



We hope you enjoy this first 2017 edition of the Sunrise Lake Newsletter.

The Sunrise Lake newsletter committee meets the second Thursday of every month at 7:00 pm in the Sunrise Lake Office. We are looking for volunteers to join the committee. If you are interested in helping with the newsletter, have ideas or suggestions for articles please email wendy@sunriselake.org or join us at a Newsletter Committee meeting! We hope to see you there!

In upcoming editions we plan to include articles on: Sunrise Events, Family Activities around Town, Helpful Hints, Veterans Spotlight, Resident Spotlights and Sunrise History.

MARK YOUR CALENDAR

Saturday, May 27 – **Pool opens**, weekends only until school is closed.

Saturday, May 27- **Yard Sale**

Wednesday, May 31 – **Nomination Forms due** by 5pm

Thursday, June 1 – **Yearly Assessments due**

Saturday, June 3 - **Dumpster Day** 8 am to 1 pm

Saturday, June 10 - **Fishing Derby**

Saturday, July 1 – **Meet the Candidates**, 10 am, St. Vincent's Church

Saturday, July 22 – **Election Meeting**, 10 am, St. Vincent's Church

Please check the calendar at www.sunriselake.org for additional events as they are scheduled.

COMMITTEE MEETINGS

In addition to our **Rules and Regulations, Lake, and Grievance Committees**, we have 2 new committees that have started in the past year.

The **Events Committee** was founded to plan events and fun activities that will bring our community together as neighbors, both children and adults. This past year the committee planned a casino trip, the Summer Bash, Trunk or Treat, holiday light contest, and the holiday tree lighting ceremony.

Attendance at the Trunk or Treat was by far the largest with approximately 90 children, plus parents. We had some snow for our tree lighting ceremony and thank those who ventured out on a cold snowy night. There was caroling, cookies, hot chocolate and Santa came and gave out candy canes. The Events Committee would like to add new events in the upcoming year and improve on those that have started.

The **Communications/Newsletter Committee** was founded to help improve communications and to have an informative printed newsletter available for our residents. This is the first newsletter of the new year and the committee would like to expand on the newsletter and the amount of times it will be issued. If you are interested in any of the committees, please come to a committee meeting with your suggestions and ideas or get in touch with the committee head.

Please refer to www.sunriselake.org and click on the Calendar of Events to see any upcoming meetings or events.

OFFICE HOURS

Monday – Friday 9:00 – 5:00

Saturday 9:00 - 1:00

Closed May 29th – Memorial Day

TREE PERMITS

Please remember to contact the office for a permit if you need to cut down any trees that are over 3 inches in diameter. Permits are free.

**THIS EDITION OF THE SUNRISE
NEWSLETTER IS DEDICATED TO THE
MEMORY OF SLPOA DIRECTOR JACK
RITTER**

Below is the reprint of an article written by Harriet Keller about Jack that appeared in the Sunnyside Up News several years ago.



Jack Ritter and his twin brother Art were born in Newark New Jersey, sons of Arthur and Helen Ritter. They both went to Central High School in Newark. They lettered in two sports, baseball and swimming - winning All City Team in both. Jack and Art's love of the Marine Corps came during World War II, when they saw the older neighborhood guys going off to war.

When they graduated High School they both joined the Corp. They went to boot camp for thirteen weeks at Parris Island, South Carolina, and then four more weeks of combat training at Camp Geiger, North Carolina.

After finishing ten weeks of Sea School, in Portsmouth Virginia, they were assigned to the Battleship, U.S.S. Wisconsin B.B. 64 for two years. They had many deployments with the Seventh Fleet. After finishing 2 years of sea duty, they were assigned to the 2nd Marine Division at Camp Lejeune, North Carolina.

Presently, Jack remains active in the Marine Corp. League, entitled Gung Ho Detachment #909 and also the American Legion 139 U.S.S Wisconsin Association.

His love of the Corps has never changed after all these 59 years. He feels everyone should serve or be drafted. Mr. Ritter shared his personal feelings with this reporter. The following is a quote from Jack:

"When you see a service man or woman, thank them for their service and tell them they make us PROUD! Treat them with respect, and especially do all we can here in America for the men and women that come home with such terrible injuries."

One remembrance Jack shared with me was very interesting and wonderful to realize. When the Veterans returned, they began a Boy Scout Troop, and a V.F.W. in his hometown of Newark. The Veterans took the boys hiking, camping, and made great efforts to see that the children became men.

Thank you Jack, and Carol for your wonderful interview, and for sharing your feelings about your love of our America! We salute you!! God Bless you and God Bless America!

STARTING A GARDEN IN SUNRISE LAKE

By Kristin Frillmann

My husband Paul and I moved to Sunrise Lake in January of 2014. Having lived in city apartments most of our lives, we were unprepared for winter in Dingmans Ferry. But we loved the natural surroundings, the peace and quiet, the wildlife, and most of all, we loved having a yard. In Astoria, where we came from, everything grew. Roses! Grape arbors! Vegetable gardens! But who could afford space for a garden in Queens? Here, we had three-quarters of an acre.

Our lot was steeply sloped and overgrown, but quite sunny. This should be easy to landscape, I thought. The first time I tried to dig, I hit rock. Moving around, I dug all over the yard and found rock *everywhere*. I asked Community Rental on Route 6 if there was a machine that could plow the whole thing up. "Oh, you're living on a rock ledge," they told me. "All of Pike County is basically rock." Bill Bryson explains this in *A Walk in the Woods*, his book about hiking the Appalachian Trail:

During the last ice age [Pennsylvania] experienced what geologists call a periglacial climate – a zone at the edge of an ice sheet characterized by frequent freeze-thaw cycles that fractured the rock. The result is mile upon mile of jagged, oddly angled slabs of stone strewn about in wobbly piles known to science as *felsenmeer* (literally, "sea of rocks").

What happened to the topsoil, I wondered. There was no topsoil. Instead, there was rock, deposited by glaciers, embedded in dust.

Our front yard was eroding, so Paul terraced it, one wheelbarrow at a time, with three huge truckloads of dirt. Unfortunately, it was berm dirt. Berm dirt is good for staying put, being mostly heavy, sludgy clay. But if you want to garden, don't buy berm dirt. It is backbreaking to dig and impenetrable to roots. Hoping for a quick, deer-proof groundcover, we added lots of peat moss to it and planted a hundred baby junipers and pachysandra. The deer did not eat them. They pulled them up, one by one, and left them lying on the ground.

Next we tried a variety of larger "deer resistant" plants.



Ornamental grasses and some needled evergreens (like the gold mop

Chamaecyparis pictured) weren't bothered at first, provided they were too big to be yanked out with a single pull. Daffodils were ignored, as was Japanese andromeda (*Pieris japonica*), and plants with fuzzy leaves, like lamb's ear, or no leaves, like Scotch broom. Thorny plants, like barberry, seemed to be ok. Then winter came, and the deer began to eat everything. Whatever they couldn't eat they gnawed or trampled.

We realized we needed two things in order to grow anything at all: fences, and raised beds. On one side of our lot, Paul built low rock walls which we filled with a mix of topsoil, compost and sand. He enclosed these with a 7-foot fence of black polypropylene mesh, and a second, shorter fence around it, since deer avoid narrow spaces where they might get trapped. Both fences are anchored to the ground. A determined deer or a bear, of course, simply crashes through, so we've had to make occasional repairs. Being neither "extra strength" nor "rodent proof," we're waiting to see how the fences hold up.

Meanwhile, our yard had become a mix of soils and pH's, making it hard to know how to fertilize. I decided to use home-made compost, both to fertilize and to add texture to the soil. A friend gave us some heavy, plastic screw-top barrels which we drilled with quarter-inch holes, lining the bottom with chicken wire. We layered in shredded newspaper, leaves, dirt, kitchen scraps (no fats, meat, bones, or oils), and rolled the barrels around every once in a while to aerate. Neither bears nor small animals can get into them, and in a few months the contents become crumbly, odorless compost.

It's important to watch changes of sun and shade in the yard. At first, I put plants that need some shade (an unfortunate dogwood tree, for instance) in spots that turned out to be full sun, and vice versa. It also helps to see what's doing well in the neighborhood. Last fall, a small, bright-red tree that I saw here and there drove me almost crazy – I thought it was some rare specimen plant – until I found out it was the Japanese maple called "Bloodgood." Not at all rare, but beautiful.

Summer



Fall



There are some very good nurseries nearby: Wisspering Pines on Route 739; Laurel Grove in Port Jervis; Rich's Tree Farm and Regina Farms in East Stroudsburg; Brick House Garden Center in Greeley. Meetings of the Milford Garden Club are a good place to get information and meet other gardeners (www.milfordgardenclub.com). This spring, from February to June, the PennState Extension Service of Pike County has offered a series of gardening workshops on a broad range of topics, from soil preparation to pest management. Information can be found at <http://extension.psu.edu/pike/events>.

We plan to make more beds for annuals and perennials. Vegetables, if we can figure out how to keep the chipmunks away. Given the animals, the ticks, and the rock-hard ground, why try to garden in Sunrise Lake? In the words of Pamela Hubbard, Penn State Master Gardener of Monroe

County: "Gardening is good for your health: it burns calories, reduces stress, and lowers blood pressure." She adds, "The most important reason I garden is because it makes me happy." *

* From http://extension.psu.edu/plants/master-gardener/counties/pike/news/2016/why_i_garden#.VyAfevM-Of0.facebook

RECIPES FROM OUR RESIDENTS

This is a favorite of Carmine and Milly Lisante. It reminds them of their many trips to Italy.

Spaghetti Alla Puttanesca

½ c olive oil

2 cloves garlic, crushed

Pinch chili flakes

6 anchovy fillets, drained and soaked in milk for 30 minutes

1 2/3 cups canned Italian peeled tomatoes

2/3 cup black olives sliced

1 tbsp. capers

1 sprig fresh oregano or ¼ tsp dried

1 lb. fresh spaghetti or 2/3 lb. dried

2 tsp chopped fresh parsley

1. Heat oil in a large frying pan and gently sauté garlic and chili. Drain anchovies of excess milk and add to the pan, mashing them as you stir.
2. Take the tomatoes out of the can one by one, squeezing them over the sink to remove seeds and some of the juice, before adding to the pan. Save remaining juice in the can to moisten the sauce as it is cooking. Add olives, capers and oregano and cook over medium heat for 10 minutes.
3. Cook spaghetti in boiling salted water until al dente. Drain and transfer to a warm serving dish. Pour sauce over the top, toss and add parsley. Serves 4

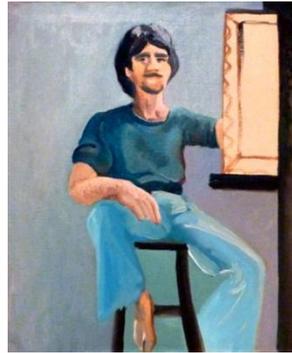
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AN ARTIST IN WINTER

Paul Rubino, a resident of Sunrise Lake, was recently the featured artist at The Gallery at Chant Realtors in Lords Valley. The opening of his show on January 7 was a lively and welcome event on a cold (17°) night. The Chant Gallery is located at 631 Route 739, just south of I-84 Exit 34. It is sponsored by Associate Broker George Schmitt, an art lover, and curated by Joan Polishook, an artist and writer based in Hemlock Farms. The Gallery regularly shows the work of local artists, with exhibits changing monthly or every two months.

Born in New York City in 1951 and raised in Queens, Rubino was an enthusiastic creator of paintings and drawings from an early age, greatly influenced by the sights and sounds of the City. He was educated at the High School of Art and Design and the School of Visual Arts in New York City, and subsequently embarked on a career as a freelance graphic designer, all the while developing his personal vision and understanding of abstract art technique. His work has been shown in galleries around NYC, as well as in upstate New York and, most recently, in Pike County.

Rubino, whose subjects include landscapes, figures, and still lifes, describes himself as an abstract expressionist. "In my paintings and drawings, I'm mostly concerned with the surface, and effects of medium and color, trying to create a picture which changes with the light as well as with the line of sight of the viewer. Medium, available light, and point of view combine to create an image that moves and changes." His work was described by Lauryn de Leeuw, an artist and Hemlock Farms resident, as "so fresh and light, it really jumps and moves, like jazz music" (The Hemlock News, February). "The colors are awesome," commented another visitor to the gallery.

When he's not painting, Rubino puts his creativity to use in home improvement projects. A video catalogue of his artwork from 1970 through 2010 can be found at www.artofpaulrubino.com.