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CONNECT

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FEATURES

6 SIMPLIFY HOLIDAY HOSTING FROM START TO FINISH

Hosting a major holiday event is no small effort. It requires close attention to detail from planning, cooking and cleaning to entertaining guests on the big day. Fortunately, just like any good recipe, approaching your hosting duties one step at a time can allow you to create a magnificent final product.

8 SWEETEN THE HOLIDAY SEASON WITH DELICIOUSLY CREAMY DESSERTS

Once the table is cleared, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

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WHAT A DILEMMA

To laugh is to risk appearing a fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose feelings is to risk rejection.
To place your visions before the crowd is to risk ridicule.
To love is to risk not being loved in return.
****To go forward in the face of overwhelming odds is to risk failure.**
But risks must be taken, because the greatest hazard in life is to risk nothing.
The person who risks nothing, does nothing, has nothing, is nothing.
We may avoid suffering and sorrow, but we cannot learn, feel, change, grow, love or know GOD.
Chained by our own self-assurances, we are a slave. We have forfeited our freedom.
Only the person who dares to take risks and to trust in their GOD will ever be made FREE.

In 1997, Rev. Edwin E. Bailey, father of the editor, gave this poem to his daughter 8 days before he had a stroke and 3 weeks before he died. The poem was adapted from works by Leo Buscaglia. Edwin hand wrote this on a scrap of paper and gave it to his daughter, Deborah, saying the words, "Someday you'll understand these words and use them. God bless sweetheart." **These words were used in making the decision to purchase Connections Magazine in 2002.

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“What if today,
we were just grateful
for everything?”

— *Charlie Brown*

It's the holiday season... time for family, friends, community, food and gratitude. With all the hustle and bustle of the holidays, we have quick, easy tips and recipes to make it an even more joyful time.

Hosting a major holiday event is no small effort. It requires close attention to detail from planning, cooking and cleaning to entertaining guests on the big day. Check out how to simplify holiday hosting from start to finish on page 6.

Once the table is cleared, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course. Sweeten the holiday season with deliciously creamy desserts on page 8.

And don't forget, we always have great tips for our homes and the environment... oh, and saving money, too!

Along with all the joy holiday festivities bring, be grateful for everything!

The CM Team
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Simplify Holiday Hosting from Start to Finish

Hosting a major holiday event is no small effort. It requires close attention to detail from planning, cooking and cleaning to entertaining guests on the big day. Fortunately, just like any good recipe, approaching your hosting duties one step at a time can allow you to create a magnificent final product.

This Thanksgiving, the experts at Finish are helping hosts everywhere get organized, from the initial planning all the way through clean up, with the Ultimate Thanksgiving Timer. Created in partnership with Gaby Dalkin of "What's Gaby Cooking," it's a personalized hosting timeline designed to help hosts stay on track up to and throughout the big day.

"I've been hosting holiday gatherings for years and know from firsthand experience that even capable hosts struggle to time everything just

right," Dalkin said. "From planning your menu and designing your tablescape to accommodating dietary restrictions and even serving dessert, the Ultimate Thanksgiving Timer will support hosts every step of the way this year."

Plan Your Guest List and Menu

Deciding how many guests you'll be serving and what you plan to serve are two essential details that will guide the rest of your planning. When creating your guest list, be realistic about how many are likely to attend and plan your menu for a few extra people so you don't run out of food. Your menu may also be influenced by how many guests you plan to host; a whole turkey is practical for a large group, but a turkey breast may be adequate for a more intimate gathering. Remember to send your invites at least three weeks ahead of the event so guests have plenty of time to respond and you can prepare your menu.

Start Grocery Shopping Early

The rush at the grocery store can be one of the most stressful parts of getting ready to host. Give yourself enough lead time by picking up pantry staples and beverages 1-2 weeks out so your kitchen is stocked for the big day. For perishables, get to the grocery store early in the day

1-2 days before hosting to beat the rush and avoid any last-minute grocery runs the morning of your gathering.

Maximize Prep Time

While it's likely the majority of your work will come on the big day, you can work ahead to reduce some of the load. For example, you can wash and chop vegetables for stuffing and other side dishes and store them overnight to minimize prep time in the morning. You can also use the quiet of the night before to tackle tasks like setting the table and organizing your seating chart, restocking towels and replenishing other essentials in the guest bathroom.

Enlist Help with Cooking

The day of your event is the perfect time to pull extra hands into the kitchen. A simple but tasty recipe like this Ultimate Cheesy Herb Sourdough Stuffing from Dalkin is a sure crowd-pleaser to add to your table this year. Once you establish your cooking space and find your rhythm, you may even find sharing the preparations with a loved one is a great way to bond and create special memories.

Make Cleanup a Cinch

A few simple tricks can help you maintain a relatively clean workspace and keep up with all the dishes you need to prepare a lavish meal. First, be sure to clean up as you go. It may be tempting to throw all of your dirty utensils and empty mixing bowls in a pile in the sink to deal with later, but taking a few minutes to scrape dishes and load the dishwasher as you go can help prevent a messy mountain from forming. That also means you'll be more likely to find a clean measuring cup or spoon when you move on to prepare the next dish.

Hosts have enough to worry about, so let your dishwasher do the hard work and pull in reinforcements to help clean up while you relax after a long day. Use a detergent that works in the toughest conditions, from burnt-on stains to old dishwashers and hard water, like Finish Ultimate. It's the only dish detergent tab with CycleSync technology that releases the right ingredient at the right time to work with your dishwasher.

You can skip the rinse, even on tough stains like cranberry sauce and gravy, and save up to 20 gallons of water. Hosts are invited to put Finish Ultimate to the test and take the Ultimate Thanksgiving Challenge; if it can't tackle your burnt-on stains, the meal is on Finish via a rebate of up to \$30.

For more hosting tips and tricks, visit UltimateThanksgivingExperience.com.

Ultimate Cheesy Herb Sourdough Stuffing

Recipe courtesy of "What's Gaby Cooking" on behalf of Finish

- 1 loaf sourdough bread with crust, cut into 1-inch cubes (roughly 8 cups)
- 10 tablespoons butter
- 2 shallots, finely sliced
- 2 celery stalks, finely chopped
- 2 bunches green onions, thinly sliced
- 3/4 cup chopped fresh Italian parsley
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 3 large garlic cloves, minced
- 2 teaspoons coarse kosher salt
- 1 teaspoon freshly ground black pepper
- 3 large eggs
- 2 cups chicken broth, divided
- 6 ounces coarsely grated Parmesan cheese

Preheat oven to 375 F. On large, rimmed baking sheet, spread ripped or cubed bread. Bake until bread is dry, about 15 minutes. Cool. Leave oven on.

In heavy skillet over medium heat, melt butter. Add shallots and celery; saute 5-6 minutes. Add green onions, parsley, oregano, sage, thyme, garlic, salt and pepper; saute until celery is tender, 6-8 minutes.

Generously grease large skillet or ceramic baking dish. Place bread cubes in large bowl. Add warm vegetable mixture; toss to combine.

In medium bowl, whisk eggs and 3/4 cup broth. Add egg mixture to stuffing and toss to coat. Mix in Parmesan.

Add 1/2-3/4 cup broth to stuffing if dry. Transfer to skillet or ceramic baking dish. Cover with buttered foil. Bake 30 minutes. Remove foil; bake until golden, about 30 minutes. Serve in baking vessel or transfer to serving platter.

Family Features | #16864 | Source: Finish



Sweeten the Holiday Season with Deliciously Creamy *Desserts*

Once the table is cleared, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color

Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

For a comforting dish full of familiar cold-weather flavors, serve Pumpkin Pecan Rice Pudding Bars. Pumpkin-spice fanatics can enjoy their favorite ingredient mixed into a rice pudding base sweetened with coconut milk, brown sugar, vanilla extract, whipping cream and maple syrup.

This holiday-inspired dessert relies on the fluffiness of Success Boil-in-Bag White Rice as a high-quality, precooked solution. The boil-in-bag rice is quick and easy with no measuring and no mess, and it's ready in 10 minutes to make seasonal recipes a cinch.

Find more sweet holiday recipe inspiration at SuccessRice.com.

Cran-Raspberry Quinoa Pudding Truffle

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 6

Quinoa Pudding:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Creamy Yogurt Layer:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

Cran-Raspberry Layer:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.

Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.

To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.

To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.

To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.



Pumpkin Pecan Rice Pudding Bars

Prep time: 10 minutes

Cook time: 40 minutes

Servings: 4-6

- 1 bag Success White Rice
- 1 cup pecans
- 4 cups coconut milk
- 1 can (15 ounces) pumpkin puree
- 3/4 cup brown sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 3 eggs
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream
- 2 tablespoons maple syrup

Prepare rice according to package directions. Preheat oven to 350 F. Spread pecans on baking sheet and toast 8-10 minutes. Cool then chop.

In large saucepan over medium-high heat, combine milk, pumpkin, brown sugar, pumpkin pie spice and salt. Bring to boil, stirring constantly. Slowly add about 1/2 cup hot liquid to eggs and beat well. Stir egg mixture back into saucepan and cook over medium-high heat 2 minutes. Remove from heat and stir in cooked rice, vanilla and pecans.

Pour mixture into greased 13-by-9-inch baking dish. Bake, uncovered, 30 minutes, or until knife inserted near center comes out clean.

Whip heavy cream to soft peaks then add maple syrup and continue beating until peaks form. Serve with warm pudding.

Tip: For sweeter pudding, increase brown sugar to 1 1/2 cups.

Family Features | #16757 | Source: Success Rice



Good Stuff

Tips for

SAVING

money on your energy costs this winter!

Provided by Disaster Blaster

{ With the cost of heating our homes going up, everyone is looking for ways to reduce costs and save some money. At the same time, we're sure you want to keep your home comfortable through the winter as well – which can be a challenge during NEPA's harsh winter months. }

But with a little creativity and some planning, it's possible to improve the energy efficiency of your home, reduce heat loss, and SAVE MONEY!

Here are some common issues that are secretly costing you money:

Drafts

Do you have drafts around windows or doors? That's not only letting cold air in; it's letting your heat out! This isn't only incredibly inefficient, but it can cost you a fortune in heating costs over the course of the winter. If you notice any drafts in your home, address-

ing them now can mean a much warmer winter for you and your family.

Window & Door Weather Stripping – The weather stripping on windows and doors can break down or deteriorate over time, allowing cold air in. You can purchase new weather stripping and replace the old pretty easily. You could probably do all your windows and doors in a weekend!

Plumbing, electrical, and cable / phone lines – Whether it's plumbing supply lines or drains to your sink or the cable line coming into your home, it's common for the access holes necessary to run these items to be larger than necessary and not properly sealed or insulated. If you notice a draft from any of these items, you can often address it with some caulk to seal off the gaps around it, or, in more extreme situations, some expanding foam or insulation.

Inefficient Insulation

Proper insulation is the first barrier preventing cold from entering your home and warm air from escaping. It may not seem like a major issue, but any heat that escapes from your home is money wasted, so addressing insulation issues can save you a lot of money each winter.

Old Windows – If you live in an older home, you may have single pane windows! This may not sound like a big deal, but newer double-pane windows are designed to insulate your home from the outside. Single pane windows don't do that. Replacement of windows with newer windows will make a big difference. As a temporary solution, you can use indoor window shrink film to create an insulated barrier until you're able to replace the windows.

Cold Spots on Walls – Particularly common in homes with blown-in insulation, the insulation can settle in the walls and create cold spots. This cold then radiates into the room, making the whole room colder. The only way to really solve this is by reinsulating the walls, either by having an insulation contractor reinsulate with more blown in insulation, or by replacing the insulation with something more efficient.

Cold Floors – More common with hardwood, vinyl, or tile floors, cold floors can radiate into the room, dramatically bringing down the temperature in your living space. Where reasonable, this can be addressed by insulating below the floor, installing carpet or area rugs, or addressing drafts underneath flooring.

Improperly Insulated Attics – Easily one of the most common issues we see is improperly

insulated attics. Not only can this cause moisture issues and mold problems; it can cause significant heat loss. While many people insulate the ceiling of their attics (below the roof), this actually isn't where you should insulate. Instead, insulate the attic floor, trapping the heat in the living space instead of the attic. Your home will be warmer and your attic ventilation will be more efficient.

Change the Direction of your Ceiling Fan

What if we told you that reversing the direction of your ceiling fan can make a big impact on how warm your room feels? Believe it or not, it can! By reversing the direction of your ceiling fan, you'll be pulling colder air up (instead of forcing it down) where it mixes with warmer air that rose to your ceiling. This mixed air will then spread downward, warming up the space.

Have your Ductwork Cleaned

Dirty ductwork can restrict airflow, reduce the overall efficiency of your heating system, and increase your heating costs. Not only that, your indoor air quality will be much better following regular duct cleaning because less dust from your ductwork will end up in the air.

Have your Furnace Serviced

Not only is a well-serviced furnace less likely to malfunction, it runs cleaner and more efficiently. That means it uses less oil or gas to heat your home and you will spend less each month in heating costs. As part of their service, your furnace technician should clean and replace injector nozzles, replace filters, and replace failing components.

While the cost of heating your home will continue to be high for the foreseeable future, hopefully these tips will help you reduce your overall heating costs so you can save some money this winter while keeping your home warm.



About Disaster Blaster

Disaster Blaster is an indoor environmental firm serving the Northeastern PA Area. We have been providing our local area with unparalleled mold remediation, water damage mitigation, basement waterproofing, asbestos abatement, radon mitigation, and fire / smoke restoration services for decades, and are proud to have been named The World's Greatest Indoor Environmental Firm. For more about Disaster Blaster, as well as more helpful tips, please visit our website at: www.disasterblaster.com or call our office at (570) 963-1123.



living green

Wear It!

It's Required!

By Jamie Myers
Upper Delaware Scenic & Recreational River

The National Park Service reminds everyone that may be out on the Upper Delaware River or any other body of water, this fall or winter in a boat, canoe, or kayak that each person, regardless of age is required to wear a Coast Guard approved personal flotation device (life jacket or PFD) during these cold weather months. This regulation is effective immediately through April 30, 2024.

This mandatory cold weather life jacket wear regulation was established in 2012 by Pennsylvania Fish & Boat Commission and can do a great deal to be effective in saving someone's life during these cold-water boating months. Cold water shock is a major factor in boating fatalities when water temperatures are less than 70 degrees. It happens quickly when someone is suddenly immersed in cold water. The water does not have to be freezing; cold water shock often occurs in water temperatures above 50 degrees. Wearing a life jacket in these conditions greatly increases the chance of survival and will save lives. Those wearing a life jacket when exposed to cold water have potentially life-saving advantages such as insulation from the cold, buoyancy, and reduced risk of aspiration of water. Without wearing a life jacket, your chances of survival in a cold-water immersion are greatly decreased.



If you do plan to be out fishing, boating, duck hunting, or ice fishing on any local bodies of water between now and next April, here are some cold-water survival safety tips: Always wear a life jacket, even when not required. Many models also offer insulation from cold air. Never boat alone. Leave a float plan and be familiar with the waters you plan to boat. Bring a fully charged cell phone with you in case of emergency. Wear clothing that still insulates when wet such as fleece, polypropylene, or other synthetic materials. If you are about to fall into cold water, cover your mouth and nose with your hands. This will reduce the likelihood of inhaling water. While in the cold water, do not remove your clothing. If you can't get out of the water, get into the Heat Escape Lessening Posture (HELP). Once out of the water, get out of the wet clothes and warm up as soon as possible.

"Life jackets can save lives and are a vital part of water safety. Wearing a properly fitting life jacket is important while participating in cold water activities such as canoeing, kayaking, or fishing," said superintendent, Lindsey Kurnath. Since 1980, there have been 78 drownings on the Upper Delaware River, however,



nobody has ever drowned wearing a properly fitted life jacket. No matter the season, safety on the water is everyone's responsibility!



Jamie Myers has worked at Upper Delaware Scenic & Recreational River for 25 years, splitting her time between the divisions of Natural Resource Management and Interpretation. Jamie has been a member of Upper Delaware's water safety program since it began in

2012. For more river safety tips, visit our River Safety webpage at <https://www.nps.gov/upde/planyourvisit/safety.htm>



OUR STAGES OF LIFE

By The Reverend Mrs. Silence DoGood

Dear Editor,

When our church burned to the ground, I wasn't sure I could continue to offer my congregation all the services we provided before the tragedy. One of the more important services was our community coffee hour in the great hall. My father-in-law, the Reverend Mr. Silas Patriot DoGood who created The First Church of God's Love and whom I loved, had a vivid imagination when it came to his vocabulary. He called the church's basement "The Great Hall." When I took over the church from him, I built an inside staircase which allows my congregation to access the great hall without going outside to enter it.

The community coffee hour is important. It allows our community to speak with one another in person. Before social media our rural farming hamlet would often meet at the Unity Grange Hall. Local fiddler concerts, dinner parties, picnics, square dances and monthly breakfasts would give us all a chance to meet as neighbors. But somehow as the older generation got older and social media got younger, some of those functions stopped. But the church's community coffee hour, which takes place after our service, didn't stop and in fact, it has grown.

There are several reasons for its growth. I'll discuss the spiritual one in a moment, but let's discuss the tasty one first. Many of the women in our congregation like to bake. So when one enters the great hall, one's taste buds anticipate the variety of goodies there for the taking. It's almost a competition. Mrs. Dolly Anne Jermyn is known for her soda bread which she bakes all year long, some with caraway seeds and some plain. Mr. Oliver, our octogenarian, brings a pound of unsalted butter specifically for the bread. Margaret Thistle is known for her very lemon pound cake. Streckfus Weedelmeyer's daughter Flossie always brings the most delicious moist chocolate chip cookies, when she attends service. Harriette Brewster, who still uses her maiden name, brings amazing Bundt cakes with orange icing. And so on.

Now the spiritual reason for the coffee hour. Last Sunday I gave my annual sermon entitled "Our Stages of Life." In it I explained that since the mission of our church is to "Overcome the Fear of Living and the Fear of Dying", we can easily use the community coffee hour to help overcome the fear of living. For those who have not heard my sermon, I shall explain.

Every one of us has stages of life. First dance, first date, first marriage, first baby, first major illness, first parent dying, etc. With each comes apprehension and most often fear. I suggest that we seek out people at the coffee hour who have already experienced the stage of life we are entering. Learning from someone else's stage of life experience may allow us to enter our stage with wisdom and not fear.

After meeting the right person who already experienced the stage of life in question, I propose the use of The Trilogy discussion method. It goes like this:

- What fear did you experience when you (Life Stage)?
- Did you succumb to the fear or did you handle it?
- What should I do to handle my (Life Stage)?

Every year after my sermon, I hear from my congregation that The Trilogy helps. Betty Dipple, pregnant with her first, learned from Lily Goodson that meditation helped her with each of her three children's births. Marty Offenbach learned from Jerry White that before his mother's death, Jerry thanked her for all the kindness and selflessness she had shown him as a child, teenager and adult; he said it made her passing more tolerable because she knew his appreciation for her love.

Since the church fire, we temporarily use the Unity Grange Hall for our services. After service we stack away the folding chairs and begin the community coffee hour. The coffee, the cakes and the Trilogy discussions begin. Therein is our congregation's human and tasty effort to overcome fear.

Amen.



The Reverend Mrs. Silence DoGood

Senior Pastor
Executive Director
President
Chairman

Choir Master (part-time)

The First Church of God's Love

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POCONO

secrets

THANK YOU FOR YOUR SERVICE

Remembering D-Day and My Dad

By LA Guzda

November is the month to express thankfulness. It is also a time to remember and honor our veterans. So take time to express gratitude to those who have served to protect that which we hold dear.



There are several organizations that offer volunteer opportunities to support veterans. The GarySineseFoundation.org, WoundedWarriorProject.org, VFW.org, SoldiersAngels.org to name a few. There are local chapters in your area as well as other dedicated community groups.

I would like to share my father's role in WWII and the invasion of Normandy.

Ted Guzda and Willie Kesnick were childhood friends who enlisted to serve together in the Navy. They were assigned to US PC 552.

The PC 552 was affectionately referred to as Rustbucket 552. Commissioned on July of 1942, it served as a patrol craft and escort ship for convoys. The ship was called to England in January 1944 in preparation of D-Day. From February through May, PC 552 escorted ship traffic as well as protected troops during landing exercises. They witnessed the German bombings of England's south coast.

On June 4, 1944, PC 552 took on supplies and received the plans for Operation Overlord.



On June 5, 1944 the ships were kept in the dark about the actual timing of the invasion. Unsure whether this was another training exercise, it soon became apparent that this was indeed the moment as the channel was filled with so many ships, you couldn't count them. The sea was so rough many of the ships had trouble keeping station. Once the order was given, PC 552 practically led the convoy across the channel. The Augusta was the headquarters for the attack. As PC 552 pulled alongside they were told, "Good luck, you're on your own."

Willie remembers, "When we left, they told us, God Bless you, 552. They didn't expect us to come back."

Both Ted and Willie believed they were going to die that day. Willie lost his helmet, so Ted emptied a bucket of sand and tossed it to Willie to put on his head. He often spoke about the ping ping sound of the bullets hitting the bucket. Together, they kept shooting and praying.

It was a surreal nightmare but they survived. They married, raised their families and remained lifelong friends, both living into their 90s. They're gone now but the truth is... heroes never die.

If you would like to know more about PC 552 and its role in the D-Day invasion on Omaha Beach, there is a great book titled: "Normandy: A Father's Ship and a Son's Curiosity. The USS PC 552" written by Dave Cary and available on Amazon.

Follow us at @PoconoSecrets
Visit www.LAGuzda.com or www.PoconoSecrets.com

It's Your Turn For Some Health Column Feedback

Elizabeth A. Dorn, M.S.N., C.R.N.P.

Hello, All!

I have very much enjoyed writing these Connections articles on health-related topics. It appears to me that I have been submitting what I surmise are your interests. I'm going to ask now that you give me some input as to what you'd like to hear about going forward. I have compiled a list of possible topics, so please feel free to check any of them off, and/or add suggestions of your own. As I always tell you, I certainly don't have all the answers, but will do my best to research the issues that are important to you in order to provide you with up to date, relevant information that you can use.



Here's my proposed list. PLEASE don't hesitate to include any other topics you're interested in.

- | | |
|--|---|
| <input type="checkbox"/> Longevity | <input type="checkbox"/> Mental health |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> (type?) _____ | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> PTSD |
| <input type="checkbox"/> Alzheimer's disease | <input type="checkbox"/> BiPolar disorder |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Panic |
| <input type="checkbox"/> Grief | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Wellness | <input type="checkbox"/> Anemia |
| <input type="checkbox"/> Habits | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Hydration | <input type="checkbox"/> Emotions |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Food borne ills | <input type="checkbox"/> Pets & your health |
| <input type="checkbox"/> Attitude/gratitude | <input type="checkbox"/> Bone health |
| <input type="checkbox"/> Vitamin X (exercise) | <input type="checkbox"/> Fats |
| <input type="checkbox"/> Thyroid issues | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Women's health _____ | <input type="checkbox"/> (specifically?) |
| <input type="checkbox"/> Men's health _____ | <input type="checkbox"/> (specifically?) |
| <input type="checkbox"/> Restless leg syndrome | |
| <input type="checkbox"/> Nutrition | |
| <input type="checkbox"/> Sugar free | |
| <input type="checkbox"/> Fat free | |
| <input type="checkbox"/> Keto | |
| <input type="checkbox"/> Mediterranean | |
| <input type="checkbox"/> DASH | |

Send your submissions to:
Connections Magazine
3305 Lake Ariel Highway
Honesdale, PA 18431
or email your suggestions to
cmag@ptd.net.

Product Spotlight



Muck Chore Classic Chicken Print Boots

You are never too young to get mud on your boots. The Muck Chore Classic Chicken Print Boots are comfortable, lightweight, 100% waterproof and kid proof. The boots feature a durable quick cleaning outsole, full neoprene bootie and easy on/off tabs. The molded PU insert with memory foam offers comfort, and bioDEWIX™ footbed controls odor and manages moisture. Kids will love wearing these adorable chicken print boots for feeding the animals, playing in the mud, and tromping to school on rainy days. Little Kids sizes 8-13 and Big Kids sizes 1-6.

See the Kids' Chore boots at www.muck-bootcompany.com/chore-classic.



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L A Z B O Y



THE AREA'S *GOOD STUFF*

NOV '23

Ongoing Events

DAILY

Rotating Art Gallery

Three Hammers Winery, Honesdale. Art Gallery presents a harmonious balance of contemporary fine art, fine wine, & local history. It showcases the mastery of artists from Northeastern PA & beyond, working in a variety of mediums. All artist receptions are free & open to the public.

Info: threehammerswinery.com.

FRIDAYS

Hawley Farmers Market

2-5 p.m. Hawley Hub, Hawley. Through April. Pre-orders available from online vendor list, & pick up at the market.

Info: 570-226-1644.

FRIDAYS

Chords For Community

6:30-8:30 p.m. Gresham's Ice Cream Shoppe, Hawley. Enjoy a youth concert series at Gresham's Ice Cream Shoppe's courtyard. This program, spearheaded by young musician Callie Gelderman, features local young musicians. All the money raised benefits the music scholarship for children in the community who cannot afford lessons. Free. Info: 570-226-0640.

FRIDAYS, SATURDAYS, SUNDAYS, MONDAYS

Public Tours at Grey Towers

11 a.m. & 1 p.m. Grey Towers National Historic Landmark, Milford. Through Nov. 20. The US Forest Service offers days when guests can enjoy US Forest Service sites for free. In honor of Veterans Day, visitors can enjoy a free first floor open house from noon until 2 p.m. on Nov. 11.

Info: 570-296-9630 or greytowers@fs.fed.us.

SATURDAYS

Alula By Bruce Dehnert

5-8 p.m. Historic Forest Hall, Milford. Exhibition showcases the artists' latest endeavor in exploring the essence of architecture and the intricacies of nature. Delving into natural elements, he aims to provide answers

while also raising questions. Drawing inspiration from abstract ideas, these works offer a unique perspective on the interplay between humanity and the natural world. Through Nov. 25. Free. Info: 570-296-4299.

SATURDAYS

Wildlife By Hunt Slonem

5-8 p.m. Historic Forest Hall, Milford. Experience a momentous solo exhibition where artist Hunt Slonem presents over 50 years of his extraordinary art. Unseen for three decades, this captivating collection unveils a wide array of subject matter, ranging from his iconic Bunny portraits, to depictions of angels, friends and icons. Discover the underlying spiritual core in every piece, from the early saint paintings to the present-day nature paintings, all charged with profound spiritual intention. Free. Info: 570-296-4299.

November 1-30

NOV. 1

Dessin Animal Shelter

4:30-5:30 p.m. Honesdale Public Library, Honesdale. Join Kathy Adams and Nina Sorochynskyj from Dessin Animal Shelter as they discuss shelter pet adoption and care. Adams is a M.Ed and Co-Chairperson BOD at Dessin Animal Shelter. Sorochynskyj is a certified Separation Anxiety Trainer, Canine North East Search and Rescue and a co-chairperson BOD at Dessin Animal Shelter. Contact Miles to register at 570-253-1220 or mkeesler@waynelibraries.org.

NOV. 1, 8

Wednesday Bog Walk

1-3:30 p.m. Tannersville Bog, East Stroudsburg. Take a guided journey into the unique Tannersville Cranberry Bog. Environmental educators explain the Bog's formation, its interesting plant & animal life & the role the local Preserve Committee & the Nature Conservancy play in its continued protection. Wear appropriate footwear.

Pre-registration required: 570-629-3061.

NOV. 1-30**"Captured Moments in Nature": Andrea Henley**

Kettle Creek Environmental Education Center, Stroudsburg. Photography exhibit. Info: 570-629-3061 or mcconservation.org.

NOV. 2**25 Ways to Wellness**

4:30-5:30 p.m. Honesdale Public Library, Honesdale. Emily Daly will discuss the small changes that can be made to maintain a healthy body. Daly is a community health navigator for AmeriHealth Caritas Pennsylvania. Contact Miles to register at 570-253-1220 or mkeesler@waynelibraries.org.

NOV. 3**Greg Giannascoli**

7-8:30 p.m. Columns Museum, Milford. Kindred Spirits Arts Programs presents Americana Meets Old Masters: Giannascoli, joined by pianist Ron Stabinsky, perform music by George Gershwin, Fritz Kreisler and other composers. Info: 570-390-8699 or yanathatcher@gmail.com.

NOV. 3, 10**Live Music**

4-7 p.m. Runaway Train Brewery, Honesdale. Info: info@runawaytrainbrewery.com.

NOV. 4**Scouts BSA Badge Festival**

9:30 a.m.-4 p.m. Pocono Environmental Education Center, Dingmans Ferry. PEEC hosts its Scouts BSA Badge Festival on November 4, 2023. Bears will work to complete their Fur, Feathers and Ferns badge. Webelos will work to complete their Into the Wild badge. Scouts will work to complete their Mammal Study badge. Scouts must be supervised at all times by a parent or troop leader. Payment required at registration. Space limited; call early. Info: 570-828-2319 or peec@peec.org.

NOV. 4**Healing Mandalas**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Carol Mainardi. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

NOV. 4**Meet the Artist: Andrea Henley**

11 a.m.-1 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Meet artist Andrea Henley, whose photography exhibit titled "Captured Moments in Nature" will be

on display for the month of November. Free. Info: 570-629-3061 or mcconservation.org.

NOV. 4**Alcohol Ink**

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Carol Mainardi. All materials included.

Info: 570-251-1181 or

info@theartfactoryofwhitemills.com.

NOV. 4**Grateful 'n Grilled**

7:30-11 p.m. The Cooperage Project, Honesdale. A groovin', shakin', good vibrating — and delicious — event for the Dead Head in us all, featuring a musical experience by The Deadbeats. Celebrating their 30th anniversary, They are a seasoned, sought-after Grateful Dead cover band from Hudson Valley. As some may know, grilled cheese is one of the staple cuisines of Grateful Dead and jam band "shakedown." So, The Cooperage will create a more complete experience by serving their own homemade grilled cheeses (of many variations) right out of the Cooperage cafe. BYOB. All ages are welcome with parental supervision (kids under 5 are free). Info: 570-253-2020 or nicky@thecooperageproject.org.

NOV. 4, 5, 11, 12, 18, 19**Pocono Express**

Honesdale Station, Honesdale. Take in the natural beauty of the Northern Pocono Mountains. Join The Stourbridge Line for a 1.5-hour round trip excursion from Honesdale to Hawley. This is one of the best ways to take in the natural beauty of the northern Pocono Mountains. Keep your eyes open for bald eagles and other wildlife along the river. The railcars are heated and restrooms are available on-board. Info: 570-470-2697 or info@thestourbridgeline.net.

NOV. 5**Wacky Science Adventures**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Put on your lab coats and prepare to conduct some crazy experiments. You'll get to create your very own slime, oobleck, and attempt to launch a rocket into space. Prepare to get your hands a little dirty! Call to register. Info: 570-828-2319 or peec@peec.org.

NOV. 5**Acrylic Painting**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist

Rosellyn Grohol. All materials included.
Info: 570-251-1181 or
info@theartfactoryofwhitemills.com.

NOV. 5

Impressionism with Metallic Acrylic

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included.

Info: 570-251-1181 or
info@theartfactoryofwhitemills.com.

NOV. 5, 19

Dinner Train

Noon-1:30 p.m. Honesdale Station, Honesdale. Join The Stourbridge Line for a scenic trip along the Lackawaxen River while enjoying an amazing dinner catered by Sidel's Restaurant. Three-course dinner includes salad, entree, starch and dessert. Dining car has tables of two or four, please note if you book less than a party of four, you may be seated with other guests. BYOB. Advise if you are bringing wine or beer. Visit website for menu choices.

Info: 570-470-2697 or
jhiller@thestourbridgeline.net.

NOV. 7

Tom Quick Pasta Party

5-9 p.m. Tom Quick Inn Restaurant, Milford. Enjoy a build-your-own style pasta party at the historic Tom Quick Inn. The first Tuesday of each month Tom Quick will be offering new variations of the BYO options.

Info: 570-832-8500.

NOV. 8

How to Know and Fulfill Your Soul's Purpose

4:30-5:30 p.m. Honesdale Public Library, Honesdale. The age old question of, why are we here, is at times asked by each person as they travel through life. In this lecture you will be given some guidelines to answer this question personally. Lisa Bartels has a master's degree in psychology from Northwestern Univ. and has 20 years experience as a therapist and college teacher. She is retired but still enjoys teaching in order to help people continually improve and enjoy their lives. Contact Miles to register at 570-253-1220 or mkeesler@waynelibraries.org.

NOV. 10

All About Deer

11 a.m.-Noon. Van Scott Nature Reserve of the Delaware Highlands Conservancy, Beach Lake. Join the DHC for a talk about white-tailed deer and other members of the

deer family. Did you know deer have a four-chambered stomach just like a cow? Or that there is a small elk population in Pennsylvania? Come to this program and find out. Space is limited and prior registration is required. Children must be accompanied by an adult to attend the program.

Info: 570-226-3164 or
rachel@delawarehighlands.org.

NOV. 10-12, 17-19

Company: A Musical Comedy

Fri. & Sat.: 8 p.m.; Sun: 2 p.m. The Milford Theater & Performing Arts Center, Milford. Confirmed bachelor, Robert, contemplates his unmarried state. Over the course of a series of dinners, drinks and even a wedding, his friends explain the pros and cons of taking on a spouse. The habitually single Robert is forced to question his adamant retention of bachelorhood during a hilarious array of interactions. Table seating includes two drink tickets per person (four total per table) and a concession snack of your choice (two total per table.) The Milford Theater Bar will be open one hour before the show, serving wine, beer, cocktails and concessions. Info: 570-300-5990 or
cmarone@milfordhospitalitygroup.com.

NOV. 12

Abstract Art with Alcohol Ink Markers

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included.

Info: 570-251-1181 or
info@theartfactoryofwhitemills.com.

NOV. 12

Wet-on-Wet Painting

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included.

Info: 570-251-1181 or
info@theartfactoryofwhitemills.com.

NOV. 16

Thanksgiving Centerpieces Sip and Snip

5:30-7 p.m. Gorgeous Floral, Hawley. Just in time for the holidays, join Gorgeous Floral to create your Thanksgiving centerpiece. The class includes cocktail and mocktail.

Info: 570-576-0490 or
info@gorgeous-floral.com.

NOV. 17

Truffle Wine Dinner

7-10 p.m. The Settlers Inn, Hawley. Elegant Italian menu of truffle-inspired dishes paired with cellar wines. Featuring Urbani

Truffles and Pio Cesare wines. Guest chef Kevin Gaudreau, a James Beard nominee, and owner of Beech Restaurant in Jamestown, RI. Reservations required. Info: 570-226-2993 or desk@thesettlersinn.com.

NOV. 17

Friday Movie

1 p.m. Honesdale Public Library, Honesdale. "Ratatouille". Refreshments will be served. Free. Contact Miles or Owen to register at 570-253-1220 or mkeesler@waynelibraries.org or oadams@waynelibraries.org.

NOV. 17

Turkey Talk

4-5 p.m. Van Scott Nature Reserve of the Delaware Highlands Conservancy, Beach Lake. Did you know the turkey was almost the national bird? Join the Delaware Highlands Conservancy for Turkey Talk to learn about all things turkey, including their habits and how they live. Space is limited and prior registration is required. Children must be accompanied by an adult to attend the program. Info: 570-226-3164 or rachel@delawarehighlands.org.

NOV. 18

Acrylic Pour

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Carol Mainardi. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

NOV. 18

Game Dinner

6-8 p.m. Pocono Environmental Education Center, Dingmans Ferry. Enjoy the bounty of the season at PEEC's 13th annual Game Dinner. This dinner features local game and seasonal harvests. Bring your friends and family to enjoy this cozy evening. Call early to guarantee a seat. This event is recommended for ages 14 and older. Info: 570-828-2319 or peec@peec.org.

NOV. 19

Animal Tracking

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Animals leave behind clues that give us glimpses into their lives. Explore PEEC's natural areas for tracks, trails, scat, territory marks, chew marks, and other signs animals leave as they travel through the fields and forests of the Poconos. Please call to register. Info: 570-828-2319 or peec@peec.org.

NOV. 19

Abstract Alcohol Ink

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

NOV. 19

Painting with Ink

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

NOV. 19

Ryan Keberle's Collectiv do Brasil

4-7 p.m. The Cooperage Project, Honesdale. Considerando, the trombonist's second album with the São Paulo-based Collectiv do Brasil, confirms that this is a singular relationship built to last. It's a deep dive into the songbook of Edu Lobo, the beloved and pervasively influential composer, guitarist and vocalist, still going strong at 79, who bridges the bossa nova-era with the 1970s flowering of MPB (música popular brasileira). Info: 570-253-2020 or nicky@thecooperageproject.org.

NOV. 20

Wayne Highlands Quilt Guild

4-6 p.m. First Presbyterian Church, Hawley. Do you love to quilt? We welcome you to join us & make new friends who share your passion for quilting. At each meeting there is a Show & Tell. At some meetings we have a hands-on learning presentation, sewing of an item to donate to charity or a speaker. For more info, call Deb at 908-358-2670 or debszoo@gmail.com.

NOV. 22

Friendsgiving

5-8 p.m. Runaway Train Brewery, Honesdale. Dinner and drink specials. Live music. Info: info@runawaytrainbrewery.com.

NOV. 22

Friendsgiving

5-9 p.m. Glass - Wine.Bar.Kitchen, Hawley. Celebrate the holidays with friends. Enjoy live music from 5-9 p.m. Free admission; food and beverages additional. Info: 570-226-1337 or info@ledgeshotel.com.

NOV. 22**Friendsgiving**

6-9 p.m. Hotel Anthracite, Carbondale. Food & drink specials with live music by the Greg Kondrat Trio. Info: 570-536-6020 or info@hotelanthracite.com.

NOV. 23**Farm-To-Table Thanksgiving Dinner**

Noon-6:30 p.m. The Settlers Inn, Hawley. Farm-to-table Thanksgiving Dinner with all of your holiday favorites. Reservations required. Info: 570-226-2993 or desk@thesettlersinn.com.

NOV. 23**Farm-To-Table Thanksgiving Dinner To Go**

The Settlers Inn, Hawley. Leave the cooking to the Settlers Inn and enjoy time with family and friends this Thanksgiving. Pick up your traditional Thanksgiving meal ready to heat at The Settlers Inn. Order by Nov. 21 and pick up on Nov. 23 from 9 a.m.-1 p.m. Info: 570-226-2993 or desk@thesettlersinn.com.

NOV. 23**Fuss-Free Thanksgiving To Go**

9 a.m.-1 p.m. The Dock on Wallenpaupack, Hawley. Pick up your Thanksgiving To Go and enjoy a traditional Thanksgiving meal from the comfort of your own home. Takeout orders accepted through Nov. 21. Pickup on Nov. 23 between 9 a.m.-1 p.m. Info: 570-226-2124 or info@silverbirchesresortpa.com.

NOV. 23**Thanksgiving Buffet at Silver Birches Resort**

Noon-5 p.m. The Waterfront at Silver Birches, Hawley. Enjoy a traditional Thanksgiving Buffet. Reservations required. Info: 570-226-4388 or info@silverbirchesresortpa.com.

NOV. 24**Live Music**

5 p.m. Runaway Train Brewery, Honesdale. Info: info@runawaytrainbrewery.com.

NOV. 24-26**Winter Wonderland**

Main Street, Downtown Honesdale. The Greater Honesdale Partnership invites you to come to "Winter Wonderland." Kick off the event on Friday with seasonal fun and the annual Santa Parade, followed by the tree lighting in Central Park. Small businesses will also host events for shoppers to enjoy

as they browse and buy. Historic Honesdale offers up its famous holiday hospitality during their yearly tradition. Fri. vendors: 11 a.m.; parade: 6 p.m.; tree lighting: 7 p.m. The festive spirit continues on Saturday, with great shopping at local stores. Free.

Info: 570-253-5492 or events@visithonesdalepa.com.

NOV. 24, 25, 26**Honesdale Santa Christmas Tree Express**

10 a.m.-8 p.m. Honesdale Station, Honesdale. Travel in comfort in the heated coaches as you dash down the tracks to the track-side Christmas Tree Farm. Once you arrive, climb off the train and visit with Santa, pick your favorite Christmas tree, and enjoy complimentary hot chocolate. Passengers will have approximately 1-1/2 hours to visit Santa and choose and purchase that special Christmas tree (note: trees are an additional cost). You are responsible to attach it to your car, so be sure to bring the proper supplies to do so. Cash and credit cards accepted.

Info: 570-470-2697 or info@thetourbridgeline.net.

NOV. 25**Small Business Saturday in Hawley**

10 a.m.-6 p.m. Downtown Hawley. Kick-off the holiday shopping season and get a head-start on the holidays. Many merchants will be holding pre-holiday open houses with specials and gift-giving ideas. Shop small, shop local. Follow on social media for event updates and announcements. Free. Info: 570-226-4064 or info@visithawleypa.com.

NOV. 25**Small Business Saturday in Honesdale**

10 a.m.-5 p.m. Downtown Honesdale, Honesdale. Explore historic Downtown Honesdale with "Shop Small, Shop Local, Shop Safe." Locally owned and operated small businesses will be eager and willing to make your day special. Free.

Info: 570-253-5492 or ghp@visithonesdalepa.com.

NOV. 28**Ugly Sweater Happy Hour**

5-7 p.m. Runaway Train Brewery, Honesdale. Come with your ugly sweater for a holiday celebration as we give back to the Settlers Cares Foundation. Jim Hamill and his surprise celebrity crew of bartenders are ready to pour out the fun for this great non-profit. Food and drinks a la carte.

Info: info@runawaytrainbrewery.com.



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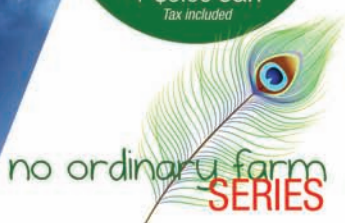
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