors found on the Mexican flag: red, white, and green. Red represents the blood of thousands of heroes that died protecting the land. The white stands for peace and unity, while the green is a representation of hope. If you want to properly represent these colors during Cinco de Mayo, try Chiles en Nogada. This is a popular Mexican dish made of red pomegranates, white sauce, and green chiles.

Happy Cinco de Mayo y ¡que Viva México!



Avoid Silly Mistakes on Tax Return

by Phyllis Haase, Community Manager

Tax time is fast approaching. Many of you prepare your own tax returns, so we wanted to remind you of a few common mistakes and offer ways to avoid them.

Let's get the bad news out of the way first: You cannot deduct your association dues. Although they're used like taxes, assessments aren't taxes. They're payment for products and services delivered to all residents the association.

IRS instructions for preparing tax returns are quite useful and thorough. They can be a big help for do-it-yourselfers. However, it's the little things—silly mistakes—that most often creep into your documents and cause problems. Here are just a few tips to keep in mind:

- Prepare your tax return as early as possible. Waiting until the last minute increases your chances of making mistakes. Give yourself time to gather documents or research details. Better yet, collect these documents throughout the year in a special file so you have them ready at tax time.
- Use the correct tax rates. Tax tables can be dense and difficult to read; use extra care.
- Fill in every line. If a line item on a form doesn't apply to you, put a zero or a strike through where the amounts would be. That indicates you determined it doesn't apply to you.
- Make sure all your documents are complete. Attach forms, schedules, supporting statements, and explanations. If you need more space, attach separate sheets that are the same size and format as the printed forms. Transfer the totals onto the printed forms. Put your name, social security number, and date on all extra pages.
- Rounding is OK. Round off all amounts on your tax return. Round up to the next dollar all amounts that are 50 cents or more. Round down all amounts that are between one and 49 cents.
- Pay on time. File on time. The quickest way to get the IRS' attention is to pay your taxes late or file your return late.
- Reply promptly to all IRS inquiries. Ignoring the IRS invites trouble—you could be audited or have your assets seized.
- Ask another person to review your tax return to check your math and ensure that all fields are accounted for. Math errors are the most frequent mistake on individual tax returns.
- Sign the return. If you pay someone to prepare your taxes, that person must sign your tax return. But, *you* must sign and date your own tax return no matter who prepares it.
- Keep copies of your tax return and all supporting documents. You'll need them next year, and you should keep them for another five to seven years after that before destroying them.

Michael's Kitchen



Cinco de Mayo Taco Feast

Tacos are a real favorite for quick easy family dinners any time of the years. They are especially very appropriate and fun for Cinco de Mayo celebrations.

Here are four tacos to help you hopefully change things up. I also included my version of a mac & cheese with a Mexican twist to serve with your tacos.

Baja Fish Tacos with Grilled Avocado (makes 16 tacos)

3 cups coleslaw mix
 1/3 cup reduced-fat yogurt
 1 scallion, sliced
 3/4 tsp salt
 1/4 tsp black pepper
 1/2 cup all-purpose flour
 2 egg whites, lightly beaten
 1 cup chipotle-seasoned panko
 1 lb. Tilapia, cut diagonally into 1-inch strips
 1/4 cup canola oil
 1 avocado
 16 corn tortillas
 Cilantro, halved grape tomatoes and sliced red onion (optional)
 Lime wedges, chipotle hot sauce and sour cream (optional)

1. In a medium bowl, combine coleslaw mix, yogurt, scallion, 3/4 tsp of the salt and the black pepper. Cover and refrigerate.
2. Place flour, egg whites and panko in separate shallow dishes. Whisk remaining 1/2 tsp salt into flour. Coat each piece of fish with flour, egg white and panko.
3. In a large nonstick skillet, heat oil over medium-high heat. Cooking in batches, sauté fish 2 minutes per side, until golden. Place on a wire rack and keep warm.
4. Heat a stovetop grill to medium-high. Slice avocado in half; remove skin and pit. Grill 2 minutes per side. Thinly slice, then place on a plate.
5. Gently heat tortillas in microwave.
6. To assemble tacos, double up tortillas and place a few pieces of fish, some slaw and avocado on each. Garnish with cilantro, tomatoes and onion, if using. Serve with lime wedges, hot sauce and sour cream if desired.

Mac & Cheese Mexican-Style (serves 6)

1 lb. elbow macaroni
 1 tbsp olive oil
 1 cup (4 oz) cured chorizo, casing removed, diced
 1 poblano pepper, seeded and diced
 3 cloves garlic, chopped
 1 tbsp unsalted butter
 2 tbsp all-purpose flour
 2 cups milk
 8 oz Manchego or Pecorino Romano cheese, grated
 1/2 cup pimento-stuffed green olives, sliced

1. Cook macaroni following pkg directions. Drain.
2. Meanwhile, in a large saucepan, heat oil on medium-low heat. Add chorizo and cook 3 minutes. Increase heat to medium-high and add poblano pepper; saute 3 minutes. Stir in garlic and cook 1 minute.
3. Add butter to saucepan; when melted, sprinkle in flour, whisking constantly for 1 minute. Add milk, whisking until boiling. Simmer for 2 minutes, until thickened. Remove from heat and stir in cheese. Mix until smooth. Stir into macaroni and add olives.

Six Ingredient Smoky Salmon Tacos (makes 8 tacos)

1 1/4 lbs. salmon fillet, with skin
 1/4 tsp salt
 1 chipotle pepper in adobo sauce, seeded, chopped and mixed with 1 tbsp adobo sauce
 8 hard taco shells
 1 can (11 oz) Mexicorn (such as Green Giant)
 1 cup medium hot salsa

1. Heat oven to 450 degrees.
2. Place salmon, skin side down, in 11x7x2-inch baking dish. Season with salt and chipotle mixture.
3. Bake at 450* until fish is cooked through, about 15 minutes.
4. Heat corn in microwave or small saucepan. Flake salmon; discard skin.
5. To serve, divide corn and salmon among shells. Serve salsa on the side.

Turkey Picadillo Tacos (makes 18 tacos)

1 tbsp vegetable oil
 1 medium onion, chopped
 1 1/2 lbs. ground turkey (or beef or ground Pork)
 1/2 tsp garlic salt
 1/2 tsp ground cinnamon
 1/4 tsp ground cumin
 1/4 tsp ground allspice
 1/4 tsp black pepper
 1 can (8 oz) tomato sauce
 18 hard taco shells
 1 can (11oz) Mexicorn, drained
 shredded lettuce, chopped cilantro and onion for garnish, if desired

1. Heat oven to 400 degrees.
2. Heat oil in large nonstick skillet over medium-high heat. Add onion and crumble in ground turkey. Cook, stirring occasionally for 7 to 8 minutes or until onion is tender and turkey no longer pink. Stir in garlic salt, cinnamon, cumin, allspice, black pepper and tomato sauce. Simmer, covered, for 5 minutes, stirring occasionally.
3. Meanwhile, heat taco shells at 400 degrees for 5 minutes.
4. Stir corn into turkey mixture and cook 2 minutes until heated through.
5. To serve, spoon about 1/3 cup of filling into each warmed taco shell. Garnish with lettuce, sour cream and onion if desired.

Bean and Veggie Tacos (makes 12 tacos)

2 tbsp olive oil
 3/4 lb. zucchini, diced
 3 scallions, sliced
 2 tsp chili powder
 1/4 tsp ground cumin
 1/4 tsp dried oregano
 1/4 tsp salt
 1/4 tsp black pepper
 1 can (14 1/2 oz) pinto beans, drained
 1 cup frozen corn, thawed
 2 cups baby spinach, chopped
 3/4 cup tomatillo salsa (salsa verde)
 12 hard taco shells
 2/3 cup crumbled queso blanco or farmers cheese
 lime wedges

1. Heat oil in large skillet over medium heat. Add zucchini and scallion; cook 5 minutes, stirring occasionally. Add chili powder, cumin, oregano, salt and pepper; cook 1 minute.
2. Stir in beans, corn, spinach and salsa. Cook 3 to 4 minutes or until spinach is wilted.
3. Meanwhile heat taco shells following pkg directions.
4. Spoon about 1/3 cup bean mixture into each taco shell and sprinkle with a little cheese. Squeeze with lime and serve.

What We Are Streaming

Guilty Pleasures or Hidden Treasures?

by Sharon Kennedy, committee member
with contributions by Paul R Quillin, contributor

Several years ago, not long before the pandemic shut down, I had the freedom to stop commuting an hour each way to work a 10-hour day. I suddenly had time to catch up on the shows that everyone else had been talking about for years. I finally found out why so many folks shared, with great animation, their favorite scenes from the most recent Downton Abbey episode, or the last segment from This is Us.

Then the pandemic hit and there was even more time to learn how to stream and binge watch episode after episode. In the old days, I would say “just one more chapter before I turn out the light” and then read for two more hours. Now I could delude myself with either “just one more chapter” or “just one more episode.”

When days became more repetitive during the pandemic and there was less and less to share by phone or Zoom, there was the new social topic of “favorite streaming series.” So, we thought that a new, and perhaps short-term column for the Harmony could be “favorite streaming programs that may be little known.” I asked each committee member to submit their favorite program or series with a description.

I have been enthralled with a number of PBS series. From the whodunit series of Unforgotten to historical dramas like Atlantic Crossings to the bucolic All Creatures Great and Small, PBS passport is my favorite location for streaming programs. You can watch PBS through WVIA, the local public broadcasting station. However, the widest variety of shows are through PBS passport, i.e., becoming a WVIA member by donating to WVIA. That membership opens up a large library of current and past full series shows. In addition to PBS passport, membership has other benefits such as passes to member days at Knoebels in May, Montage Mountain Waterpark in June and the Lackawanna Coal Mine and Anthracite Museum in November, and a ski package to Ski Day at Elk Mountain and Ski Sawmill.

The Trouble with Maggie Cole

The preceding paragraph was a long introduction to my (probably little known) guilty pleasure series: The Trouble with Maggie Cole. As you may have guessed, this series is on PBS. The Trouble with Maggie Cole is a one season (6 episodes) British television program classified as ‘comedy-drama.’ Maggie Cole and her husband live in a small seaside fishing village called Thurlbury. She runs a local heritage and gift shop, and he is a public school headmaster. Maggie seems to be in everybody’s business and after a few glasses of spirits, she discloses A LOT more than she realizes to a journalist. She is excited for the entire town to witness her moment of fame, not realizing all that would be exposed about each townsper-son in a very public way based upon her disclosures during that interview. The series is about the avalanche of events resulting from reactions to that interview. My feelings for each character changed back and forth as more was revealed. One thing was consistent: the humor of the twists and turns.

Unforgotten by Paul R Quillin

We are lucky to have so many things to watch at home, from movies to specials to series thanks to Netflix, Prime Video and many other channels. When asked to write for this article, I thought about “Unforgotten,” a crime drama series, which initially aired October 2015 on ITV, a British media company which was later shown on PBS. The episodes all take place in England. Most of them right in London and some in nearby non-metropolitan locales.

When Episode-1 of Season-1 opens, we see a house being demolished. Work is halted when what appears to be human bones are uncovered. The scene then shifts to a forensic lab (a star character in its own right). This hive of activity and more importantly what work is done here turn the location into a

major part of the entire series. As information comes to light, one by one, characters are added to the cast. How each is related to and possibly involved in the deceased’s history form the backbone of the plot. To me, the script is the most important ingredient in any storytelling and “Unforgotten” scores very highly here. Each character from the leads down to every minor player is drawn clearly and the lines they say sound genuine. Like all of us, they are given both good and bad sides making them real and easily remembered, so if you take some time between episodes you won’t forget the characters which is a big help in remembering the thread, important to us long-in-the-tooth fogies.

Unlike some cold case shows that begin with a file cabinet report of an unsolved case, “Unforgotten” opens each season with freshly uncovered evidence which is passed to that star character I told you about, the forensic lab which then reaches out its tentacles to those innocent and still feeling the pain of the tragedy and those guilty and still walking free. How the innocent are soothed and the guilty addressed are admirably delivered in Unforgotten. Try it!

If you have a perhaps little-known series that you would like to recommend, please send a paragraph describing the program, how to access it, and why it is one of your favorites. You can forward it to pepoharmony@gmail.com.



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A Piece of Revolutionary War History on Stroudsburg's Main Street

by Sandy Bonet, Communications Committee
Board Liaison and History Buff

Next time you walk along the 500-Block of Main Street you will touch a piece of Revolutionary War history when you pass by the site of Fort Penn. Here is the story of this small fort located in the wilds of colonial Stroudsburg.

In 1775, as tensions grew between the British crown and its colonial subjects, Jacob Stroud, a military veteran of the French and Indian War, was placed in charge of the Lower Smithfield Military Company. He began this post at the rank of captain and was ultimately promoted to colonel.

One year later when the Revolutionary War began, Stroud was ordered by the Northampton Executive Council to build a stockade around his stone home in the 500 block of Main Street. This fortified structure was called Fort Penn, in honor of Pennsylvania governor John Penn.

There is no official written record that details the style of Fort Penn's construction, although it is believed that the fort closely resembled the earlier stockade forts that had been commissioned by Benjamin Franklin during the French and Indian War. Accounts of the structure describe it as being soundly built and large enough to house 40 families. Because the newly formed Continental Congress was struggling financially, some historians believe that Stroud paid to build Fort Penn with his own money.

Fort Penn did not see much activity during the American Revolution. While there were no battles there, the fort did serve three main purposes: to operate as part of a line of defense from Indian attack; to function as a depot for military supplies and munitions that were sent from Easton, and to provide a training area for new recruits for the Continental Army.

But its most important role was receiving the survivors of the Wyoming Massacre that occurred on July 3, 1778. At that time, Americans were occupied with the

Revolutionary War, but there was an upturn in the violence of the native peoples toward European colonists in New York.

Before 1778, relations between natives and Europeans had been relatively quiet, and the northeastern area of Pennsylvania had been largely ignored militarily. Because the area had experienced such little activity, the able-bodied men who lived in the Wyoming Valley (present-day Scranton/Wilkes-Barre area) answered Congress' call to join the Continental Army.

This patriotic decision left the area defenseless. Unfortunately for the Americans who remained in northeastern Pennsylvania (women, children and men who were too old to serve), British sympathizer Col. John Butler, the leader of the Tory Raiders, traveled from New York with a group of Seneca warriors into Pennsylvania and descended upon the unprepared residents of the Wyoming Valley.

Victims of the initial attack of the Tory Raiders and the Seneca included many women and children, most of whom were killed or carried off into captivity. Those who were lucky enough to escape fled southward through the dense forests and murky swamps toward the Delaware River. Survivors of the massacre traveled a path through present-day Coolbaugh Township in Monroe County.

Many perished in the unforgiving wilderness, and the area soon became known as "The Shades of Death." The remaining survivors arrived at Fort Penn, roughly 50 miles distant from the site of the massacre, where Jacob Stroud and his men received and cared for them.

Following the massacre, Stroud became concerned for the safety of the residents in the immediate area, and he questioned the ability of his garrison to provide the necessary defense if attacked by the Tories or the Native Americans. The fort only had 60 men, and Stroud was anxious that they would be outnumbered if attacked.

In addition, although Fort Penn was large, it had become crowded with the survivors of the Wyoming Massacre, and Stroud was worried that he would not be able to protect adequately his own neighbors should they seek safety behind the stockade walls.

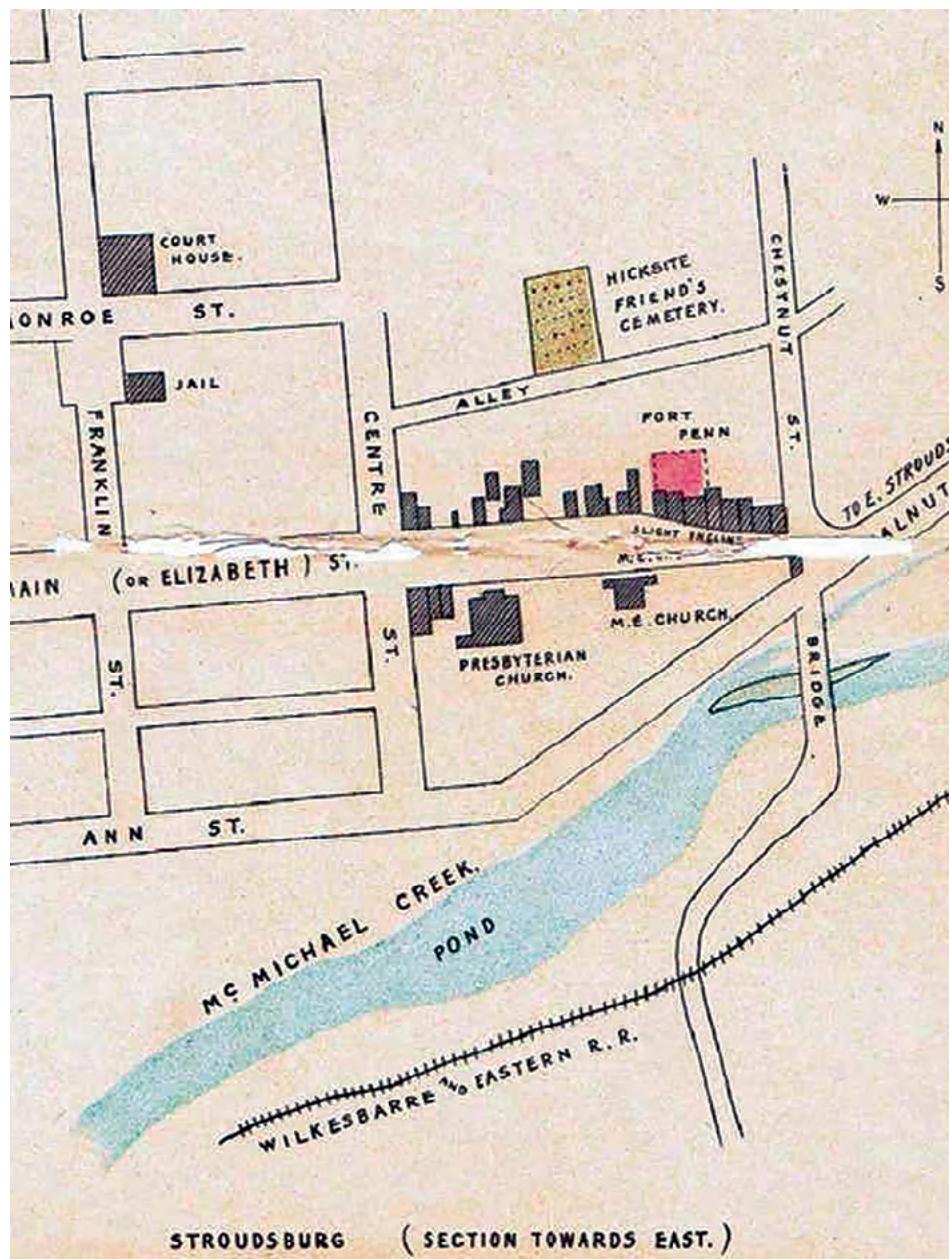
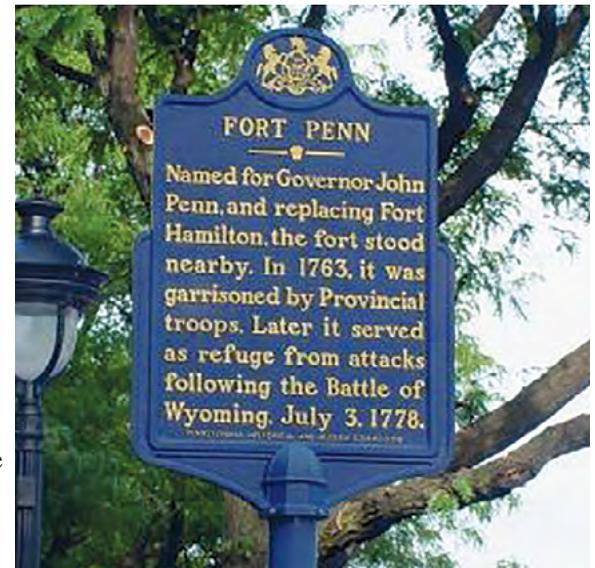
A pivotal decision made by Gen. George Washington helped Stroud succeed in his goal of safeguarding the interests of the people in his area. In June 1779, Washington, in an attempt to eliminate decisively the persistent native threat along the American frontier, ordered Gen. John Sullivan to march across the area to engage the natives as enemies.

Sullivan began his march in Easton, with thousands of soldiers at his disposal. The army traveled through present-day Monroe County and ultimately into the state of New York. The Seneca and other nations and tribes who had pushed southward to engage European settlers turned back native retaliation.

In Spring 1780, the fighting of the Revolutionary War intensified, and it was believed that Philadelphia, the capital of the young nation, would be attacked by British forces. Stroud continued to command Ft. Penn and protect the people of Stroudsburg.

Stroud died in 1806, yet the memory of him and of Fort Penn continue. Historians do not know the exact location of the fort, nor is there a detailed description of the structure itself; however, the general place in which Fort Penn stood has remained a source of pride to the citizens of the area. The last remains of Fort Penn were washed away in the Flood of 1886. A historical marker dedicated to Fort Penn stands on the 500-block of Main Street in Stroudsburg.

John Weidner's market was located on at 518 Main Street in Stroudsburg. It was often referred to as the "Fort Penn Market," evidence that the positive memory of Fort Penn among area residents was still strong decades later.



The Mother of all Days!

by Stephanie Joy Lewis, Contributor

Mother's Day - our day to celebrate our mothers and our motherhood, however we define them, with intention, be it overtly or quietly. The celebratory honoring of mothers and reaches back to the ancient Romans and Greeks. [1]. They held festivals to honor Rhea and Cybele, two mother goddesses. However, the consensus today is that an early festival derived from Christians, known as "Mothering Sunday", (not to be confused with the 2021 film of the same name [3]), is likely the modern precedent for today's Mother's Day.[1]

Mothers healing others in times of war

In the America, we can trace our motherload of a celebration to pre-Civil War days. West Virginia's Ann Reeves Jarvis contributed to the initiation of "Mother's Day Work Clubs" to aid local women in learning how to properly care for their children. Subsequently, when the country, and particularly her region, became highly divided via the Civil War, these Work Clubs with their common purpose, ended up serving to help unite those in the very divided region post-Civil War. [1]. In fact, by 1868, Ms. Jarvis then organized "Mothers' Friendship Day" where moms and their families got together with former soldiers of both the Union and Confederate forces and their families, to promote their reconciliation and healing. [4]. What can be more mother-like than fostering brotherhood and reconciliation among estranged peoples be they your own children or the children of others?

In that same timeframe, post-Civil War, around 1870, Julia Ward Howe called for a "Mother's Day for Peace." She sought a dedicated day to the celebrate peace and the end of war. She expressed a "Mother's Day Proclamation" that mothers should unite to prevent war, its cruelties, and its waste of life "since mothers of mankind alone bear and know the cost." [4]. Ms. Howe's version of Mother's Day took place in Boston, MA and other locations for upwards of about three decades, before diminishing greatly just prior to World War I.

A daughter's mission for her mother

That said, it was not until the early 1900s when, of all people, Ms. Ann Reeves Jarvis' daughter, Anna, became a pivotal figure in the growth of Mother's Day. After her mother's passing in 1905, Anna sought to grow a way of honoring the sacrifices that mothers make for their children. At that time, mothers and other women still did not enjoy the basic right to vote. Anna Jarvis argued that our American holidays were biased toward male accomplishments and that this great country should adopt a special day to honor motherhood.

Interestingly, Anna was not a mother herself, and never would be during her lifetime which perhaps illustrates a rare selfless drive to help better others even if not directly bettering herself or her own. Perhaps her efforts highlight the special relationship she may have had with her own mother. Her works included implementing a massive campaign writing to media outlets (a.k.a. newspapers, in that day) and prominent politicians, urging them to adopt this holiday.

A national holiday is born and then some

On May 9, 1914, President Woodrow Wilson took Anna's heed and officially established the second Sunday in May, as Mother's Day. [1,2]. As is often the case, however, with well-recognized holidays, Mother's Day soon became fodder for commercialization and profits by florists, card companies, candy-makers and more. Anna, who may have been Mother's Day's biggest fan, was horrified at what was happening and became very outspoken against profiteers of Mother's Day.

Anna felt strongly that the Day was one where "you'd go home to spend time with your mother and thank her for all that she did... [in fact] "[i]t wasn't to celebrate all mothers. It was to celebrate the best mother you've ever known — your mother — as a son or a daughter. That's why [Anna] stressed the singular 'Mother's Day,' rather than the plural 'Mothers' Day...' [9].

These so-called profiteers she opposed included the candy-makers, card companies, and even charities using the sentiment to benefit their cause. Anna went even further to initiate

many lawsuits against groups that usurped the name "Mother's Day", alleging they committed copyright infringement, for their own purpose. She used her own money, nearly all her wealth in fact, to pay the legal fees for her legal battles.[5]. She also actively lobbied the government to remove Mother's Day from the national calendar. As we all know, she was unsuccessful and prior to passing away in 1948, Anna Jarvis had disavowed the holiday entirely. [1, 8].

Today and the Goodness of Mother's Day

Today, Mother's Day continues to be popular in the USA and around the globe, an endearing commonality among humans (and non-humans), crossing denominations, creeds, races, generations, genders, and national origins. Much to Anna Jarvis' passionate disdain, Mother's Day remains very commercially embraced. It results in large profits for florists, confectioners, gift shops and other businesses. The silver lining that Anna Jarvis may not have foreseen, however, may be that many of the profiting businesses are owned, operated, and livelihood-providing by and for, guess what? Mothers, future mothers and their families! [i.e. 6,7].

Additionally, the large popularity of this treasure of a holiday does provide profits to telecommunications companies as well. But this too has a very silver lining we don't want to miss: More phone calls are made on Mother's Day than any other day of the year, often causing an increase in phone traffic by as much as 37%. [1]. What mom does not love hearing from her children a little more than usual? Thanks to the mass popularity of Mother's Day and the traditional phone calls it generates, moms get an extra moment to smile. Happy Mother's Day!

[1] <https://www.history.com/topics/holidays/mothers-day>

[2] <https://www.archives.gov/historical-docs/todays-doc/?dod-date=50>

[3] <https://www.sonyclassics.com/film/motheringsunday/>

[4] <https://www.almanac.com/content/history-mothers-day>

[5] <https://www.bbc.com/news/stories-52589173>

[6] <https://www.vosgeschocolate.com/collections/women-owned>

[7] <https://www.yahoo.com/video/5-women-owned-flower-farms-154551798.html>

[8] <https://people.com/human-interest/mothers-day-founder-anna-jarvis/>

[9] <https://www.nationalgeographic.com/culture/article/150507-mothers-day-history-holidays-anna-jarvis>

Poetry Corner

by James Ruffini, Communications Committee Member

Mustang

The throttle opens with a slow, throaty vocal.
The front-end rises with acceleration,
As speakers pump loudly to the heavy blues riff
Of Muddy Waters' "Mannish Boy".
Leaves swirl like curls of brown hair
On Kinderkamack Road.
The ride from this V8 brings me back into the arms
Of that one girl I could never get enough.
Sunlight pops like fireworks against the windshield
Through the leaves of overhanging branches,
Then blasts on hot and white
As I drive into open road.
The king of the blues sets all the little girls in line,
While this midnight black "pony"
Loves its speed and this curvy road,
Driving to nowhere, and whispers
Not to go home until well after darkness,
Well after the moon
Comes up two hours late.

The Guitarist, Live!

At Terra Blues

In his sound-soul
You have no idea
Where you come from,
Where you've been –
The world drifts out,
And you are a little wing
Cruising.

The Subway Station Bluesman

Carolina Slim plays.
People turn from thoughts,
Final destinations,
Listen –
Begin to sway,
Cradled deep in subway blues.

Editor's Note: James Ruffini writes poetry in his spare time. We run this column to showcase poetry written by James as well as other poets in Penn Estates. Please submit your poems to James at the Harmony email: pepoaharmony@gmail.com

Navigating Your Finances

by **Bettyanne Nevil, Communications Committee**

Tips for Stretching Your Dollar

Inflation! Many people are being forced to cut back on things due to the rising cost of living. Perhaps some frugal tips are in order.

- Stale bread, rolls, and crackers may be used to make bread crumbs.
- Pack your lunch and homemade coffee instead of buying out.
- You can freeze lemon zest in lemon juice. Use in recipes or drinks.
- Keep two plastic bags in your freezer. One for left over veggies to be used to make a vegetable broth or soup. The other for over ripe fruit to make smoothies. I also freeze leftovers such as cooked meat, soup, gravy and sauces.
- Horse bedding pellets available at tractor supply are much cheaper than cat litter. My friends just top it off with litter to help the cats get use it.
- Lint from your dryer makes a great fire starter. You can use egg cartons, empty bathroom tissue rolls and old candles if you want to make good ones.
- Rotisserie chicken containers make small greenhouses for starting seeds. I also use the cardboard type egg cartons for starting out my garden. You can also grow carrots and celery from the scraps you usually do not use. The skin from vegetables goes into the compost pile.
- Meal planning helps cut down on buying items you don't need. Also, eating before you shop. Use the smaller shopping cart. Combine errands to save gas



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- Re-purpose left overs. Cook from scratch. Taste it before you waste it is another food saver. Cheese, mustard, cocoa powder, and things like yogurt and sour cream may be used beyond the Best use By date.
- Unsubscribe from emails that may tempt you to spend on things. Make a budget and stick to it. Trade goods or skills. Sell unused items.
- Compare insurance rates. Try to get better rates for fuel oil. Compare bank fees and interest rates. Analyze credit card fees. Shop around.
- It's cheaper to maintain it than it is to repair it.
- Share appetizers or your meal with a friend if you need a night out. Or better yet enjoy a potluck with friends.
- Fishing is a great family activity. You can also bring a portable BBQ and cook it up right there.
- Get books at the library instead of buying. Look up free music on yelp. Watch for announcements in your community for free entertainment. Turn off and unplug. Cancel subscriptions.
- Stop buying bottled water. It's better for you and the environment.
- Finally, look around your home and imagine everything you see used to be money. Was it spent wisely?

HEALTH & FITNESS

Snack Boost!

by **Yolanda Sarrabo, CPT, NASM**

Spring is upon us; are you ready? What are your plans as you move about the world, for work, or play?

As you head back to the office or just out and about, will you conform back to those nasty habits of eat and go? Have you adjusted your diet and afraid of what's to come when mindfulness in fitness and diet go out the window? Well like I tell my clients "You have to put in the work, and stay ahead of those drawbacks that can make all of the good work go to waste. Sometimes we have to train our brains in how this cycle of eating should go, rather reacting when hunger pain in 10 minute interval show out. So you're back to the office or out in the world and you see that food truck calling you to take part in a meal before a meal...DON'T DO IT!

Try some of these tips when you're on the go and a convenience store with candy, soda, sweets and salt call your name.

A Sweet Tooth

Most of us have bear witness to the need (so we think) of something sugary to snack on. I get it, but did you know that sugar craving symptoms can lead to: bloating, fatigue, muscle pain, and headaches?

If the need to curve that unbearable sugar twitch try **Yogurt Bark:**

Pain or Greek yogurt, cranberries, Fresh fruit (chopped and blended pineapple or strawberry), shredded coconut. Spread yogurt mixture in ¼ layer on parchment paper with components mentioned, Freeze, Break, and Eat. This great go to when at work and you need a snack that doesn't do too much damage.

Crunchy Crunch Crunch

When sugar is not the culprit but having the need for something crunchy other than a bag of Doritos try **Herbed Pita Chips:**

Pita bread, flat bread, or tortilla wrap - cut into mini triangles. Use a zip bag with 2-3 tbsp. of olive oil, herbs 1 sprig rosemary, basil, pinch of salt and pepper. Let the herbs soak in olive oil in fridge for an hour. Take the cut triangles mix well with herbed oil, spray light olive oil cooking spray- lay on flat pan in 400 degree pre-heated oven until lightly brown- light crisp.

Almond with Bite

When sugar and crunch are not an option and you need energy on the go try **Almond Energy Bites:**

Almond butter, shredded coconut, ¼ cup roasted almonds, Dash of nutmeg, chop and blend coconut and almond, mix all (spoonful of water if needed to blend), roll, refrigerate 1 hour; eat.

Enjoy these snacks at home or take a baggie with you when you're on the go. Snack wisely. Cheers!

Yolanda Sarrabo is principal at Chronic Fitness Personal Training Boutique Service and a regular contributor. www.chronicfitnessinc.com



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Dog Park Update

As part of the annual improvements to Penn Estate amenities, a new off-leash dog park will open Monday, May 2, following a grand opening ceremony held at 10:30 am. The dog park will be located in the former area of the mail cluster boxes at the back gate.

The park will consist of two runs, one for large dogs and one for small dogs. Rules for the park will be posted on the association website. Some of the regulations will speak to:

- Dogs must be leashed upon exiting the park
- Owners shall remain in the dog park and shall maintain visual observation of their dog at all times,
- Must be registered with PEPOA and current on all vaccinations,
- Dogs with known violent propensities or aggressive behavior will be prohibited from using the dog park. Any dog showing signs of aggression while in the dog park shall be removed immediately by the owner,
- Owners are required to pick up their dog's waste

Here is an artist's rendering of the park:



Penn Estates POA IMPORTANT PHONE NUMBERS

Security: 570-424-7042

Welcome Center (Guest Registry):
570-424-7047

Administration Building (Main Office):
570-421-4265

Penn Estate Utilities (Sewer/Water):
800-860-4512



All dogs must be kept on a leash at all times. Also, please be kind and always clean up after your pet. Thank you!



Monroe County Municipal Waste Authority
183 Commercial Blvd., Blakeslee PA 18610
(570) 643-6100

Military Road Recycling Site Stroud Township

1110 Military Road, Stroudsburg PA 18360

- SundayClosed
- Monday.....7:30am to 3:30pm
- Tuesday.....Closed
- Wednesday.....Closed
- Thursday.....Closed
- Friday7:30am to 3:30pm
- Saturday7:30am to 3:30pm

Homeowner Rights & Responsibilities

by Phyllis Haase, Community Manager

As a homeowner in good standing, you have certain rights—and responsibilities.

You have the RIGHT to:

- A responsive and competent community association.
- Honest, fair, and respectful treatment by community leaders and manager.
- Attend meetings.
- Prudent financial management of fees and other assessments.
- Live in a community where the property is maintained according to established standards.
- Fair treatment regarding financial and other association obligations, including the opportunity to discuss payment plans and options before the association takes any legal action, and the right to appeal decisions.
- Receive all rules and regulations governing the community association—provided by the seller prior to purchase and settlement, then upon joining the community.

You have the RESPONSIBILITY to:

- Maintain your property according to established standards.
- Treat association leaders with honesty and respect.
- Read and comply with rules and regulations of the community and ensure that your tenants and guest do too.
- Vote in community elections.
- Pay association assessments and charges on time.
- Contact association managers, if necessary, to discuss financial obligations and alternative payment arrangements.
- Provide your current contact information to the association, so you receive all information from the community.



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