



Living in Harmony with Nature Harmony

Penn Estates Property Owners Association

June/July 2021

Annual Meeting - May 1, 2021

2021-2022 PEPOA Board of Directors and Officers

President Ken Nevil
Vice-President..... David Montalvo
Secretary..... Sandra Bonet
Treasurer Jose Padilla
Directors Bob Hampp, Christine Morton, Chuck Fariello,
Chris Hoffman, Dee Lowe

2021-2022 PEPOA Committee Liaisons

Appeals.....Ken Nevil	ARBDavid Montalvo
Communications.....Sandra Bonet	ElectionsChuck Fariello
FinanceJose Padilla	RecreationChristine Morton
SafetyDee Lowe	

President's Message

by Ken Nevil, PEPOA President

Hello everyone! I would like to introduce myself to those who don't know me. My name is Ken Nevil. At the annual reorganization meeting held on Saturday, May 1, 2021, I was elected President of the board of directors.

I have owned and lived in the same house here in Penn Estates for the last 32 years. My wife Bettyanne and I have raised five children here and now have four fabulous grandchildren.

I would like to take a moment to address several issues. As all of you are aware, in March of 2020, the United States and the world were affected by a horrible virus known as Covid-19. We have all been affected by the closing of stores, businesses, bars, and restaurants. This has caused interruptions in our routines with not being able to do the things that we previously enjoyed.

As we start looking ahead to the restrictions being eased and plan ahead for the day they are gone, we are still vigilant to the dangers of this virus. So please bear with us through this period, in 2021, as the Board of Directors will continue to make decisions that represent our ultimate goal, which is the safety of our community.

We are currently enjoying a period of home sales and purchases that again represent the increased value of our homes. Thank you to all for having pride in your homes to have helped raise these values.

In closing, I would like to thank our past President, Sandra Bonet, who guided the board during the past year. In addition, the current board of directors made good decisions and took legal advice on matters concerning this community.

PLEASE NOTE: The board generally has been meeting the first Friday of the month at 7:30 pm. **Beginning in June, the time has been changed to 7:00 PM.** We welcome your comments at our monthly meetings.

It is an honor for me to serve as your Board President for the next year.



Easter Bunny Candy Drive-By



by Sandy Bonet, Board Member

The Easter Bunny was creative this year. He found a Covid-safe way to visit the children of Penn Estates. As parents drove their kids through the Community Center parking lot, he greeted each of them with waves, high-fives, toys and bags of treats. Music and colorful Easter blow-ups added fun and excitement. The Bunny himself was seen dancing his furry head off!

Thanks to Director Bob Hampp who is rumored to be a very close friend of the Easter Bunny and his helpers. Also thanks to organizers Community Manager Phyllis Haase, Maria Montalvo and the Recreation Committee and to

Board President Ken Nevil and the Safety Committee who kept the event rolling along by directing traffic.

Hopefully next year the Bunny will be back for his traditional Easter Breakfast with the kids. Let's hope so.

More photos on page 3...

Penn Estates Property Owners Association 2021-2022 Meeting Schedule

Board of Directors Meeting	June 4, 2021	7:00 pm	Zoom
Board of Directors Meeting	July 9, 2021	7:00 pm	Zoom
Board of Directors Meeting	Aug. 6, 2021	7:00 pm	Zoom
Board of Directors Meeting	Sept. 10, 2021	7:00 pm	Zoom
Board of Directors Meeting	Oct. 1, 2021	7:00 pm	Zoom
Budget Presentation/work session	Oct. 9, 2021	9:00 am	Zoom
Budget Presentation/work session	Oct. 12, 2021	7:00 pm	Zoom
Board of Directors Meeting	Nov. 5, 2021	7:00 pm	Zoom
Board of Directors Meeting	Dec. 3, 2021	7:00 pm	TBD
Board of Directors Meeting	Jan. 7, 2022	7:00 pm	TBD
Board of Directors Meeting	Feb. 4, 2022	7:00 pm	TBD
Board of Directors Meeting	March 4, 2022	7:00 pm	TBD
Board of Directors Meeting	April 1, 2022	7:00 pm	TBD
Annual Meeting	May 7, 2022	10:00 am	TBD



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

Happy Fourth of July

by Sandy Black, Contributor

The Fourth of July, also widely referred to as "Independence Day" or "July 4th," has been a federal holiday since 1941 but in reality the tradition of celebrating Independence Day goes all the while back to the 18th century and the American Revolution.



Georgia (1732) voted on the Declaration of Independence, which was drafted by Thomas Jefferson.

When the initial battle of the Revolutionary War started in April, 1775, a few colonists got together and demanded their independence from Great Britain. Once doing this they were considered radicals. By the year 1776 many more colonists decided that yes independence from Britain was desired and it should be pursued.

On June 7th the Continental Congress met at the Pennsylvania State House (now named Independence Hall) in Philadelphia and a motion calling for the colonies' independence was introduced by the Virginia delegate, Richard Henry Lee. On July 2nd the Continental Congress voted in favor of Lee's resolution with the delegation from New York abstaining.

Did you know that George Washington and Thomas Jefferson both died on July 4, 1826? Interesting.

So, from 1776 to the present day, July 4th has been celebrated as the birth of

American independence with statewide festivities which include fireworks, parades and concerts in conjunction with the causal family gatherings and barbecues. This year, Fourth of July will fall on a Sunday and the federal holiday will be observed on Monday, July 5, 2021.

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

From Phyllis's Desk

by Phyllis Haase, Community Manager

Duties and Responsibilities of Unit Owners in a Planned Community

Prior to any unit being bought in our community, a resale packet should be ordered from the Association by the seller and provided to the potential buyer. This packet explains the duties and responsibilities that unit owners owe to the Penn Estates planned community and our Association.

One of the most important documents in the packet is the Declaration of Covenants, which is a document recorded in every unit's chain of title with the Monroe County Recorder of Deeds office. When a new owner accepts the deed to a property within the community, he or she agrees to abide by all of the covenants in the Declaration. These covenants establish the owner's original property rights, duties, and obligations. The covenants compel all owners to join the Association and to pay dues and assessments so as to enable the Association to function.

The Association is responsible for enforcing the governing documents and maintaining the community's common areas, including its roads, playgrounds, basketball courts, lakes, tennis courts, and pools. The Association's employees or vendors perform landscaping, building and road maintenance, snow removal, public safety, and administrative duties. To perform these tasks, the association must be able to obtain revenue and establish an annual budget (operating and reserve). The necessary revenue comes in the form of annual assessments paid by the owner members. Annual assessments are authorized by a state statute known as the Pennsylvania Uniform Planned Community Act (aka Act 180) as well as the community's governing documents.

With that being said, the Association is diligent in enforcing the owners' payment obligations. So, what happens if a homeowner simply does not pay his or her assessments?

Section 5315 of the UPCA creates an automatically perfected lien on each unit in the community for at least four (4) years of assessments. This lien exists without the need to file a civil action against the owner of record and may be foreclosed upon like a mortgage. Importantly, lien foreclosure actions may only be satisfied by seeking to sell the unit for which the assessments came due.

Payment obligations to the Association, however, are also the personal obligation of the unit owners. As such, the Association may choose to file personal collection actions against delinquent owners. Such personal actions have a twenty (20) year statute of limitations and may be satisfied by seeking to collect against other property owned by the debtor, aside from the unit which incurred the assessments.

The Association has 1,767 billable properties and needs every owner to pay his/her portion of the cost of maintaining the community and operating the Association. Unfortunately, this does not always happen, and the Association must take action. When necessary, the Association will file a legal action with the court. This usually takes the form of a personal collection action. Once a judgment is obtained, the Association may then seek to have the owner's personal or real property levied upon by the Sheriff and sold at sheriff's sale.

Recently, the association sued an owner for unpaid assessments and was forced to go to trial before a Common Pleas Judge in Stroudsburg. The Association prevailed at trial and was awarded judgment, plus attorney fees. When the owner failed to pay the judgment, the Association had the Sheriff levy upon his unit.

This process was laborious and time consuming, but also necessary. The property will be transferred to a new owner, who will hopefully be more inclined to honor his/her assessment obligations to the Association. While this is not the Association's favored approach, it is sometimes unavoidable.

Owners hold an obligation to each other to pay their proration of the annual assessments. Rest assured that if owners fail to meet this obligation, the Association will pursue its legal options, up to and including selling property at sheriff's sale, to protect the interests of all owners. If you are delinquent, we urge you to contact the Association as soon as possible to try to make a payment arrangement to avoid such drastic remedies.



Harmony

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More Easter Bunny photos...



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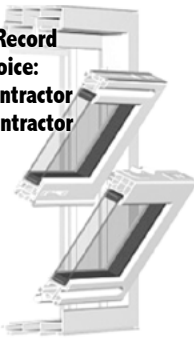
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Let Our Family Serve Your Family

Reopening and Re-Engaging Plan for the Residents of PEPOA

In Concurrence with State and National Recreation and Park Guidance

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Health Risk Principles

The risk of exposure and spread of COVID-19 increases based on:

- The more people a person physically interacts with
- The closer the physical interaction is with others
- The longer the physical interaction is with others
- The greater the interactions with frequently touched surfaces
- The environment in which interaction occurs.

Pennsylvania Recreation and Parks Society is the principal statewide association providing professional development, leadership, advocacy, and resources for those working and volunteering in the parks and recreation field, improving environmental, economic, and social health and wellness, and provided guidance that Penn Estates POA is using to base our 2021 opening.

Information considered for the proposed plan:

- CDC Regulations
- CDC Model for Aquatic Health Code
- CDC Guidance for Beaches
- PA DOH Events Guidance
- Universal Mask Mandate

Penn Estates POA is not insured for infectious diseases. Members of the Association are solely responsible for claims.

36 sq. ft. per person represents social distancing

OUTDOOR COURTS: BASKETBALL

- Groups & Capacity - Vulnerable populations should not attend.
- Scheduling - The courts are open play, and no scheduling is accommodated. Games may be played to completion
- Hygiene - Clean hands before and after practice, games, and sharing equipment. Wear a mask that covers the nose and mouth when not actively playing. Wipe off frequently touched surfaces, equipment, or gear with wipes before and after use. Self-monitored for hand sanitizer.
- Equipment - Participants should bring their own equipment. Sanitize and wipe off equipment before and after use is recommended.
- Minimizing Contact - Maintain 6-foot spacing when possible. Players do not huddle together; no hand slaps. Sportsmanship continues in a touchless manner.
- Signage - Signage encourages hand washing, healthy practices, and rule adjustments. Staff empowered to enforce.
- Spectators - Ensure they wear masks and maintain physical distancing. Spectators should bring their own seating or portable chairs when possible. Vulnerable populations should stay home. Masks must be worn

OUTDOOR COURTS: TENNIS

- Groups & Capacity - Vulnerable populations should not attend.
- Scheduling - The courts are open play, and no scheduling is accommodated. Games may be played to completion
- Hygiene - Clean hands before and after playing. Wear a mask that covers the nose and mouth. Wipe off frequently touched surfaces, equipment, or gear with wipes before and after use. Self-monitored for hand sanitizer.
- Equipment - Participants should bring their own equipment to limit shared equipment. Sanitize and wipe off equipment before and after use.
- Minimizing Contact - Players do not huddle together, no hand slaps. Sportsmanship continues in a touchless manner.
- Player Areas - No equipment is provided. Mask must be worn when not actively playing
- Signage - Signage encourages hand washing, healthy practices, and rule adjustments.
- Spectators - Vulnerable populations should stay home. Masks must be worn.

OUTDOOR COURTS: SAND VOLLEYBALL

- Groups & Capacity - Vulnerable populations should not attend.
- Scheduling - The courts are open play, and no scheduling is accommodated. Games may be played to completion
- Hygiene - Clean hands before and after playing. Wear a mask that covers the nose and mouth. Wipe off frequently touched surfaces, equipment, or gear with wipes before and after use. Self-monitored for hand sanitizer.
- Equipment - Participants should bring their own equipment to limit shared equipment. Sanitize and wipe off equipment before and after use.
- Minimizing Contact - Maintain 6-foot spacing when possible. Players do not huddle together, no hand slaps. Sportsmanship continues in a touchless manner. Mask must be worn when not actively playing
- Player Areas - No equipment is provided.
- Signage - Signage encourages hand washing, healthy practices, and rule adjustments.
- Spectators - Vulnerable populations should stay home. Masks must be worn

OUTDOOR COURTS: HORSESHOES

- Groups & Capacity - Vulnerable populations should not attend.
- Scheduling - The courts are open play, and no scheduling is accommodated.
- Hygiene - Clean hands before and after playing. Wear a mask that covers the nose and mouth. Wipe off frequently touched surfaces, equipment, or gear with wipes before and after use. Self-monitored for hand sanitizer.
- Equipment - Participants should bring their own equipment to limit shared equipment. Sanitize and wipe off equipment before and after use.
- Minimizing Contact - Maintain 6-foot spacing when possible. Players do not huddle together, no hand slaps. Sportsmanship continues in a touchless manner. Masks must be worn when not actively playing
- Player Areas - No equipment is provided.
- Signage - Signage encourages hand washing, healthy practices, and rule adjustments. Staff empowered to enforce.
- Spectators - Spectators of the same family are permitted. Vulnerable populations should stay home. Masks must be worn

VENUES

- Groups & Capacity - Members only due to occupancy limitations. Guest are not allowed at this time.
 - **Oak Room** - Social Distancing Required. Events capped at 35. Vulnerable populations should not attend.
 - **Penn Terrace Deck** - Social Distancing Required. Events capped at 40. Vulnerable populations should not attend.
 - **Multipurpose Room** - Social Distancing Required. Occupancy capped at 8 people. Vulnerable populations should not attend.
 - **Lower Conference Room** - Social Distancing Required. Occupancy capped at 7 people. Vulnerable populations should not attend
- Sanitation & Cleaning - Clean and sanitize frequently touched surfaces and restrooms regularly. Maintain daily opening and closing sanitation schedule to ensure all items are cleaned. Supply employees and members with materials to clean hands.

Reopening and Re-Engaging Plan cont.

- Equipment - Clean and sanitize according to CDC guidelines. Limit contact of facility electronics.
- Minimize Contacts - Adhere to group gathering guidelines and 6 ft. physical distancing. Masks must be worn when not eating or drinking. Liability waiver must be signed for each attendee.
- Hygiene - Provide for handwashing or sanitizing before and after each event. Increase ventilation wherever possible.
- Check-in/out Procedures - Sign-in sheets required. Participants must pre-register for events.
- Programs - Ensure proper time needed between each program/meeting for proper sanitation.
- Food & Beverage - No shared food and beverages. Self-serve or buffet style prohibited. Disposable packaging only.
- Non-Participants - Registered participants only.

Rental of indoor facilities paused (i.e., Oak Room, Recreation Center or Multipurpose Room).

RECREATION AND FITNESS CENTER

- Groups & Capacity
 - **Recreation Center** - Social Distancing Required. Occupancy capped at 20 people. Vulnerable populations should not attend
 - **Fitness Center** - Social Distancing Required. Occupancy capped at 15 people. Vulnerable populations should not attend
- Sanitation & Cleaning - Clean and sanitize frequently touched surfaces and restrooms regularly. Maintain daily opening and closing sanitation schedule to ensure all items are cleaned.
- Equipment - Clean and sanitize according to CDC guidelines. Limit contact of facility electronics.
- Minimize Contacts - Adhere to group gathering guidelines and 6 ft. physical distancing.
- Hygiene - Provide for handwashing or sanitizing before and after each activity. Wear masks that cover the nose and mouth

PLAYGROUNDS and PAVILION

- Ratios & Groups - Open with physical distancing.
- Signage - All restrictions and recommendations posted at a minimum at all access points
- Hygiene - Reinforce use of hand sanitizer before and after use or following sneezing and coughing—reminders to discourage touching of the face and covering mouth for sneezes or coughs. Wear a mask that covers nose and mouth when you cannot socially distance.
- Programming - No formal programming.
- Notes - Users should supply their own hand sanitizer and obey all posted signage. Masks must be worn.

OUTDOOR RESTROOMS – PORTABLE TOILETS

- Ratios & Groups - Restrict to two people at a time, with exceptions for same household members.
- Sanitation & Cleaning - Clean and sanitize frequently touched surfaces at regular intervals based on usage.
- Hygiene - Recommend use of hand sanitizer before and after use or following sneezing and coughing. Masks must be worn
- Signage - Required to include information on dangers, physical distancing, and proper hygiene requirements.
- Supplies - Restock as needed to ensure soap, sanitizer, and other supplies are always available.
- Notes - Where possible, prop doors open to allow entry/exit without touching surfaces—place trash cans inside the restroom.

OUTDOOR ENTERTAINMENT

Community Day, Fall Festival, Street Fair, Concerts, Movie in the Park, etc.

- Capacity - Vulnerable populations should not attend. Events capped at 75 members; guests not allowed.
 - **Sports Complex Field** (excludes baseball diamond)

- Sanitation & Cleaning - Clean, sanitize, and disinfect frequently touched surfaces throughout the event
- Hygiene - Hand sanitizers available for staff and members. Masks are required to cover both nose and mouth
- Staffing - Extra maintenance staff must be available for additional cleanings. Masks are required for staff.
- Programming
- Ticketed Events: Use social media or third-party vendor to help sell online tickets when possible.
- Policy has been implemented to allow participants flexibility for refunds if ill.
- Entry Lines - Provide ground marks to display 6 ft distancing guidelines.
- Sitting Areas - Add cones, taped markers, extra benches, chairs, or other equipment to encourage spacing and physical distancing.
- Signage - Encourage handwashing and healthy practices and describe any rule changes.

BEACHES & WATERFRONTS

- Capacity - Vulnerable populations should not attend. Adhere to group gathering guidelines and 6 ft physical distancing.
 - **Highland Lake Beach Area** - Vulnerable populations should not attend
 - **Highland Lake Playground and Gazebo Area** - Vulnerable populations should not attend
- Minimize Contacts - Monitor, enforce distancing, including limiting capacity on the beach.
- Sanitation & Cleaning - Clean, sanitize, and disinfect frequently touched surfaces throughout the day. Maintain daily opening and closing sanitation schedule.
- Hygiene - Provide for wash stations, clean restrooms, hand sanitizer, etc. Masks are required to cover both nose and mouth with the exception of when in the water, eating, drinking or sitting.
- Equipment Sharing - Discourage shared equipment outside of same household.
- Signage - Encourage handwashing and healthy practices and describe any rule changes.

LAKE HOUSE and POOL LAVATORIES

- Groups & Capacity - Adhere to group gathering guidelines and 6 ft physical distancing. Considered staged entry to control flow. 36 sq. ft. per person represents social distancing.
- Sanitation & Cleaning - Clean, sanitize, and disinfect frequently touched surfaces every 4 hours. Maintain daily opening and closing sanitation schedule.
- Hygiene - Provide for handwashing or sanitizing before and after use. Prop open doors when practical; increase air exchange where possible. Masks are required to cover both nose and mouth.
- Check-in/out Procedures - Self- Monitoring
- Food & Beverage - Not allowed.
- Non-participants - 1 adult per underage minor for assistance only.

POOLS

- Capacity - Social Distancing Required. Vulnerable populations should not attend. Ratio as set forth in the PA Department of Health. Clean and disinfect times as outlined above and/or to CDC guidelines. Provide cleaning stations in every programming space. Clean each area pre- and post-use at all contact points.
- Equipment - No lifejackets or chairs are provided. Members may bring a chair.
- Minimizing Contacts - Water fitness partner work may resume.
- Hygiene - All employees are to wear PPE and wash hands frequently. Patrons are required to wear masks while not in the water and follow social distancing. Masks are required to cover both nose and mouth with the exception of when in the water, eating, drinking or sitting.
- Check-in/out Procedures - Member shall use hand sanitizer prior to entering the pool complex. An adult must sign the waiver for any minors 17 years old or younger.
- Programming - Resume instructor supported aquatics
- Food & Beverage - No food allowed in any facility at any time. Water is permitted if brought by the patron.
- Non-participants - Non-essential visitors are not permitted.

FATHER'S DAY GIFT IDEAS

by Deborah Cellentano, Communications Committee Member and Avid On-Line Shopper

I found this site from an Instagram Influencer. I haven't bought anything off of it, but it has some really unique and fun gifts for the entire family and great items for gifts. For Father's Day, I thought I'd share a list from there. Website: <https://www.uncommongoods.com>

The Grilling Dad

- Kabob Grilling Baskets (\$17)
- BBQ Blends Rub & Sauce Kit (\$38)
- Folding Fire Pit Grill Grate (\$25)
- Beer Caddy with Bottle Opener (\$30)
- Himalayan Salt BBQ Plank (\$30)
- Make Your Own Hot Sauce Kit (\$40)
- Grilled Personal Pizza Maker (\$35)
- Quesadilla Grill Basket - Set of 2 (\$18)



The Green Thumb Dad

- Garden Pot Hanger (\$35 - \$60)
- My Gardening Handbook (\$35)
- Self-Watering Seedling Starter (\$43)
- Vertical Urban Garden Planters (\$55)

The Coffee Dad

- Bourbon Infused Coffee (\$20)
- Film Buff Movie Trivia Mug (\$14)
- Coffee Enhancing Glassware, Set (\$50)
- Cold Brew Coffee Maker & Carafe (\$40)
- Hopped Up Coffee (\$24)



The Man Cave Dad

- Vintage Baseball Park Map Glass (\$24)
- Whiskey and Rum Making Kit (\$25 - \$75)
- Football Greatest Plays Coasters (\$40)
- Wall Mounted Recycled Ski Bottle Opener (\$45)
- West Coast-Style IPA Beer Brewing Kit (\$20 - \$40)

The Dog (pet) Dad

- Dog Face Pillow (\$25)
- Personalized Dog Parent Mug (\$50)

The Puzzle Dad

They list tons of puzzles, but here are three I thought were fun...

- Find Me Personalized Puzzle (\$35)
- Puzzle Roll Away Mat (\$18)
- Vintage State Postcard Puzzle (\$38)



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HAPPY FATHER'S DAY

by Sandy Black, Contributor

On Father's Day we honor fathers and their fatherhood and their influence in society. This day of recognition was first proposed by Sonora Dodd of Spokane, Washington in the year 1909. It's a day of celebration in the United States held annually on the third Sunday in June.

The first official celebration was held in a YMCA in Spokane, Washington on June 19, 1910. Ms. Dodd's father who was a Civil War veteran, William Jackson Smart, was the single parent of six children. Ms. Dodd after hearing a sermon from Anna Jarvis (founder of Mother's Day in the United States) for the celebration of Mother's Day at the Central Methodist Episcopal Church in 1909 spoke to the minister of the church with regard that fathers should also have a similar holiday honoring them.

She wanted the day to be held on June 5th because it was her father's birthday, but the pastors felt they would not have sufficient preparation time for their sermons and the celebration was deferred to the third Sunday of June.

A bill was introduced to Congress in 1913 for the national recognition of the Father's Day holiday. In the year of 1916 President Woodrow Wilson spoke at a Father's Day celebration in Spokane and wanted the day to be made an official day of observance but Congress resisted. Their objections to the holiday were that the day would become commercialized.

President Calvin Coolidge then recommended in 1924 that the day should be observed by the nation but did not issue a national proclamation for it. Two more attempts to finally recognize the day was defeated in Congress.

In 1966 President Lyndon B. Johnson issued the first presidential proclamation honoring all fathers and designating the third Sunday in June as Father's Day. In 1972 President Richard Nixon signed into law that Father's Day on the third Sunday of June would be a national holiday.

To accommodate all men, International Men's Day is celebrated in many countries on November 19 so that men and boys who are not fathers also have a day honoring them.

Poetry Corner

by James Ruffini, Communications Committee Member

Leaves

They may not understand
The depth of the heart's pain.
They may not understand how time falls
Leaf by leaf in a forest of days.
They may not understand the volume
Of silence you now hear.
And even though people may not
Come forward because they are at a loss
With your loss, they are sorry.
And those who do walk into the forest to you,
May not understand,
But will help take the pain slowly from your hearts,
And turn down the silence leaf by leaf
To life again.

Floating

You handed me the sunset stone
After walking into the water.
You lay, floating and still like a palm leaf
Resting on the rise and fall of the small waves,
Resting on the warm bed of the Jamaican bay.
The sun curled down into the horizon,
Brightening the clouds orange, red, lavender,
When you came from the water.
The sunset stone reflected the sky and my soul,
While watching you,
Just on the surface, floating
Like an aria on the lips of Negril.

2021 Summer Selling/Renting Season is SIZZLING HOT!!!

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Navigating Your Finances

by **Bettyanne Nevil, Communications Committee**

Have you ever heard the term coupon stacking? In couponing lingo it means to combine or “stack” coupons or a discount, a sale price and possibly cash back.

There are many apps that you can sign up for that offer cash back when you purchase choice items on a particular day. You can download Ibotta, top cash back, rakuten and many others.

I usually like to shop at major drug stores and combine sale prices, store coupons, manufacturers coupons and cash back. I get most of my personal products for pennies or free. Another way to save on big purchases is to watch the sales for what you want.

My latest purchase: A Bissell Crosswave all in one vacuum at Kohl's. Available a few bucks cheaper elsewhere, but at Kohl's stacking offers gave me the best deal. It was on sale for \$219. Now you're thinking that's good, right? Not yet. They had a 30% off coupon code that I applied. That took off an additional \$66! But, I'm not done. They also offered \$10 Kohl's cash for every \$50 spent. So that's \$30 given back. With tax of \$9.23, I paid \$133.23 and snagged free shipping too. WooHoo!

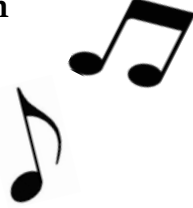
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Real Estate Pulse

by **Lisa M. Sanderson, Contributor**

Penn Estates Average Sale Price Tops \$250k – Highest on Record

As with most of the country, the real estate market continues to boom across the Poconos, driven largely by the upswing in popularity of second homes and vacation rentals. The Pandemic has changed the way people live, work, and play, and these shifting priorities mean lots of movement and cash re-allocation. Things here reflect that. Penn Estates is enjoying an average price skyrocketing 48.8% this year compared to 2020, and buyers descend upon new listings as they hit the market en masse, ensuring bidding wars and over-asking offers much of the time. For those who have been waiting to sell, the time to maximize the money in their pocket is certainly now.

For those who need to buy or rent a home to live in, things are quite challenging. Competition for properties has prospective purchasers and their agents getting creative in how they entice the seller to their offer. In many instances, buyers are making 2, 3, 10 offers even before they are successful in getting the deal. It's a dangerous time for them as they give up important leverage such as home inspections and appraisals in a desperate attempt to compete.

While all this is very exciting and all for the real estate agents managing all this business, it's not an easy market to maneuver. Heightened emotions and a frenetic pace make the substance and frequency of consultative conversations vastly different and more critically important than in past years. Complaints to brokers and real estate organizations from disgruntled, frustrated, and sometimes mistreated consumers and/or their agents are rising in proportion to the market numbers.

When will it end? We certainly can't know. But what we do know is that the housing shortage we are experiencing started long before most of knew what a coronavirus was. Economists have been warning about the effects of the lack of new construction starts over the previous ten years, a symptom of the now long past recession that began in 2008. Values should hold strong for at least a few years as building catches up with demand. And it should be a good time to be a real estate agent. At least that's what my crystal ball shows ;)

Penn Estates Home Sale Data

Information has been gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service on May 22, 2021.

	Active Listings	Pending Sales*	Closed YTD	Closed 2020
Total.....	11.....	18.....	35.....	127
Foreclosures.....	1.....	0.....	0.....	10
Short Sales	0.....	1.....	0.....	0
Low List/Sold \$	165,700.....	100,000.....	148,000.....	55,801
High List/Sold \$	550,000.....	350,000.....	415,000.....	395,000
Avg. List/Sold \$	314,176.....	231,900.....	253,394.....	170,260

*Pending Sale information reflects only list prices as sold information is not available until the sale is final.

*About the Author: Lisa Sanderson is a Past President of the PEPOA Board of Directors, founder of the *unofficial* Living in Penn Estates Facebook Group, and a 29-year veteran of the real estate industry. She is the Broker of Record of Keller Williams Real Estate Pocono, which has offices in Stroudsburg, Milford, Sciota, Palmerton, and Pocono Pines. Comments and questions are welcome at pocono-lisa@gmail.com*

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A Review of Penn Estates own Evelyn Infante's new book: "Simply Gregg"

by Paul R. Quillin, Contributor

Anyone looking for diversion right now? Granted, we have turned that "Covid-Corner," but I found something to focus on other than THAT. It's Evelyn Infante's just published murder mystery; "Simply Gregg."

This is a page turner. We start out meeting the main characters and jump right to the scene of the crime, and it's a harrowing one, consider yourself warned. The characters here, both the good and the bad are so clearly drawn that it makes it easy to follow the plot. Evelyn's knack for detail gives even the physical objects vivid clarity especially all of her references to actual places right here in the Poconos - and there is a nice twisty windup too.

Evelyn told me she is well into her second book so I am looking forward to another fun read, hoping it will have some connection to this one. I asked Evelyn how she gets a book started and she surprised me by saying she envisions the crime first and then goes from there. Interesting.

If you decide to give this book a try, it's available on Amazon. Enjoy the ride!



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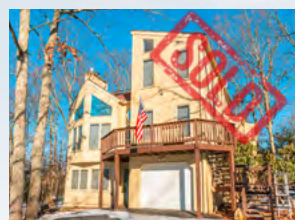
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3151 Greenbriar Drive



345 Clicko Lane



4110 Rosewood Terrace

Exploring Ohiopyle in Western PA

Waterfalls, Sunrise, Art and History

by Ting Qian and Ning Wang

Have you visited western PA's most talked about waterfalls — Cucumber Falls? We recently found ourselves making the 5 hour drive there just to admire its real beauty in person. The falls are located in the Ohiopyle State Park by the Youghiogheny River in the Laurel Highlands region.

Just like the Pocono Mountains, Ohiopyle in Fayette County is also a magnificent mountainous region, and considered an ideal place for a nature getaway. You can really immerse yourselves in great outdoors and enjoy many adventures such as hiking, biking, fishing, boating, white water rafting or camping.

The area spans 3,000 square miles in the southwestern PA. It's a beautiful four-season destination within 200 miles of Pittsburgh, Baltimore, Cleveland, and Washington, D.C., and about 300 miles from the Pocono mountains.

The Best Waterfalls in the Area

Around the Youghiogheny river, there are numerous trails and beautiful waterfalls you can explore. According to PABucketlist.com, Ohiopyle State Park is the best water-themed state park in western Pennsylvania. The must-see waterfalls it recommends include: Ohiopyle Falls, Cucumber Falls, Jonathan Run Falls, Fetcher Run Falls, Sugar Run Falls, Bruner Run Falls, The Cascades on Meadow Run.

Here are three of our favorite waterfalls, and they are quite easy to get to:

- Cucumber Falls is everyone's favorite falls in western PA. It appears to be the most photogenic waterfall in any season. Whether you go there for the

fall foliage or winter snow, you will always find its beauty! You can choose to walk along a trail to get there or simply drive directly to a parking lot right next to the upper fall. It's very kids- and family- friendly.

- Ohiopyle Falls, sometimes referred to as the "Niagara Falls of Western PA." The massive, river-wide Ohiopyle Falls comes out like a roaring tiger from a seemingly very calm river. It then plunges over large rocks and makes its 15-20 foot drop back to the Youghiogheny River. The best spots to watch the falls are from the observation decks by the visitor center where you can really catch some magnificent views!
- Sugar Run Falls! What a refreshing, lovely falls in a secluded spot on the side of Sugar Run Trail. It's a short climb from the trailhead starting on Allegheny Passage by the Youghiogheny River.



The Stunning Sunrise at Baughman Rock Overlook

It was recommended by our Airbnb host as the best place to watch the sun rise. We took Route 381 in Ohiopyle town and turned onto Sugarloaf road for two miles until a sign of "Photo opp" showed up, followed by a gravel parking lot.

On a huge climbing rock is a wood-and-stone fence that helped secure our standing positions for enjoying the sunrise from behind the mountains and the valley. We even spotted a freight train winding slowly in the valley like a cobra. The spot is easy to get to, and we enjoyed a truly magnificent moment with the view and just the two of us. We highly recommend it. It's claimed to be a four-season destination in the Laurel Highlands for all the nature lovers and photo enthusiasts.



Fallingwater

We were very excited to experience the wonder of Frank Lloyd Wright's architectural masterpiece — Fallingwater, a place where human habitation and the natural world harmonize seamlessly through art and design. The blends of architecture and nature amazed us. Designed in 1935, Wright was obviously a nature lover who believed in the beauty of natural materials. Fallingwater is now officially one of the 1000 World Heritage sites around the world, and of course the most well-known residence in PA.

Fort Necessity

We stayed at a tiny Airbnb house which is close to a historical battlefield called Fort Necessity Battlefield — a National Battlefield Site in Fayette County, Pennsylvania. It's a great place for history buffs.

Exploring Ohiopyle cont.



“Wow, George Washington was here!” With the help of audiovisual interactive self-guided tour, we stepped right into the past. Back then, the 22-year old British Lt. Col. George Washington was sent to the area with his troops to prevent the French from seizing their claim. Washington decided to see if he could use the Youghiogheny River at this site as a means to reach the fort quickly.

The first shot of the battle in May 1754 really intrigued us and kept unfolding. Little by little, we had a walk through history, from where and how the actual battle initiated the French and Indian War, to the clash of British, French and American Indian cultures, and how it ended with the removal of French power from North America and finally set the stage for the American Revolution.

It was a great history lesson learned while exploring the nature in the area.

Visiting Ohiopyle

We loved Ohiopyle! It's not only the magnificent nature views that attracted us, but the historic beauty, the art and design inspiration, the sense of wonder that also enriches our lives and made our trip super special.

If you are interested in exploring the area, we recommend starting off by visiting the new Ohiopyle State Park Visitor's Center. It's located at 124 Main Street. The center has an indoor overlook for spectacular views of the Ohiopyle Falls. You can get maps, booklets and all the information you need to bring with you, and ask any questions at the information desk. There are also interesting exhibits that equip you with park's ecology, history before you start to explore the area.

The places we visited were great for all ages including families and kids. Since it's a five-hour drive, you may consider staying there for at least three days.

Home is Calling...

There are many places yet to be explored in Ohiopyle, yet we know that we left our hearts at home in the Poconos! It was a wonderful three-day trip out west.

“Welcome to the Pocono Mountains” - the family road sign flashed by as we finally came back to our own neighborhood. Wouldn't it be cool to see a different sign that says “Welcome **Back** to the Pocono Mountains”?

Thanks for reading! Enjoy your next nature trip whether it's far or near.

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Did you know:

- 10 homes are presently for sale in Penn Estates.
- 35 homes have been sold year to date.
- The highest-priced home sold for \$415,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 93% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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The Chill Grill - More Than Platano Sandwiches, Empanadas and Nachos

by Robin Nicholson, Communication Committee Member

Most of us enjoy Penn Estates' premier take out restaurant, the Chill Grill. But did you know owner Jennifer Penna is a very talented custom cake decorator?

You may have noticed the amazing pastries in the case when you go to the Chill Grill for your favorite food; however, you can also order your custom cake for any occasion. I personally had ordered from the local bakeries for years. By chance I heard Jennifer does the best custom cakes around. So, of course, I ordered my daughter's 16th birthday cake from her.

My daughter had pretty specific requests: metallic fondant icing, chocolate-covered strawberries, specific colors, flavors and design, on and on...

I was amazed how Jennifer Penna created precisely what my daughter wanted, and the cake was DELICIOUS on top of being beautiful. I have to say after ordering custom cakes from many bakeries over the years, Jennifer



Penna's cake was the best and I won't be going any place else for cakes in the future. I was also pleasantly surprised by the very affordable price!

Now for a little background on Jennifer Penna and how she got into doing cakes and leading-edge cake decorating. She graduated from cooking school and took some basic baking classes, however at that time she wasn't really as passionate about baking as much as she was for cooking savory food. She didn't get into decorating until she started decorating cakes for her son's birthdays. It was always a big event and back then bakeries weren't doing all the fancy decorating they do now. She would dabble in creating something cool and unique for him and that branched off to doing cakes for family and close friends.



friends. This is where she was allowed to really be creative and use her artistic abilities to bring the customers ideas to life.

In 2017 Jennifer opened The Chill Grill which features a diverse menu with breakfast, lunch and dinner items as well as pastries and custom-made cakes. Jennifer had the opportunity to provide her community with her amazing cooking, and baking talents. Chef Jennifer, and her son Justin along with their friendly staff work tirelessly to bring us delicious new creations and their Chill Grill classics (Boricua Wrap, Platano Sandwiches, Empanada's, Gyro Fries, Loaded Nachos, Grilled Chicken Salad etc).

Most of the baking for the bakery items is done by Lascelles Dunn, while Jennifer Penna does any intricate custom cake designs. So, for your next custom cake for birthdays, graduations, or any celebration, look no further than our very own Penn Estates Chill Grill and Jennifer Penna!

The Chill Grill now has merch for sale! A portion of the proceeds are donated to the foundation "A Gift from Gabby." Jennifer's friend created this foundation after losing her daughter to leukemia. The foundation raises money to bring gifts to children with cancer on Christmas.

Follow The Chill Grill's daily specials and get update by following them on Facebook at "The chill grill" (@chillingandgrilling) and on Instagram @grill-thechill and call to place your order at 570-664-2929 (cash, debit and credit accepted and gift certificates available). Delivery is also available for your convenience!



Out About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

Can you believe that it has been 14 months since we first locked down “for 30 days”? There have been few, if any, events to post. By the time you are reading this, we are expected to be mostly open, even if masks are still advised.

I don't know about you, but time under COVID-19 has stretched and shrunk like a weak rubber band for me. It seems like forever since we were “normal” and yet it also seems like the year between last March and this May never happened. We are already scheduled for some fun Penn Estates activities. We should have had bingo, paint and sip, instapot cooking and senior lunch by the time this issue comes out. See you at the pool!

Here are some of the upcoming events around the area. As always, I take my information from internet sites. Please call to confirm dates and times and costs or check the websites. If you are interested in some of the more active events, you might want to check early. The early registration fees are often lower the earlier you register. Of course, there is a delay between writing this article and the publication of the Harmony. You may want to check the newspapers, and internet for other events. Life is changing day to day as we open up to the new normal.

Stroudsmoor Country Inn hosts live music at the Pavilion every Wednesday through September 1st. You can make a reservation for \$21 per person to dine under the pavilion or at a table on the lawn. You could choose to bring a blanket or lawn chair to just enjoy the music. On Tuesdays through September 28th, Shawnee Inn and Golf Resort hosts free concerts from 7 to 8. Donations are accepted to pay the musicians. Bring your lawn chairs or blankets. On Fridays, Saturdays and Sundays through June 27th, you can listen to live music at ShawneeCraft Brewing Company. This is free and advertised as family friendly. You can order drinks and pizza if you wish.

A four-day inn-to-inn Bike Ride recurs weekly. You start out at Jim Thorpe then travel through Bethlehem to end up at Washington Crossing, staying three nights at inns along the way and biking 142 miles. The cost is \$995 per individual. Or you could do a multisport adventure of raft and bike starting at Jim Thorpe. You would white water raft for 8 miles and bike for 8 miles. The dates are June 12, July 18, August 8, August 22 and September 12 and the cost is \$95. Call Pocono Whitewater Adventures at 800-944-8392.

If that is too costly or time intensive for you, you could participate in the Pocono Triathlon Festival on June 11 through June 13 at Lake Wallenpaupack. The costs vary by when you register and which races you want to run. Call 757-570-9934. The Palmerton Spartan Super 10k and Sprint 5K is on July 10 and 11 at Blue Mountain Resort. If you don't want to bike or run a triathlon, you could enjoy a three-mile walk/run at Shawnee Inn and Golf Resort then grab a beer and enjoy and open mic. If interested, call the 570-213-5151 for details.

Would you rather paddle than walk? The 26th Delaware River Sojourn runs from June 19 to June 26. It is open to paddlers of all ages and from novice to experienced. There is canoeing, kayaking, camping and educational programs. Check their website at delawareriversojourn.com.

Do you want to enjoy scenery without exertion? You could enjoy a ride on the historic diesel trains traveling the Lehigh Gorge out Jim Thorpe. Those run daily. The number is 570-325-8485. Or you could ride the Stourbridge Line for a round trip from Honesdale to Hawley. Those trains run on Wednesdays, Saturdays and Sundays. Call 570-470-2697.

Another seated choice for enjoying scenery is the chairlift rides at Blue Mountain Resorts in Palmerton. They run Saturdays and Sundays; \$10/person.

NASCAR is always a favorite in this area. The 2001 NASCAR doubleheader is on June 25 to June 27 at the Pocono Raceway.

Pocono Environmental Education Center offers many outdoor activities that are perfect if you are still being careful regarding COVID. For example, on June 5th, you can take a free guided hike from 1 to 3 as part of the National Trails Day. They lead edible and medicinal plant walks on May 8th, June 5th and August 7th from 10 to 12. The cost is \$5 per person. They have other programs such as frog frolic and fishing for beginners.

Country Junction in Lehighton has a strawberry celebration from June 12

through June 20th from 11 to 4 daily. Eat strawberries and related foods and go to the petting zoo or arcade. Their Blueberry Celebration runs from July 10 to July 18. Country Junction also hosts the “World's Largest Yard Sale” on May 29 and July 3 from 9am to 3pm. Enjoy beer, music, food, laser tag and a nerf battle.

From noon to 5pm on June 19 and 20 is the 30th Annual Great Tastes of Pennsylvania Wine and Food Festival at Split Rock. Costs are based on age and whether you are wine tasting. Enjoy crafts, foods, wine as well as live entertainment.

The Summer Beer Fest is on June 26 from noon to 3pm at Skytop Lodge. Enjoy lawn games, food, live entertainment and local brews. Pocono Mountain EMS fundraiser features music BBQ and dancing at Skytop on August 5 from 5:30pm to 9pm.

On June 19th from 10 to 4 is the summer garden party that starts the summer season at Quiet Valley Living Historical Farm. The Milford Music Festival is on July 10 and 11.

Shawnee Playhouse is reopening. Pippin plays from June 4th through June 12th on Friday, Saturday and Sunday. Hello Dolly runs from June 25th to June 27th. Frozen Jr. runs from July 23 to August 7. Do you like history and storytelling? The Pike County Historical Society and Columns Museum in Glen Eyre hosts a BBQ and a lecture on Lakota traditions by Reuben Fast Horse. Bring a lawn chair and enjoy the lecture and BBQ. The cost is \$35 per person. It is on June 5th from 4 to 7. The Wildflower Music festival in Honesdale runs from July 3 through August 14.

The Monroe Farmer's Market at Courthouse Square in Stroudsburg is already open on Saturdays from 8am to noon. The Wayne County Fair in Honesdale runs from August 6 through August 14. The West End Car Show is on June 27 in Gilbert and the West End Fair is August 22 to 28.

Have fun! Please let me know of your favorite events so that I can include them in the future, especially if they are annual events.



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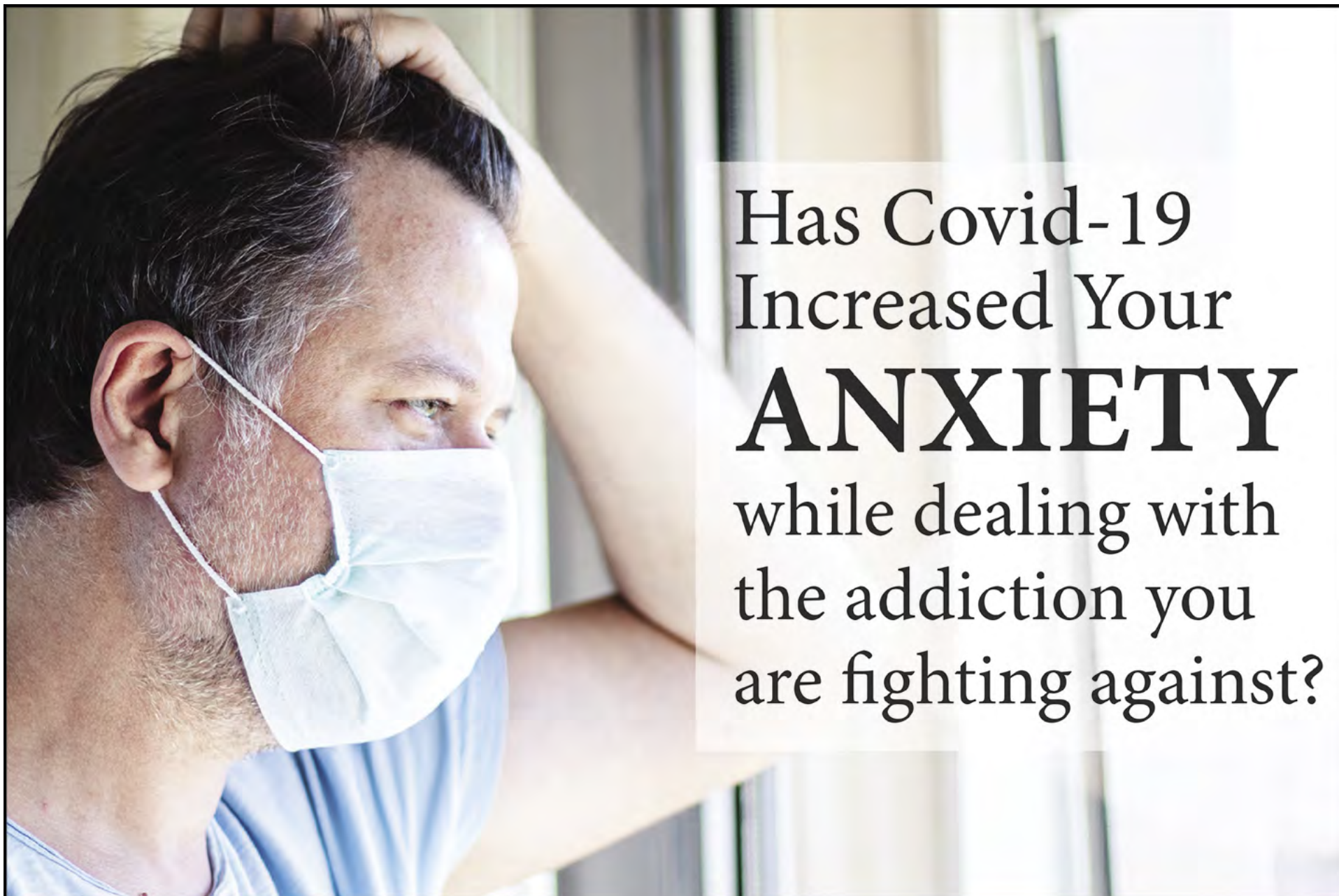
ARTICLE X - Lake and Beach Safety and Boating Rules

1. *The Grantee is hereby granted the privilege of boating, swimming, fishing and ice skating in the lakes of the Grantor. None of the foregoing activities are to be engaged in for any commercial purpose whatsoever, and all such privileges are under and subject to payment by Grantee of such fees as are set forth in the within covenants and restrictions. [Cross reference Declaration of Protective Covenants #21].*
2. Pennsylvania regulations (58 Pa. Code 91.4) "A person 11 years of age or younger may NOT operate a personal watercraft or a boat propelled by a motor greater than 25 hp. A person 12 through 15 years of age may NOT operate a personal watercraft if there are any passengers onboard 15 years of age or younger."
3. Pennsylvania regulations 58Pa. Code 97.3 (b) - Unpowered boat operators are required to carry a device capable of sounding a prolonged blast 4-6 seconds that can be heard by another boat operator in time to avoid a collision. An athletic coaches whistle is an acceptable sound producing device for unpowered boats. It is unlawful to use a sound producing device on the water under any circumstance except in the following situations:
 - Assistance is needed because of immediate or potential danger to the persons on board.
 - It is necessary to attract the attention of another boat.
4. PA Regulations 58 Pa. Code 97.1 (h) Require "Children 12 years of age and younger shall wear an approved wearable PFD while underway on any boat 20 feet or less in length and all canoes and kayaks" and PA Regulations 58 Pa. Code 97.1 (h) "Beginning November 1 until midnight April 30 of the following year, a person shall wear a Coast Guard approved wearable PFD while underway or at anchor on boats less than 16 feet in length or any canoe or kayak." Users must ensure that all watercraft is equipped with a U.S.C.G. approved flotation device for each occupant.
5. *Only boats, canoes or watercraft propelled by oars, sails or paddles shall be permitted upon the waters of said lakes. No motorboats of any description shall be permitted on the waters of said lakes. [Cross reference Declaration of Protective Covenants #22].*
 - A. Boat Registration - All boats used on PEPOA Lakes must be registered with the Association. Boat registration applications are available at the Administration Building. Dated identification stickers are issued for boat registrations; renewal registration and dated identification stickers are required annually. Identification stickers should be affixed to the boat immediately.
 - B. Boat Racks - Boat racks will be made available by PEPOA at one location on each of the three lakes; residents may store boats on the boat rack(s) for a seasonal fee. Rental applications are available at the Administration Building. Rack space will be available on a first come; first served basis. Once all of the boat racks are full, no more boat rack registrations will be issued. Any resident that does not obtain a rack space may not store boats along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Residents without a rack space must take their boat(s) back to their property after use. Boat rack storage is a "store at your own risk" policy, and the Association is not responsible for damage or loss of property stored at the boat racks. Owners must secure their boats to the boat rack with a bike lock or some type of tether and lock.
 - C. Boat Removal - Boats must be removed from the racks no later than November 1st of each year. Any boats not removed by November 1st will be removed by PEPOA; locks will be cut and destroyed, and a removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
 - D. Improper Boat Storage - Absolutely no boats are to be store along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Both registered and unregistered boats found to be improperly stored will be immediately removed at the owner's expense. A removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA. *Rev; 5/6/16*
6. No diving or swimming from boats will be permitted.

7. No china or glassware of any sort is allowed at the beach, consumption of food is limited to designated picnic areas, and all trash should be placed in the provided containers.
8. Children under fourteen (14) years of age are not permitted in the lake unless accompanied by a responsible person fifteen (15) years of age or older who shall be responsible for conformance to all rules. The responsible person(s) must remain at the beach facility with any/all children under fourteen (14) at all times.
9. Lakes will be cleared for 30 minutes upon hearing thunder. An additional 30 minutes will be added for each thunder clap. In the event of lightning, the lakes, beach and surrounding area must be vacated and remain empty for 45 minutes after the last lightning strike. Sailing or boating during thunderstorms is not permitted; boats must be docked at the first signs of a storm.

ARTICLE IX - Pool Rules

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



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**by Michael Tyrrell,
Communications
Committee Member**

Mexican food is typically a crowd pleaser and relatively easy to prepare. Here are some fave recipes of mine that are done in the slow cooker. What could be easier than that? If you or the family don't like things too

spicy, substitute milder jalapenos for the habaneros and reduce the number of chipotles and/or remove the seeds. All of these recipes freeze well in case you are concerned about too many leftovers. These recipes make great family dinners anytime but would also be a fun way to entertain this summer on the deck.

Slow Cooker Beef Tacos and Guacamole (makes 12 tacos)

1 beef chuck roast (about 3½ lbs.)
1 tsp salt
½ tsp black pepper
2 tbsp vegetable oil
2 tsp chili powder
1 tsp cumin
½ tsp cayenne
1 onion, chopped
1 sweet red pepper, seeded and diced
4 cloves garlic, sliced
1 cup beef broth
12 fajita-size flour tortillas, heated gently
Guacamole (recipe follows)

1. Season roast with salt and pepper. Heat oil in a large skillet over medium-high heat; add roast and brown on all sides about 12 minutes total.
2. Coat slow cooker bowl with cooking spray. Place roast in slow cooker and season with chili powder, cumin and cayenne. Top with onion, sweet pepper and garlic. Pour broth over top.
3. Cook on HIGH for 6 hours or LOW for 8 hours.
4. Remove roast to a cutting board and shred with 2 forks. Stir meat back into liquid in slow cooker.
5. Wrap ¼ cup beef mixture in each tortilla and top with guacamole.

Guacamole (*my take on the famous guac prepared table-side at Rosa Mexicano in NYC*) - Coarsely mash 4 ripe avocados in a medium bowl. Stir in ½ cup chopped red onion, ½ cup quartered grape tomatoes, 1 seeded and chopped jalapeno, 2 tbsp lime juice, 2 tbsp chopped cilantro, 1 tbsp olive oil and ¼ tsp salt.

Per Taco: Calories 386 Fat 24g Sodium 517mg

Pork and Black Bean Tostados (makes 10 tostados)

3½ lbs. boneless pork shoulder
1 tsp salt
½ tsp black pepper
2 tsp ancho chile powder
1 tsp ground cumin
1 tsp dried oregano
¼ tsp cinnamon
1 onion, chopped
4 cloves garlic, chopped
8 plum tomatoes, seeded and chopped
1 cup chicken broth
1 can (15 oz) black beans, drained and rinsed
2 cups vegetable oil
10 corn tortillas

3 cups shredded iceberg lettuce
Pineapple Habanero Salsa (recipe follows)

1. Coat slow cooker bowl with cooking spray. Season pork with salt and pepper. Place in slow cooker; add ancho chile powder, cumin, oregano and cinnamon.
2. Place onion, garlic and tomatoes around pork; pour broth down sides.
3. Cover and cook on HIGH for 6 hours or LOW for 8 hours.
4. Remove to a cutting board and shred with 2 forks. Return to slow cooker and stir in beans. Heat through.
5. Heat oil in a skillet to 375 degrees. Cook tortillas in batches, 1 minute per side or until crisp. Place on a paper towel lined baking sheet.
6. Top each tortilla with ½ cup of the pork, some shredded lettuce and Pineapple Habanero Salsa.

Pineapple Habanero Salsa - Combine 2½ cups diced fresh pineapple, ¼ cup finely chopped sweet red pepper, 1 habanero pepper, seeded and chopped, 2 tbsp chopped cilantro and 1 tbsp each lime juice and olive oil. Season with 1/8 tsp salt. *Note* - if habanero is too spicy, jalapeno works well.

Per Tostado: Calories 255 Fat 24g Sodium 312mg

Meatballs in Chipotle Sauce (makes 24 meatballs)

1½ lbs ground beef, pork and veal mixture
1 cup bread crumbs
¼ cup milk
2 eggs, lightly beaten
2 tsp chili powder
1 tsp garlic powder
1 tsp salt
1 tsp ground cumin
1 can (28 oz) fire roasted crushed tomatoes
½ cup chicken broth
3 cloves garlic, chopped
1 tsp dried oregano
3 chipotles in adobo, chopped
2 tbsp chopped cilantro

1. In a large bowl, combine ground meat, bread crumbs, milk, eggs, chili powder, garlic powder, ½ tsp each of the salt and cumin. Form into 24 meatballs, about 1 tbsp each.
2. Coat slow cooker bowl with cooking spray. Stir in tomatoes, broth, garlic, oregano, chipotle and ½ tsp each of salt and cumin. Add meatballs.
3. Cook on HIGH for 3 hours. Stir in cilantro before serving.

Per Meatball: Calories 88 Fat 4g Sodium 265mg

Butternut Squash Chili (makes 8 servings)

2 large onions, chopped
4 cloves garlic, chopped
1 butternut squash, seeded, peeled and cut into 1 ½ - inch pieces
1 large green bell pepper, seeded and chopped
1 large jalapeno, seeded and chopped
2 cans (14 ½ oz each) stewed tomatoes
4 tsp ancho chile powder
2 tsp ground cumin
1 tsp salt
2 cans (15 oz) black beans, drained and rinsed
2 sweet red peppers, seeded and cut into 1-inch dice
¼ cup cilantro, chopped
1 cup shredded taco cheese
2 scallions, thinly sliced

1. Coat slow cooker bowl with cooking spray.
2. Add onions, garlic, squash, green pepper and jalapeno. Combine tomatoes, chili powder, cumin and salt. Pour over squash and peppers.
3. Cover and cook on HIGH for 6 hours or LOW for 8 hours. Add beans and sweet red peppers during last 30 minutes.
4. Stir in cilantro. Top with cheese and scallions. Serve with cooked rice.

Per serving: Calories 209 Fat:5g Sodium 977mg

A Pocono Gem: The Deer Head Inn

by Sharon Kennedy, Communications Committee Member

I moved back to the Poconos in 2000. I did not try the Deer Head Inn for over 16 years until a coworker who lived 90 minutes away in New Jersey told me about traveling here often to listen to live jazz. I had no idea about what I had been missing! It is a delightful venue to enjoy a good meal with friends while listening to jazz music by sometimes world-renowned musicians. If you have out of town guests, there are a few rooms and suites at the inn.

According to the website, the Deer Head Inn is “the oldest continuously running jazz club in the country.” Even though it has changed owners a few times since the 1950’s, it retains a historic charm.

The inn serves dinner on Fridays, Saturdays, Sundays and some Mondays. There is a cover charge of \$20, but it is well worth the cost. You can look up the schedule of musicians on their website. I have yet to not love whatever jazz musician or group was playing.



I enjoy the food as well as the music.

A friend of mine always orders the ahi tuna, and raves about it. I am a creature of habit and tend to enjoy the salmon. In addition to full dinners, there is a light menu

featuring burgers, wraps and the like. When I want to change it up, I order their Caesar salad with crab cakes on the side. Yum.

During the COVID restrictions, they changed up their procedures. They had outside seating on their porch last autumn. Since they reopened in March, they lowered the number of people served at any one time by having two seatings each evening. As Pennsylvania begins the reopening process, the procedures may change again. I am not sure if a reservation is necessary, though I always make one just in case. It is a cozy bar and restaurant with limited tables but there have always been a few tables available when I dined there.

If you want to sample the types of music featured at the inn, go to the Deer Head Inn website. They have a link to recorded “Live at the Deer Head Inn” music which can be heard on apple music, amazon prime music or Spotify. Enjoy!



Debra's Bookshelf

by Debra Celentano, Communications Committee Member

Crow's Row by Julie Hockley

For this review, I picked one from the vault. I read this book a long time ago and re-read it a few years ago. I was reminded of it because Crow's Row is book one in a trilogy. Book three is said to be out this year. I can't wait for it!

In this book we meet Emmy. She's a college girl just trying to find her way in life. She comes from a privileged family, but she doesn't want anything to do with them. She hates how they disowned her brother and now that he has passed away, they act like he never existed.

On a chance meeting, Emily runs into Cameron in the park and is immediately drawn to him (not insta-love, but a connection). He warns her not to run in this area of town, but she doesn't listen and goes back for many reasons - one being she wants to visit her brother's grave and the other, she wants to see him again. This doesn't end up well for Emily. She witnesses something and is taken.

Now is she taken because she's a witness to a crime or is she taken to keep her safe? To answer this question, you'll have to read the book for yourself. I will tell you Cameron takes her, and things progress from there. Emily finds out all sorts of things about Cameron. I love them together and since this was a reread, it brought back all the reasons why I loved them.

Julie Hockley does a fantastic job sucking you in and keeping you guessing. The first time I read Crow's Row I was shocked quite a few times and totally wanted them to end up together. I love how Julie weaves their lives together. It's all explained at the end - and what an ending it is! I read this book over a year ago and then had to wait over a year to get book 2 (Scare Crow) to find out how it all works out. You will not see this ending coming. Enjoy!

HEALTH & FITNESS

Walk it Out

by Yolanda Sarrabo, CPT, NASM

Now that warm weather is here, it's time to get outdoors and receive that vitamin D. I continually preach the importance of movement, and I'll continue the push for some form of activity. Let's briefly discuss the benefits of walking vs other customary fitness.

When we moved here from Brooklyn, we were amazed at the need to drive everywhere, but also how some people drive for short distances rather than walk. We had a friend who showed us around town with a stop to an outlet mall, and would not walk the short distance to the other side of the outlet. We still joke about it.

Benefits of Walking

- Helps Lower Blood Sugar - Studies have shown that even 15-minute walks can lower blood sugar, and that is a positive for those coping with diabetes.
- Relieves Joint Pain - You wouldn't think walking would help joints that are banged up with discomfort and pain; however, it actually helps lubricate and soothe those troubled areas at the joints.
- Leg Toner - Walking 4 to 5 times a week can definitely improve your weakened leg joints and build leg strength and tone.

Make it Interesting

- Pedometers - Use this apparatus to enlighten you by showing how you're moving and is it enough throughout the day. You would be surprised of the steps we take throughout the day and week, it really can add up.
- Parks - We have some beautiful park treasures with some great walking trails to consider, such as Broadhead Creek Park or Delaware Water Gap Recreational Trail. Follow the marking and trails safely and explore.
- Reward with Food - This would be more fitting if you've taken in a long trail, but reward you and your family with a healthy meal afterwards; it makes the hassle less cumbersome with a cold drink and food at the end of a long walk.
- Race the Clock - Make it fun by setting a time for completing a walk. If it takes 20 minutes to walk to and from the mailbox on Penn Estate Drive, reward yourself with a high five. Now dare your family to beat your time.

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



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