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Penn Estates Property Owners Association

June/July 2023

Annual Meeting - May 6, 2023

Seated at the Annual Meeting:

- Ken Nevil..... 3-year term
- Sandra Bonet 3-year term
- Robert Hampp 3-year term
- Chuck Fariello 1-year term

2023-2024 PEPOA Executive Board

- President Ken Nevil
- Vice President..... David Montalvo
- Secretary..... Maryann Rodriguez
- Treasurer Christine Morton
- Directors**..... Bob Hampp, Chuck Fariello, Chris Hoffman, Abe Kone, Sandra Bonet

2023-2024 PEPOA Committee Liaisons

- Communication Sandra Bonet
- Appeals..... Maryann Rodriguez
- Finance Christine Morton
- Recreation Christine Morton
- Election..... Chuck Fariello
- ARB David Montalvo

Penn Estates Property Owners Association

2023-2024 Meeting Schedule

Meeting	Date	Time	Platform
Board Meeting	June 2023	NO MEETING	
Board Meeting	July 7, 2023	7:00pm	Zoom
Board Meeting	Aug 4, 2023	7:00pm	Zoom
Board Meeting	Sept 8, 2023	7:00pm	Zoom
Board Meeting	Oct 6, 2023	7:00pm	Zoom
Budget Presentation/work session	Oct 7, 2023	9:00am	Zoom
Budget Presentation/work session	Oct 10, 2023	7:00pm	Zoom
Board Meeting	Nov 3, 2023	7:00pm	Zoom
Board Meeting	Dec 1, 2023	7:00pm	Zoom
Board Meeting	Jan 5, 2024	7:00pm	Zoom
Board Meeting	Feb 2, 2024	7:00pm	Zoom
Board Meeting	Mar 1, 2024	7:00pm	Zoom
Board Meeting	April 5, 2024	7:00pm	Zoom
Annual Meeting	May 4, 2024	10:00am	Zoom

Volunteers Honored

by Sharon Kennedy, Communications Committee member



The board of directors, the community manager, the office and maintenance staff, and security keep our community safe and beautiful and running smoothly. However, they are not the only ones who make Penn Estates what it is. Volunteers serve in many roles, from creating recreational programs (of which there are many now) to hearing appeals. The staffing needs would increase without the work of volunteers, and you and I would pay more in dues each year. Like the board members, other volunteers work without pay for all of our benefit.

Every year the board and the community manager and some of the office staff host a dinner to acknowledge the contributions of volunteers that previous year. This year's dinner was a lovely and enjoyable time. Phyllis Haase, the community manager, provided a delicious buffet. She certainly knows how to do a lovely presentation. The buffet was a pleasure to the eye as well as the taste buds. A DJ provided music and guests enjoyed an evening of fellowship and dancing.

Each year the board recognizes one person as the volunteer of the year. This year that award was given to Beverly Barnhill, who has served on the Appeals Committee and Elections Committee. Congratulations and thank you to Beverly for all your efforts this past year!

And here is my unpaid "advertisement." Our community has many needs for new ideas and new energy. Please consider offering your energy and your special talents by volunteering. You can contribute to our community and connect with your neighbors. Maybe I will see you at next year's dinner.



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The History of July 4th

by **Sandy Black, Contributor**

The Fourth of July also known as Independence Day or July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days, later delegates from the thirteen colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson.

From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2023 celebrations will be held on Tuesday, July 4, 2023.

The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4th of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. A ship's cannon fired a 13-gun salute in honor of the 13 colonies. The *Pennsylvania Evening Post* reported: "At night there was a grand exhibition of fireworks which began and concluded with thirteen rockets on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty also set off fireworks over the Boston Common.

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of July 4th would decline, but Independence Day has remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

From Phyllis's Desk

by **Phyllis Haase, Community Manager**

Volunteer Month

Doing good may be its own reward, but most volunteers would probably agree that it's also nice to be recognized for the time, effort, and commitment they put into serving others—particularly in what can sometimes seem to be thankless roles.

Members of our community devote their energy and enthusiasm to making our community the very best it can be by serving on the board or committee. Volunteers help keep assessments down—every hour of volunteer work is an hour of salary the association does not have to pay a service provider.

As volunteers, your neighbors invest their time in projects that benefit you. No association can thrive without them.

April is Volunteer Month, and each year the association recognizes one of our own. This year we had the pleasure of honoring **Beverly Barnhill** with the award. A few of our past recipients of Volunteer of the Year are Michael Tyrrell, Sharon Kennedy, Bettyanne Nevil, and Maria Montalvo.

We thank all our current and former volunteers for their service.



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Bingo is Back!

by Paul R. Quillin, Contributor

The History of Bingo

The game of Bingo can be traced back to a lottery game called “Lo Giuoco del Lotto d’Italia” played in Italy in c.1530. By the eighteenth century, in France, the game expanded with playing cards, tokens and reading the numbers out loud. In the nineteenth century, the game was widely used in Germany for educational purposes to teach children spelling and multiplication tables.

The game first appeared in America at a traveling carnival near Atlanta in 1929. Then called Beano, it was played with dried beans, a rubber stamp, and cardboard sheets. New York toy salesman, Edwin S. Lowe, watched one of these games being played and saw how enthusiastic the players were, so he took the idea with him to New York where he introduced the game to his friends.

He conducted the game similar to the one he had witnessed. His friends loved the game. It is said that one of his players made Bingo history when he was so excited to have won that he yelled out “Bingo” instead of “Beano.” The original Lowe Bingo Game had two versions; the first a 12-card set, the second a set with 24 cards. Bingo was a wild success.

After Bingo hit the market, Lowe was approached by a Catholic priest from Wilkes Barre, Pennsylvania as a means of raising church funds. When Bingo started being played in churches it became increasingly popular. By 1934, an estimated 10,000 Bingo games were played weekly, and today more than \$90 million dollars are spent on Bingo each week in North America alone.

How We Play Bingo - The admission fee is \$15. For this you get one set of regular cards and one set of special cards. Additional cards (regular or special) cost \$5 each. Bingo cards are each numbered in a 5 x 5 grid arranged in 5 vertical columns corresponding to the five letters in the word B-I-N-G-O. The regular Bingo cards come as a pad of 7 sheets, each one having one column of 3 cards.

The special ones are a pad of 3 sheets, each having two columns of 3 cards. All the valid regular Bingo winning cards are shown below. The special game winning patterns are chosen for each game by the Bingo host and a picture of it is displayed on the large computer monitors for all the players to see.

Once the game starts, when we’ve all shouted YES to the question: “Is everybody ready to play Bingo?” the computer-generated letter/numbers are announced at comfortably spaced time intervals until one player completes a pattern. This is when the lucky player shouts Bingo!

Here are all the examples of a regular Bingo winning card:

B I N G O				
●	18	32	51	●
12	29	40	60	61
7	30	FREE SPACE	55	74
5	22	38	53	68
●	26	43	59	●

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Avoiding SSI Overpayment

Don't Forget the Forgotten Financial Accounts

by **Stephanie Joy Lewis, Contributor**

For the visually challenged, those with reading difficulties, or for convenience, links to video information and tips on this subject are linked below and can be found at <https://www.youtube.com/@socialsecuritydisabilityUSA>

In Penn Estates and the surrounding communities, many of our neighbors are disabled (or over 65), and many of them are significantly financially challenged. For those whose income and resources are low enough to meet a particular threshold, they may be eligible for a federal benefit known as SSI (not to be confused with Social Security Disability or SSD).

As you may be aware, there are two different disability programs offered by the federal government as administered by the Social Security Administration (SSA).

[1] They are:

- Social Security Disability (SSD) - limited to people who worked sufficiently before becoming disabled from full time work, who and have paid the premiums (via SS taxes) to become insured for this insurance, and which eventually merges into their Retirement Insurance Benefit. Not needs-based.
- Supplemental Security Income (SSI) – offered to all eligible people regardless of prior work history or insured status, but limited to those whose countable income and assets fall beneath a stringently low level. SSI is a needs-based program, unlike SSD.

Often, I am contacted by a person who sought SSI, was found disabled by the SSA, but then didn't receive any benefits because they did not meet that "poorness" criteria. Often, it has to do with a forgotten financial account (bank, checking, savings, IRA or 401k, etc.). Worse! Sometimes they were getting SSI but were then told they had an "Overpayment" because they were not eligible for the past months of benefits due to an undisclosed resource in their name. Often, that undisclosed resource was some sort of bank or other financial account, in their name.[2]

Typically, an SSI recipient finding themselves in this terrible predicament, was not aware of the old account that was just sitting there for years, from prior better days. Other times, it is a parent's account, where the parent put the adult child's name on the account for assistance in paying bills, but the money and deposits into the account were all the parent's, with no sharing intention. (The former scenario is more carved in stone as a firm but dreaded overpayment situation, while the latter may have remedies, so speak to a professional to learn how to potentially get that joint account disregarded (not to the SSA until and unless you are clear on what you are doing.)

SSI recipients must be clear about all financial accounts and must not forget any that may be sitting there from past better days. Note also that the money they have or receive in a PayPal or other online platform or account, counts as a resource (an even income) to them – all counted in SSI eligibility criteria each month. The SSA will learn of it and no beneficiary wants to pay the price for not disclosing it and for not "spending it down."

An Overpayment situation with the SSA is one of the most stressful situations a beneficiary can find herself in. But if you stay on top of it and think of extraneous accounts that may still exist even if you have had no contact with that account in years, you can take steps to minimize the damage to your benefits. For more tips on protecting SSI, see the SSI video playlist found at <https://www.youtube.com/@socialsecuritydisabilityUSA>

Note: This article/video is for general information only and is not legal advice to any particular reader or individual. For legal advice, you must specifically retain a lawyer who evaluates your specific situation.

[1] To watch/listen about the difference, see <https://youtu.be/nwiHIn5oyQQ>

[2] To watch/listen about this financial accounts danger to SSI see: <https://youtu.be/ShlmHFHTdaM>

Stephanie O. Joy is a Social Security Disability Lawyer and founder of Monroe County based SSD Practice, JoyDisability Law, 2005-2023. <http://joydisability.com>; stephaniejoy@joydisability.com; 201-317-0610

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Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

The weather has been so variable that my body and mind are very confused about what season we are in. However, events go on based on the calendar, not the weather or temperature. This is the season for annual festivals, outdoor concerts, hiking, whitewater rafting. NASCAR events and the start of county fairs. Enjoy the outdoors in whatever way you choose. Please check newspapers and websites for up-to-date information.

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. Some events require registration prior to the event.

There seem to be lots of opportunities for taking your blanket and picnic basket to hear live music. Shawnee on the Delaware hosts free live music on the Grand Lawn on Tuesdays from 7-8. There will be live music at the Tap Room or the Beer Garden at Shawnee Craft Brewing company on Fridays and Saturdays from 7-10 and on Saturday and Sunday afternoon from 2-5. They advertise it as family friendly and free.

The Sherman Theater hosts their outdoor summer concert series at Blue Ridge Flea Market in Saylorsburg. There will be food trucks, and you can purchase beer or wine. Or you can bring your own food and non-alcoholic beverage. Tickets are \$16 in advance or \$20 that day. Dates vary.

Stroudmoor Country Inn hosts Music on the Moor weekly on Wednesdays from 4:30 to 11. There will be music and dancing and lawn games. Call for pricing. The Wildflower Concert Series in Honesdale runs through August 12th. Bring your lawn chairs and picnic baskets. Call them for prices and times at (570)253-5500.

Quiet Valley Living Historical Farm hosts a number of special events throughout the year. July 15th is the Music in the Valley event, featuring traditional (folk) music. August 12th is their Heritage Day with crafts and demonstrations. They host the Pocono State

Craft Fair on August 26 and 27.

Do you want to participate in activities? How about Trivia Tuesdays at Slopeside Pub and Grill or at Blue Mountain Resort. Both offer 1st, 2nd and 3rd prizes. Or maybe you prefer an Open Mic. There is one every Thursday night at Shawnee Craft Brewery from 7-10. There is also an Open Mic night on Wednesdays at Slopeside Pub and Grill from 4-8.

Would you rather take a tour? You can learn a bit of Pocono history through the Tour the Castle program on Fridays, Saturdays and Sundays at the Delaware Water Gap. Or you can tour the Haunted Candle Shop of the Poconos in Swiftwater.


Would you like to be a little more active? On Wednesdays, you can take a guided 2.5 hour walk through the Tannersville Cranberry Bog. Quiet Valley hosts a Rooster 5K fun and kid's fun run on August 8th. On August 19th, a 5K Tunnels to Towers Fun Run will take place through Fawn Lake Forest Association in Hawley to benefit those fallen or catastrophically injured on 911. Registration is required by August 13th.

Or you can have a stock car racing experience driving up to 165 mph on a NASCAR track at the Pocono Raceway in Long Pond. Dates vary. The NASCAR Cup Series Weekend is on July 21-23. You can participate in Get Your Tail on the Trail hike on the Delaware and Lehigh trail in Easton. Times vary and its free but you have to register ahead at loretta@delawareandlehigh.org.

There are festivals and fairs galore. On July 3, enjoy live entertainment at Skytop Lodge, followed by fireworks. The 3rd Annual Community Day is at Echo Park in East Stroudsburg on July 15. The Shawnee River Fest is on July 9.

The Mountain View Vendor and Food Truck Luau is at Mountain View Winery on August 13th. The Latin Fusion Fest is at Courthouse Square on July 15th. Stroudfest is at downtown Stroudsburg on September 2nd. The Carbon County Fair is runs from August 7-12.

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



Harmony

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Let Our Family Serve Your Family

CPR Class

by Evelyn Infante, Contributor

On Saturday, March 25, I attended Penn Estates' first-ever CPR (Cardio Pulmonary Resuscitation) class taught by Anton J. Toryak, our Chief of Public Safety. I was happy to see that it was well attended.

The three-hour course began with a video, occasionally interrupted by Mr. Toryak to point out the ABCs (Airway, Breathing, and Circulation) of assessing a situation that may require CPR. But before attempting CPR, he explained the importance of assessing a situation to avoid putting yourself in danger. For example, if someone collapses, you need to take a moment to ensure there is no live wire or another hazard that can cause you harm.

The second part of the class was to practice CPR on the dummies. The red light would flash if you did not apply the correct pressure, or pressed down too fast or too slow. Once you got the rhythm right, the light turned green. Believe me, it's a workout. We also got to practice CPR on an infant dummy.

The proper use of an AED machine was also demonstrated. Did you know that unlike the paddles used on TV doctor shows to jumpstart the heart is the opposite of what an AED does? The Automated External Defibrillator is used to help those

experiencing sudden cardiac arrest. This device can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart return to a normal rhythm when a potentially fatal arrhythmia (abnormal heart rhythm) is happening in the heart's lower chambers (ventricles).

This shock helps the heart re-establish an effective rhythm. In other words, the AED stops the heart so it can stabilize itself. I did not know that. Amazing!

During our practice with the dummies, we learned how to properly place the AED pads on an adult body, as well as on an infant. But if you're ever in a position to use an AED machine, when you turn it on, a recorded voice gives you step-by-step instructions on how to use it.

While informative, Mr. Toryak kept the class engaged and we even had a few laughs. One can see he knows what he's talking about. He has had extensive experience as an EMT and a police officer. His goal is to have everyone train in CPR. Precious minutes go by while waiting for an ambulance to take care of someone who cannot breathe. Someone certified in CPR can save a life.

Everyone who attended the class received certification by email and a digital book on CPR. I urge everyone to attend the next CPR class. Everyone, including children, should learn how to administer CPR, if only to a loved one.

A first aid class is in the works. I'll be sure to attend that one too.

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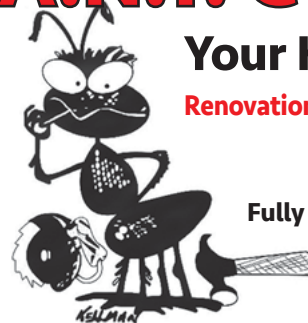


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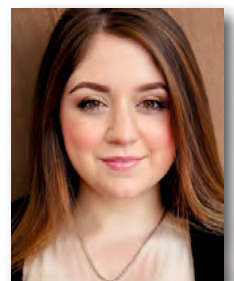
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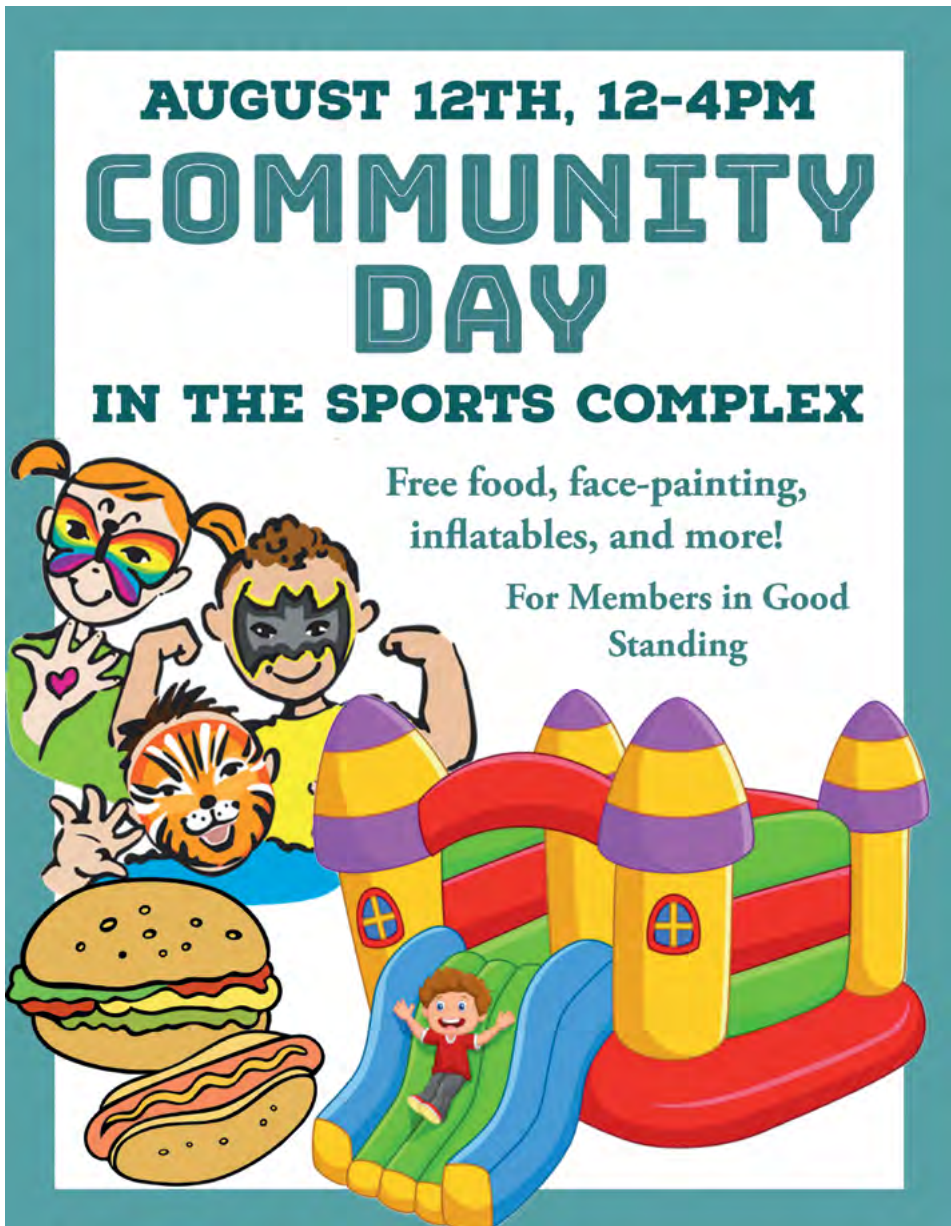
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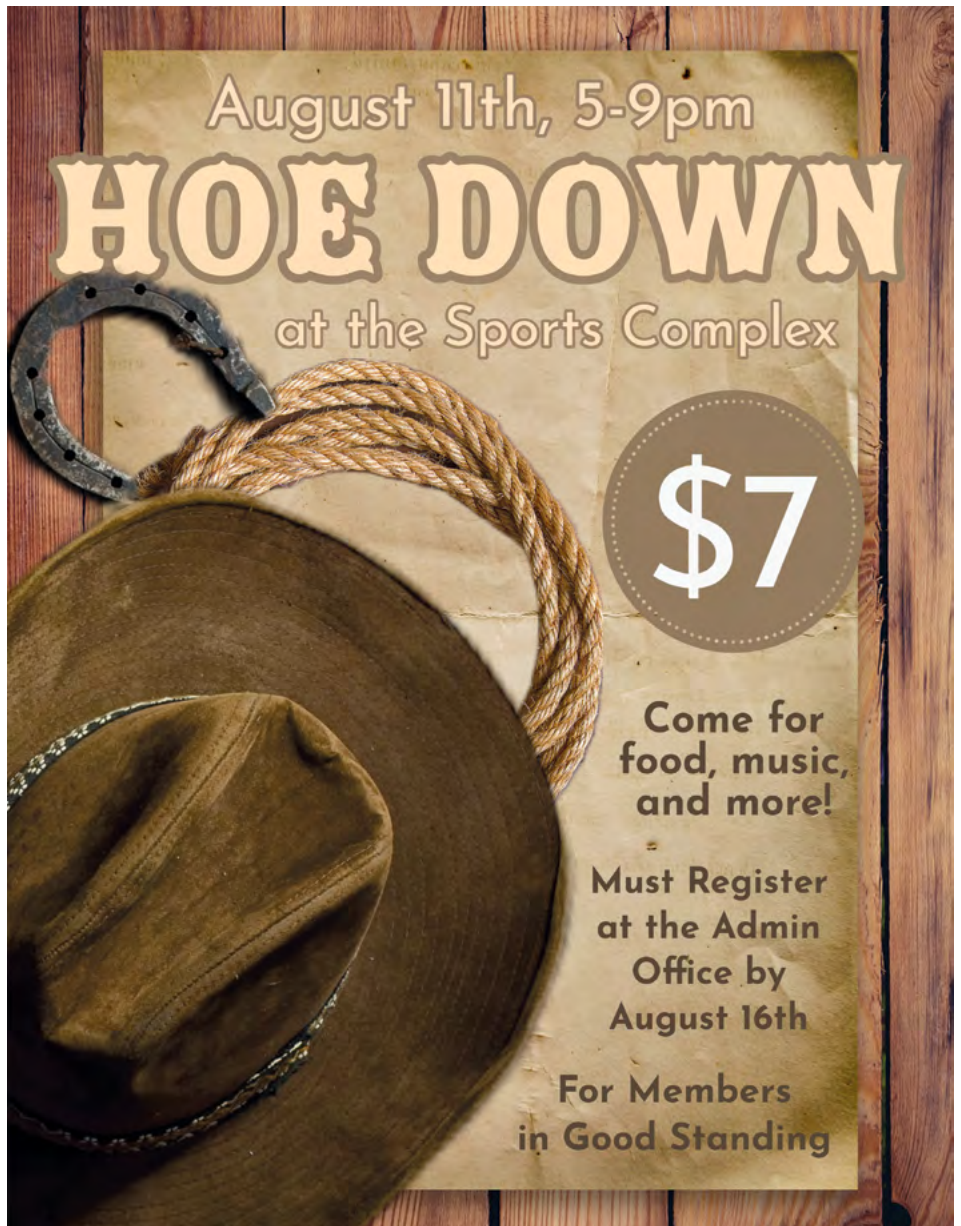


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**For Members
in Good Standing**

Discovering the Joys of Road Tripping

by Sandy Bonet, contributor and Communications Committee Liaison

Every spring, as dependably as the bloom of the first crocus, I travel home to Columbus, Ohio to join my cousins for the annual Ohio State Spring Game. It is a long standing and well-loved and ritual for us.

As the roving gypsy of the family, I always fly in from wherever I happen to be living. This year I toyed with the idea of driving. I could take my dog, have my car in Columbus, not worry about packing light, go on my own time schedule and avoid the rude behavior of many of today's airline passengers. Then, I imagined the long, tedious 8+ hour drive across Pennsylvania and half of Ohio. Ugg. I bought a ticket with credit card points.

But the Road Trip Siren kept calling to me. Then I realized I had been thinking about making the 8-hour drive in one day each way. Just like flying. Since I am retired, there was nothing keeping me from taking two days each way. This would be about 4 hours per day and leave me some time to explore. So, I canceled the flight (no charge since it was with credit care points) and started planning my road trip.

Looking at the map, I realized I could get to Gettysburg, PA in about 4 hours. As a long-time Civil War "hobbyist" I knew a great deal about the battle, but had not visited the battlefield when my father took me there when I was a child.

And just like that, my road trip took shape.

Leaving early on Thursday, I got to Gettysburg by noon with plenty of daylight left to tour. There are scheduled tours by bus (no dogs allowed) or hired car and driver (very expensive). Either one ties you to a specific start time and must be reserved. Alternatively, you can rent an audio tour from the park headquarters and listen in your own car. But we live in the digital age so we have other options. For \$25 I downloaded a tour to my phone. The one I used was Action Tour Guide, but there are other options you can find online.

This is a self-guided driving and walking tour that is a tour map, audio guide and tour book all in one. Plus, they are valid forever. I started in the parking lot, followed the directions on my phone and started driving through the park. The beauty of the app is that you can skip a site, go back to one you have already seen

or go wherever you want. Thanks to GPS, the app knows where you are and starts telling you about the site and the history of what happened there.

First, I went to the Pennsylvania Monument, which is the largest monument on the Gettysburg battlefield. It honors the 34,000 Pennsylvanians who participated in the battle.

A spiral staircase takes you to the roof of the monument, which offers a panoramic view of the battlefield. I did not tackle the stairs but some young people I befriended did go up and told me about the view. I stayed at the bottom and started looking through the names of all 34,000 soldiers in search of a great-great grandfather who may have been there. I didn't find him but then again, I didn't get through the whole list. I plan to research it on-line later in the comfort of my home.

Being completely immersed in the site, I was struck by the number of individual homes and churches that are scattered throughout the park. The people who lived there were caught in the middle of three days of deadly fighting and their various stories are told as you go by each building. Almost all of them were used as makeshift hospitals where people with no formal medical training cared for the wounded. Usually, they didn't differentiate between blue and gray uniforms. They just did what they could.

One of those civilians was Elizabeth Thorn, the wife of the caretaker of Evergreen Cemetery which is located on the battlefield.

The Gettysburg Women's Memorial is a tribute to her. At the time of the battle, she was six months pregnant and caring for three sons and her elderly parents. Her husband was away serving with the 138th Pennsylvania Infantry which was in Virginia during the Gettysburg Campaign. The battle forced Thorn and her family to run from their home in the gatehouse when hand-to-hand fighting came to her front door. She returned to find her food and possessions stolen and dead bodies lying unburied everywhere.

As caretaker of the cemetery, she was ordered to begin burying casualties. Men were detailed to help but one by one they slipped away, unable to bear the work. The statue shows a weary Thorn leaning on a shovel as she rests from burying 91 of the total 51,000 casualties from the 3-day battle.

Thinking about the human toll taken by soldiers and civilians alike, I left the park just before dusk and drove about an hour west-south west across the Maryland panhandle to Hagerstown, Md. where I spent the night.

The next day I was treated to a beautiful drive in the Appalachians Mountains passing through Maryland and West Virginia then heading northwest to Columbus. Despite stopping along the way to take in the views and read a few historical markers, I arrived in time for dinner with the family. We had a great time at the spring game. The weather was perfect.

After mulling over my route home, I decided to go northeast and take I-80

(continued on next page)



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The Joys of Road Tripping cont.

across Pennsylvania. I planned to make a stop somewhere at the halfway point which would be after about 4.5 hours of driving. That turned out to be the heavily forested Allegheny Mountain town of DuBois, which is aptly named since it means “the woods.”



hands several times over the years, and is currently owned by Cerveceria Costa Rica, a subsidiary of Anheuser-Busch.

Kelly was right.

The food at the Steak House was just OK, but meeting Kelly was lots of fun. She gave me an invitation from to return any time for a free steak dinner. I have a feeling I will take her up on that someday. Meanwhile, I am planning my next road trip, which will be to Asheville, North Carolina to visit old friends. There are a lot of historical sites, great views and people to meet along the way.



I booked my hotel online when I was about an hour away and arrived just as it was getting dark. Looking for a place to have dinner, I decided on Hoss’s Steak and Sea House which I thought looked as if it was locally owned. When I saw the historical photos of the town that covered the walls, I knew I was in the right place. That night, I learned that Kelly, the hostess, the restaurant’s owner and the holder of a wealth of local history. She was very proud to tell me that her town was the birthplace of Budweiser beer. Really? I was skeptical and made a mental note to research that later.

When I got back to my hotel room and my computer, I found out that Kelly was right about the Budweiser thing. Sort of. Here’s the story:

In 1875, 19-year-old Frank Hahne came to America from Germany. After working on farms in Iowa, he headed east and worked in breweries in Milwaukee and Pittsburg. He learned the intricacies of the trade and became a brewmaster. Hahne came to DuBois in 1895 to see if the area would be a suitable place to open his own brewery. Hahne chose the DuBois site for his facility, because of the excellence of the water supply.

By 1906, the brewery had four beers: DuBois Wurzburger, Hahne’s Export Pilsener, DuBois Porter and DuBois Budweiser. In future years, Hahne’s use of the Budweiser name would create legal battles with the giant Anheuser-Busch Brewery.

In 1967, because he had no heirs and was losing interest in the business, Frank Jr. sold the brewery to the Pittsburgh Brewing Company for \$1 million. The company has changed

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Graduation Gift Guide

by **Bettyanne Nevil, Communications Committee Member**

This is the time of the year when we celebrate our graduates. Thinking about appropriate gifts can be a challenge. If your graduate is heading into the military there are a limited number of things you can bring. I have composed a list of gifts you can be sure they will get use out of:

- Combo lock or padlock with two keys.
- Running shoes
- Simple watch with alarm and stop watch.
- Small address book.
- Stationary, paper, envelopes, and pens.
- Snacks
- Toiletries
- Calling cards.
- Small religious book
- CASH

And for those heading away to school here are some ideas:

- Mattress pad.
- Under bed storage.
- Fan.
- Stick vacuum.
- Clothes steamer.
- Laundry bag and supplies.
- Shower caddy, shoes and supplies.
- Space saving hangers.
- Over the door mirror.
- Picture frames and posters.
- LED lights.
- Extension strip.
- Damp rid.
- First aid kit.
- CASH

I hope you get some inspiration from these ideas. Congratulations to all the graduates! Enjoy the celebrations for your loved ones.

WHAT WE'RE STREAMING

Guilty Pleasures or Hidden Treasures?

by **Sharon Kennedy, Communications Committee Member with contribution from Paul Quillin, Contributor**

Hopefully, we will be actively engaged in outdoor activities and not huddled against the cold in front of our televisions by the time you read this. I am sure that there will be some rainy or just plain lazy evenings devoted to favorite shows. Here are a few that we have enjoyed watching in recent months.

Wednesday [Netflix]

Recommended by Sharon Kennedy

So, this quirky show is so very out of my usual fare and it is hard to describe, yet it has taken up residence in my mind and apparently in the minds of many others. Have you seen all the goofy kids on Instagram or you tube or other media dressed in black with pigtails, recreating an awkwardly yet oddly fascinating dance? That is Wednesday.

Are you old enough to remember the popular TV show, The Addams Family? Yes, it was years ago. The TV program ran for two seasons beginning in 1964 and the later spin off movie was in 1991. The main characters in the Addams Family were Morticia (mother), Gomez (Morticia's husband), Pugsly (son), Wednesday (daughter), Uncle Fester, Lurch (butler) and Thing (a disembodied hand that can move and communicate and carry out orders).

The Addams Family is hard to describe or define, as is Wednesday. The most appropriate category seems to be American comedy horror show, The characters in the Addams Family all appear in this series but in minor roles, except maybe for Thing. In the series Wednesday, Wednesday is still young (16). She is sent to Nevermore Academy, a residential institution that "nurtures outcasts, freaks and monsters". Wednesday is forced to go there by her parents after being expelled from other schools.

(continued on next page)

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WHAT WE'RE STREAMING cont.

Attending Nevermore are werewolves, psychics, sirens, shapeshifter and vampires, but not any Hydes. A Hyde killed the founder of Nevermore. 25 years ago, when Morticia had been a student at Nevermore. Much happened during Morticia's time at Nevermore academy and murders went unsolved.

Wednesday enters Nevermore when similar frightening and deadly attacks are again happening. The story line is not the main draw to the show. The fascinating aspects are the odd characters, the unexpected relationships and dialogue, and strange events.

This is totally a Tim Burton movie. Give it a try when you feel like something odd. Maybe, like me, you will ask yourself why you are continuing to watch this crazy show while being absolutely unable to stop and then thinking about it unexpectedly at odd times afterwards.

Bad Sisters [Apple TV]

Recommended by Paul Quillin

To watch this series, you'll need to have access to AppleTV. You can try the channel, available on smart TVs, or with a Roku device, for a free seven-day trial. If you decide to keep it the cost is \$6.99/month.

As series' go, this one is fairly easy to follow even though it tends to jump back and forth in time. It was filmed on location in Ireland; the setting is Dublin. The acting is strong and believable and if, like me, you have difficulty understanding heavily accented English you should not have too much trouble, as only one character, the elder insurance agent brother speaks with a bit of a Scottish brogue.

There are five Garvey sisters. We meet them all in episode one which takes us back in time to a Christmas holiday party. One of the sisters, Grace, is married to John Paul and is apparently blind to his many character flaws. Her sisters are not deluded in this way and jokingly discuss knocking him off after this party where we see him insult and anger almost everyone.

The next day, John Paul refuses to let Grace meet up with her sisters at "The Forty Foot", a local swimming place, for the Garvey family's annual Christmas morning swim (apparently a tradition in spite of the cold). Here at The Forty Foot, Grace's sisters lament how much she has changed because of John Paul and it's looking like getting rid of him is becoming less of a joke and more tempting.

Later in the episode we jump to the present where we find the sisters all gathered for a funeral! Yes! It's for John Paul! He's dead! But, we don't know what the circumstances were, only that he died "suddenly".

Enter the Claffin brothers, Matt and his half-brother Tom, insurance agents for John Paul's life insurance policy. Why are they attending the funeral? Just like the details of John Paul's death, this is a mystery that we will not learn until a later episode (earlier in time) when we see that Matt had become "friendly" with Becka, one of Grace's sisters.

Tom suspects that the sisters are some-

how connected with John Paul's death, so he starts acting like a police investigator. He is not doing this just out of curiosity. It turns out Tom and Matt's insurance business is in financial trouble and having to pay the life insurance claim will bankrupt them, so Tom starts leaning on Matt to help him in his investigation.

We jump back in time in subsequent episodes and see how despicably John Paul interacts with each of Grace's sisters, his next door neighbor and even his own daughter, who he publicly belittles. The production is smooth and clear in its coverage of past events and how they affected what is happening in the present.

Expect to see a lot of action and intrigue in the nine more episodes before we learn what actually happened to John Paul. As much as I would love to talk about it, I won't give away any tidbits, and there are many. I can say that if you're like me you will be very surprised at and happy with the ending. Bear in mind that this is billed as "black comedy" and it certainly lives up to that label. I read that although this was to be only one season, there may be another. We'll see. At any rate. I suggest that if you like this genre "Bad Sisters" is worth a shot. Happy viewing!



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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee Member

Join The Club (part 2 in a series)

So last issue we addressed the large bundles of Pork Chops featured in the Big Box Stores such as BJ's, Costco or Price Club, offering storage tips and some easy family-friendly recipes to be sure there was no waste. Now let's talk about those double packages of whole roasting chickens (about 9 to 10 pounds total).

Game Plan

The trick here is to roast both chickens at the same time. Serve one as a Roasted chicken dinner (see Savory Roast Chicken & Gravy). Parse out the meat from the second chicken for Chicken Fried Rice and Chicken Pot Pies and refrigerate or freeze for other uses (recipes follow).

Savory Roast Chicken & Gravy (makes 6 servings)

- 2 whole chickens, giblet removed, about 4½ to 5 pounds each
- 3 teaspoons McCormick Montreal Steak Seasoning
- 1 lemon, thinly sliced
- 6 cloves garlic, sliced
- 1 pound parsnips, peeled and cut into 1-inch pieces
- 1 bag (1 pound) peeled baby carrots
- 1 small head cauliflower, cut into florets
- 2 tablespoons olive oil
- 2 tablespoons all-purpose flour
- 1 can (14½ ounces) chicken broth

1. Heat oven to 450°.
2. Gently lift skin from breasts and legs and season each chicken with 1 teaspoon Montreal seasoning. Place some of the lemon and garlic slices under the skin.
3. Place chickens on a rack in a large roasting pan. Roast at 450° for 30 minutes. Reduce temperature to 350°. Roast for additional 50 minutes or until internal temperature registers 165°.
4. Meanwhile, place vegetables on a large rimmed baking sheet and toss with olive oil and remaining Montreal seasoning. Place in the 350° oven and roast for about 45 minutes or until tender. Stir after 25 minutes.
5. Reserve one chicken for future. Pour out all but 3 tablespoons pan drippings from roasting pan and whisk in flour. Cook over medium-high heat for 1 minute; whisk in chicken broth and ½ cup water. Simmer 3 minutes until thickened, scraping browned bits from bottom of pan. Strain.
6. Serve chicken with gravy, vegetables and Olive Oil Smashed Potatoes (recipe follows).

Olive Oil Smashed Potatoes

Cut 2½ lb unpeeled potatoes into 1-inch pieces; cook in lightly salted water for 15 minutes, until tender. Drain. Smash with a potato masher and gradually beat in 3 tablespoons olive oil. Season with ½ teaspoon salt and ¼ teaspoon each black pepper and nutmeg. Stir in 2 tablespoon parsley.

Chicken Fried Rice (makes 4 servings)

- 3 eggs, lightly beaten
- 1 package (5.2 ounces) chicken-flavored rice mix
- 3 cups shredded cooked chicken (dark meat from second roasted chicken)
- 1 bag (16 ounces) Asian stir-fry frozen vegetables, thawed
- 1 can (5 ounces) bamboo shoots, drained
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 3 chopped scallions

1. Coat a large nonstick skillet with cooking spray. Add eggs and cook over medium heat until set, about 2 minutes. Remove to a plate and cut into strips.
2. Wipe out skillet. Prepare rice mixture in skillet following package directions, about 20 minutes. During last 7 minutes of cooking add chicken, vegetables, bamboo shoots and soy sauce. Stir in egg and cook, covered, for remaining 7 minutes.
3. Stir in sesame oil and scallions. Let stand, covered, 5 minutes.

Chicken Pot Pie (makes 2 pies, 4 servings each)

- 1 package (14.1 ounces) ready to roll piecrust
 - 1/3 cup all-purpose flour
 - 1 can (14 ½ ounces) chicken broth
 - 1½ cups milk
 - 1 cup diced celery
 - 3 cups cubed cooked chicken (white meat from second roasted chicken)
 - 1 package (10 ounces) frozen mixed vegetables, thawed
 - 1 tablespoon dried onion flakes
 - 1 tablespoon dried parsley flakes
 - 1 teaspoon poultry seasoning
 - ½ teaspoon garlic salt
 - ½ teaspoon black pepper
 - 1 egg, lightly beaten
1. Heat oven to 450°. Coat two 9-inch glass pie plates with cooking spray.
 2. Combine flour and broth; place in a large pot. Bring to a boil; add milk and celery. Simmer 3 minutes. Stir in chicken, vegetables, onion flakes, parsley, poultry seasoning garlic salt and pepper.
 3. Spoon chicken mixture into pie plates.
 4. Unroll pie crusts, placing one on top of each pie plate and crimping edges.
 5. Before baking, vent and lightly brush with beaten egg. Bake at 450° for 15 minutes; reduce heat to 350° and bake for an additional 25 to 30 minutes or until filling is bubbly and crust golden.
 6. Allow to cool slightly before serving.

Poetry Corner

by James Ruffini, Communications Committee Member

In celebration of Pride Month, and the 4th of July, we have poems by Walt Whitman and William Wordsworth. Selected by James Ruffini.

A Night in June by William Wordsworth

The sun has long been set,
 The stars are out by twos and threes,
 The little birds are piping yet
 Among the bushes and the trees;
 There's a cuckoo, and one or two thrushes,
 And a far-off wind that rushes,
 And a sound of water that gushes,
 And the cuckoo's sovereign cry
 Fills all the hollow of the sky.

For You, O Democracy by Walt Whitman

Come, I will make the continent indissoluble,
 I will make the most splendid race the sun ever shone upon,
 I will make divine magnetic lands,
 With the love of comrades,
 With the life-long love of comrades.
 I will plant companionship thick as trees along all the rivers of America,
 And along the shores of the great lakes, and all over
 The prairies,
 I will make inseparable cities with their arms about each other's necks,
 By the love of comrades,
 By the manly love of comrades.
 For you these from me, O Democracy, to serve you, ma femme!
 For you, for you I am trilling these songs.

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. Submit your poems to James at the Harmony email: pepoaharmony@gmail.com

Father's Day – A Special Day, Many Decades in the Making

by Stephanie Joy Lewis, Contributor

Father's Day has been an accepted national holiday in the USA for only 51 years. Where did it come from? It took many decades after mothers were appropriately recognized for their parental role to be similarly embraced. Historically, it may be that it was a combined effort by a daughter with an idea, and a set of clergy leaders working together. But the details in between are fascinating.

A Spark

By at least one account, the first known day of a Father's Day service happened in Fairmont, VA on July 5, 1908, following, tragically, the accidental death of hundreds of men in what is called the worst mining accident in U.S. history. The daughter of a minister, Grace Clayton proposed to honor all fathers, especially those who had died. However, that event was not promoted, nor an annual event, and it remained a locally limited day at that time.

The Flame

However, across the country, a mere year later, another American daughter, 27-year-old Sonora Smart Dodd of Spokane, WA, gained inspiration from Mother's Day, the idea born of Anna Jarvis. (See a prior Mother's Day article in the Harmony for more on Anna Jarvis's Mother's Day.) Sonora sought to honor her own father, a widowed farmer and Civil War veteran, who as a single parent raised his six children. His name was William Jackson Smart.

She promoted the idea to the Spokane Ministerial Association and the YMCA (did you know we have a YMCA in Stroudsburg?), hoping to set aside a Sunday in June, namely, June 5, her father's birthday. However, the ministers decided on the third Sunday in June, to give them more time to prepare the Father's Day sermon after doing so for the preceding Mother's Day in May. Thereafter, the first Father's Day events took place on June 19, 1910, in Spokane and it was well publicized. In fact, that celebration news made its way to Washington, D.C., which started it on its long way to becoming a national holiday. It took quite a long time to reach the goal, considering that Mother's Day was recognized as early as 1914.

Never Without Controversy

There was controversy about Father's Day. Some viewed it as an over-stepping of Mother's Day, the thought that mothers were generally less credited than Fathers, underappreciated, and thus a Mother's Day was more warranted. Others saw and resisted the femininity of Mother's Day, which was in fact blanketed in feminine terms, rejecting then, a Father's Day that would be similar. (Apparently, even President Woodrow Wilson, in 1914, found Mother's Day an opportunity to recognize "that tender, gentle army – the mothers of America.")

And still others found it distasteful because of the commercialization taking hold, already seen in Mother's Day. This was due to expected gift-giving, flower purchases and other profiting gimmicks to make more sales, generally paid for by the fathers themselves. (This had been a major criticism, as well, of Mother's Day, even by the woman who was instrumental in creating our Mother's Day.)

Political Movement

In time, however, the idea of Father's Day took hold. In 1916, President Wilson and family observed the day. In 1924, President Calvin Coolidge signed a resolution in favor of Father's Day, noting it was intended to create more meaningful relationships between fathers and their children as well as to encourage the embracing by fathers of the 'full measure of their obligations.'

Economic Influence

It is reported that the Great Depression played a role in Father's Day. Desperate stores carrying items men needed, promoted Father's Day because the economy needed people to spend money. Thus, people were encouraged to buy a tie for Dad since Dad would probably not spend the money to buy one for himself.

War-time Influence

Similarly, WWII added a further emotional encouragement to support the day. There was great desire to support the war, where many fathers and men were on the front lines. People missed and worried about the safe return of their fathers, uncles, grandfathers, and husbands. To show appreciation for the efforts of men and fathers specifically, in the war, Father's Day provided such an opportunity.

It's Official

More than 40 years later, President Lyndon Johnson signed an executive order regarding Father's Day. It was not until 1972 when Congress and President Richard Nixon made it official – Father's Day is a national holiday on the third day of June each year. Sonora, the flame behind Father's Day, was alive to live through the signing of the new law and died six years after.

A Little Different from Mother's Day

The nature of Father's Day in the United States has also evolved away from the feminine model and flowers giving moment that gave it controversy. It is a day that often celebrates what fathers like to do in their spare time, such as fishing, grilling, and doing other things with their children. It places heavy emphasis on the important role fathers play in the healthy growth of their children. This role evolved through the decades as the parenting roles merged between mothers and fathers, to today where mothers and fathers are partners in home and work life. Fathers have more responsibility and enjoyment within the home and family life, and not just the working, bread-winning duties of fathers past.

Let's celebrate the fathers among us, be they by nature or nurture, as fathers contribute to the well-being and enrichment of children, their mothers and even their grandparents, in uncountable ways.

Happy Father's Day!

<https://www.britannica.com/topic/Fathers-Day>

<https://www.almanac.com/forgotten-history-fathers-day>

<https://www.nationalgeographic.com/culture/article/fathers-day-campaign-daughter-create-holiday>

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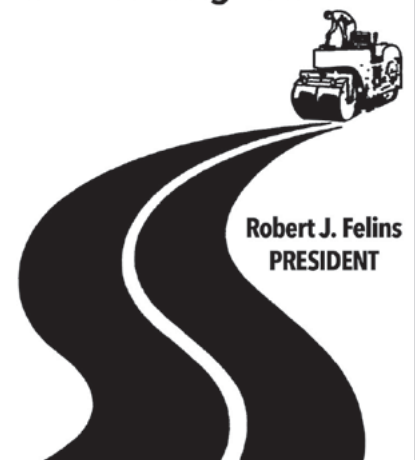
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Eats Around Town

by Michael J. Tyrrell, Communications Committee Member

Farm House Eatery

We were a little late to the game, but finally visited this restaurant recently for Sunday brunch. The word of mouth has been extremely positive and we couldn't agree more.

The atmosphere is very casual and homey. It's a perfect fit for the Crystal Street vibe. They were reasonably crowded but the service was seamless. We started out with Bloody Marys which were very generous and just the right amount of heat for our taste. Each were garnished with a piece of crispy bacon. (They had me at the bacon).

I ordered the Cowboy Breakfast Burger which consisted of a Sausage and Beef patty, smoked bacon, grilled onions, cheddar cheese, topped with a fried egg on a brioche roll. Served with Potatoes O'Brian. All the boxes were checked. It was an exceptional breakfast sandwich. Everything was so fresh. I requested an over easy egg but they would certainly accommodate those that want a well-cooked egg.

Waffles seem to be popular, but one thing on the menu really intrigued us. They offer a De-constructed Farm Platter for two or more. Waffles, bacon, sausage, scrambled eggs, hash browns, fried eggs, seasonal fruit, peaches, maple syrup. It



looked like fun but you really need to be starving to get your money's worth. Maybe next time. We weren't THAT hungry.

We're looking forward to a return trip - maybe for an early dinner one day soon.

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HEALTH & FITNESS Snacks in Motion

by Yolanda Sarrabo, CPT, BCS NASM, Contributor



Now that you've incorporated a steady momentum with exercise, whether consistent walking, or adding weight training to your schedule; what's next? Mobility and exercise are part of this physical wheel; So, when making these physical changes we mustn't forget that diet is also plays a part in keeping things in sync. Let's talk about how important healthy snacks should be included in the conversation as you move in motion.

Water Will Suffice

Though water is indeed good for the body and the body does need this type of nourishment, even more so when exercising. Oftentimes, there's this misconception that starvation works fine, especially when trying to lose weight with only exercise; However, the two-go hand in hand- exercise and well-balanced diet. Water alone can't cut it, let me explain why:

Benefits-

- *Limits muscle fatigue
- *Cools the body when over exerted
- *Allows quicker recovery from physical activity

However - It should be noted that too much water or only water in allowing the body to regain it regroup, leads to bloating and overpowers the kidneys along with other issues.

Snacks

The best snack options when continuing your fitness journey should snacks that include protein. Protein helps the muscles with amino acid that helps rebuild muscle and muscle repair. Here are some noted options when on the go:

- Guava or Banana Smoothies- Almond milk, 1 tsp of flax seeds
- Granola Bars- (low in sugar)
- Light Tuna in Water Packs
- Roasted Chickpeas (Snack or blend as a hummus)
- Protein Bars
- Roasted Edamame Beans
- Sliced Avocado
- Unsalted Almonds
- Yogurt (Preferably Plain)
- Pumpkin Seeds or Sunflower Seeds (Unsalted)

Snacks are the preferred go-to in giving your body the needed nourishment before sitting down for that full meal, just remember the quality of the snack makes a huge difference when snacking in motion.

Cheers!

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

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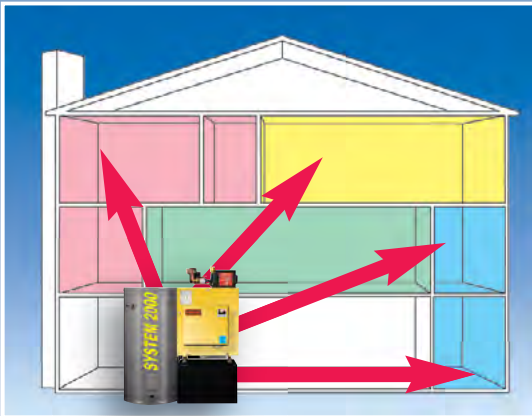
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