

SEPTEMBER 2016

GUIDE — AND — DIGEST



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Hershey's Mill Community-TV

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All submissions are welcomed; with rights retained by owner. Send to hmcvtvguide@comcast.net, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMC-TV determines suitability and has sole discretion to publish any submission. Submissions are due by the 22nd (38-41 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community-TV, its officers, or directors.

HMC-TV Guide and Digest

Volume XVII Number 9 – September 2016

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	From The Main Gate	7
	HM Residents Update	9
	HMC-TV Ch20 Programming	10
	Pool News	12
	Getting To Know You	14
	Health Fair	18
	HM Bus Trips	20
	HM Series Trips	24
	HM Library News	27
	Dining Out	28
	Classifieds	31
	Activities Calendar	32
	Club News	36
	Community News	42
	Technology Tips	48
	Local History	50
	Hershey's Mill Golf Club	54
	HM Sports Group	56
	Recipes	59
	Activities Contacts	61
	Advertisers' Index	62

Cover: Beautiful flowers climb a fence in the Hershey's Mill Community Garden. All garden plots are planted by residents who choose their own flowers and vegetables.



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—Marnie Keenan, Riddle Village Admissions Coordinator

Marnie Keenan has been working at Riddle Village for over 20 years. She knows retirement living, so when her Aunt Anne made the decision to move to a Lifecare community, Marnie made sure Riddle Village was on her list. Lifecare living is about so much more than floor plans, finishes, dining rooms and fitness centers; it is about friendly residents and dedicated staff who make it easy for you to call Riddle Village home.

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FROM THE MAIN GATE

Marc Fraser | Director of Security

Hershey's Mill has recently approved an increase, from 6 to 10, in the number of gate devices (clickers, swipe cards, and UPass) allowed for each residence. This

or pick up, a Gate Device Order Form. And note that if you are planning on purchasing a UPass window sticker, you will need the make, model, color, and license plate number of the vehicle(s) receiving the sticker(s).

Additional Gate Devices Available

means residents can now order at least four additional devices, depending on their current number, before reaching the limit for their residence.

If you have any questions, please feel free to call me at

If you wish to purchase additional UPass devices, please stop by the Main Gate Security Center to fill out,



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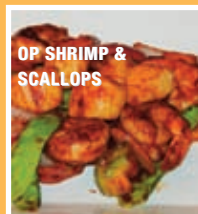
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HM RESIDENTS UPDATE

Banks, Keith & Gale	Feldman, Craig & Doris <i>(new #)</i>	McLaughlin, Jim
1242 Princeton Lane	663 Heatherton Lane	118 Chandler Drive
Bowers, William & Carol <i>(new #)</i>	Galiatsatos, Sophia	Rothfuss, Craig & Mulvey, Karen
1677 Yardley Drive	103 Ashton Way	1236 Princeton Lane
Callahan, Kevin & Margaret	Grazel, Raymond & Constance	Sarcia, Douglas & Rebecca <i>(new #)</i>
524 Franklin Way	38 Ashton Way	373 Devon Way
Carbo, Francis & Rita	Holly, Thomas & Jane	Stainback, David & Suydam, Susan
989 Kennett Way	890 Jefferson Way	1402 Springton Lane
Dellavecchia, Kristine <i>(new #)</i>	Jaenisch, John & Shaud, Ann	Trudeau, Rick & Chris
1362 Troon Lane	856 Jefferson Way	996 Kennett Way
Disciullo, Pierna	Kelley, Donald & Carole	Ugglia, Robert & Nancy
1043 Kennett Way	1546 Ulster Court	1210 Princeton Lane
Dolan, Michael & Kathleen		
183 Chandler Drive		

This update is provided by HM Security.



The HM Community Garden is comprised of about 162 private garden plots on two acres. Residents choose, plant, and maintain vegetables and flowers. Contact us to get your hands dirty too!

Original Programming	September 1-15, 2016			
<p>"Life Long Learning" at Immaculata <i>With Sandy Wollenberg</i> Dr. Angela Tekely tells us everything we might need to know about the new programs in the College of LifeLong Learning at Immaculata University.</p>	10:00 am	4:00 pm	7:00 pm	12 am
<p>Meet Your Neighbor: George Waldie <i>With Sandy Wollenberg</i> George, who lives in Chatham Village, has sung with several groups and churches in the area, directed musicals, performed in local theater productions, and is the Director of the West Chester Area Community Chorus.</p>	10:15 am	4:15 pm	7:15 pm	12:15 am
<p>The Folklorist Whether it's a tale of legendary lost cities, forgotten heroes, or hoaxes beyond belief, <i>The Folklorist</i> brings audiences back to each story's origins, and uncovers what's been left out of text books, and what lives on as folklore.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

<p>Movies Noon and 8:30pm</p>	<p>September 1-7 (noon only on the 7th) The Big Picture (PG-13) <i>Kevin Bacon and Emily Longstreth</i> A naive student filmmaker is swallowed whole by Hollywood wheeler-dealers. [Run time 1h 41m]</p>
	<p>September 8-14 (noon only on the 14th) The Freshman (PG) <i>Marlon Brando and Matthew Broderick</i> A film student does a double-take when he meets his girlfriend's father, a Don Corleone look-alike, who appears to head up an urban criminal ring. [Run time 1h 43m]</p>

To view Channel 20's original programming online: Go to hersheysmill.org, TV & Digest, HMC-TV20, Original Programming. Follow instructions for the video streaming service.

To view/print all HM cable channels: Go to hersheysmill.org, TV & Digest, Cable & Com-cast. A basic or full listing is available.



Original Programming	September 16-30, 2016			
<p>22 Park Avenue HMC-TV Concert Our June Entertainment in the Park concert. This high energy, seventeen member band plays music from the 1930s through 1990s.</p>	10:00 am	4:00 pm	7:00 pm	12 am
<p>Digital Billboards in Chester County <i>With Senator Andy Dinniman</i> A discussion with residents of Chester County, who've had experience with digital signs, to see what impact they have on our communities and quality of life. Includes a new proposed statute that would update old regulations from 1972.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am



<p>Movies Noon and 8:30pm</p>	<p>September 15-22 (noon only on the 22nd) The Birds (PG-13) <i>Rod Taylor and Tippi Hedren</i> Alfred Hitchcock's thriller about a town's mysterious battle with an increasingly violent flock of birds. [Run time 1h 59m]</p>
	<p>September 16-30 (noon only on the 30th) Still of the Night (PG) <i>Roy Scheider and Meryl Streep</i> A Manhattan psychiatrist probes a patient's murder and falls for the victim's mistress. [Run time 1h 33m]</p>

<p>Bulletin Board</p>	1:00am-10:00am	11:00am-Noon	Following the movie until 4:00pm
	5:00pm-7:00pm	8:00pm-8:30pm	Following the movie until Midnight

HMC-TV Channel 20 reserves the right to make program substitutions, and dates/times are subject to change. Opinions of hosts, guests, or advertisers shall not be construed as an endorsement by HMC-TV. ©2016 HMC-TV

Carol Campanelli | Ulster

Labor Day Weekend Event

Join us for our last Pool event of the 2016 summer season on **Saturday, September 3** (rain date is the 4th) from **4pm to 7pm**. Wally Hart and his band, Webb – “Band of Brothers”, will be performing. Along with the great music, and dancing if you choose, will be good food and plenty of socializing. What a wonderful way to end our season!

Tickets are \$25 per person. Check at the Pool desk to see if sign-ups are still available. This is a BYOB event (but remember there are no glass contain-



ers permitted at the Pool). The pool will be open for all until 6pm, but after 3pm, the pavilions will be reserved for party ticket holders only. This is our second event of the season to provide funds for pool “extras”.

Check our website as lifeguard availability will determine Pool hours through seasons end on September 5.

**Pool Telephone 610-692-8437
www.hersheysmillpool.org**

Our New Facility

Construction of the new Recreation Facility will begin immediately after Labor Day, so the pool area will probably not be available for reading and meetings this fall as it has been for the past two seasons. But watch for announcements of our grand opening in May of 2017!

The best way to stay up-to-date with Pool happenings is to check our website. You can find out more about upcoming events, view photos of past events, and much more.

The Pool Committee welcomes input about Pool concerns, and the Volunteer and Events Committee welcomes new volunteers to man the sign-in table and help with Pool functions. There will be information on our website about the Volunteer Orientation in early May.

USO Thank You

Tom Barrett once again donated his time and talent for a very successful July 3rd benefit for the USO. Following is the note that we received from the USO Center Manager:

Thank you to the Hershey's Mill community for your recent USO poolside fundraiser, which yielded over \$3,000 to Liberty USO. Be assured that every dollar will be spent on direct services to our military and families right here

in the Philadelphia Center at Philadelphia International Airport. We are frequently rated as the best USO in the nation. We welcome over 85,000 troops to our center annually, where we offer them our hospitality in the form of a full service cafe and kitchen, computer stations, men's and women's dormitories, a theater, and library. We are able to offer these amenities due to the generosity of good people like you, and the dedication of our 300+ volunteers.

I understand that there are a number of former military, and retired military, residing in Hershey's Mill. Let me personally thank you for your service. For more about our organization, please visit our website at www.libertyuso.org.

*Sincerely, Brian Loughlin
USO Center Manager*



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Mary Kay Hagerty | Heatherton

From his days as a railroad engineer to the present as a long-distance cyclist, Dennis Meeks has lived a life of adventure. As his wife Kathy puts it, “He likes to see what’s around the bend” – and this is the case whether it be on a train or bicycle.

When Dennis retired from the railroad, he was looking for something to do and started bowling at Frazer Lanes. This is where he met “the gang” from Hershey’s Mill, and they told him all about it. Since he and Kathy were in the process of downsizing, they took a look and eventually moved here.

Meet Dennis Meeks

Dennis grew up in southeast Pennsylvania with his parents and brother, graduating from Wilson High School in Reading. He began riding bikes as a young child, paying for his first bike, a 3-speed English Racer, with earnings from his lawn service job. He calls his bikes his “wheels to the world”, and at age 72, has never lost the desire to see where the roads go.

Dennis grew up in a railroad family. One of his grandfathers had a Lionel train set in his basement, and the other grandfather was a conductor on the New York Central Railroad. Also, his first wife came from a family of railroad men from Reading.

His 37 year career as a locomotive engineer was not just a job, but a way of life. He has driven trains that were up to two miles long, carrying grain, coal,

oil and mail for UPS and the US Postal Service. He often worked through the night, and would be home only a few days a week. Being on call 24 hours a day, 7 days a week, he kept a suitcase packed at all times – never knowing when he would be called to work.

Working on the railroad has been rated one of the most dangerous jobs in the country. Working for the B & O, Penn Central, Conrail, and Norfolk Southern, Dennis has driven coal-fired locomotives, and more recently, diesel and

Kennett Village

electric. Some of the engines he drove are on display at the railroad museum in Strasburg, which has the oldest operating railroad in the country.

Many of the rail lines that Dennis traveled have been converted into bike trails, and he often rides his recumbent bike on trails where he used to drive his trains. Bike touring, for him, is a great way to stay in shape, take a vacation, and see the country. He has cycled all over the U.S. and parts of Canada. Among his cycle adventures have been trips throughout the northeast and southern U.S., including the Finger Lakes of New York and the Saint Lawrence Seaway, and many of the western states. He has also been to many national parks and has stayed on Indian reservations.

He has travelled with his wife Kathy on a tandem bike, and they also rode a triple bike with Kathy’s daughter. His recumbent bike, which was specially made for him in California, holds up well on long trips and he finds more comfortable than a regular bike. When riding this type of bike, you use different leg muscles and usually have no neck or shoulder pain. Dennis always carries rain gear and special bike tools on his trips, though he rarely has any flat tires or other problems. Although, he says, the potholes in Chester County are pretty bad!



Dennis, who doesn’t fly, prefers to travel by train. Since retiring, he can leisurely watch the world go by as he travels. He typically has his own compartment on the train, but enjoys eating in the dining car. This summer he will travel to Seattle, Washington, by train – which will take three days. There, he will

Photograph by Mary Kay Hagerty

begin a three month, 3,000+ mile bike trip. He plans to traverse the country, and start by dipping his rear tire in the Pacific Ocean in Seattle. He will ride through Washington, Idaho, Montana, Wyoming, South Dakota, Minnesota, Wisconsin, Michigan, Ohio, Maryland, and Virginia; and then to Ocean City, New Jersey, where he will dip his front tire in the Atlantic Ocean. He will make this trip with about 21 people, whose average age is about 60. The riders pair up to make sure they get to their destination by the end of the day. Dennis prefers to ride alone, as he is a slower rider, but he meets up with the group each night. For a trip such as this, he trains for three months and rides for three months. On a long day, he will travel 90 miles; on a short day, 40 miles. He usually goes on one big trip each year. The furthest he has ridden in any one day is 98 miles. His advice to anyone interested in trying long-distance bike riding? “Just do it!” And “also, keep your eyes on the road, and always wear a helmet.” Being a member of the Adventure Cycling Association helps Dennis, as it provides him with bicycle maps.

He has had a few close calls with danger. Ironically, after biking all over the country, his closest call was right here in West Chester. A woman talking on a cell phone cut in front of him near the Fernhill Medical Center. Also, on a trip to the “Grand Canyon of Pennsylvania”, near Wellsboro, PA, he spotted a bobcat catching a ground hog, and a black bear on the path ahead of him. He stayed 50 yards

Continued on page 17



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GETTING TO KNOW YOU (continued)

behind, and eventually the bear went in a different direction.

His favorite trip was through Glacier National Park ten years ago; where he climbed the Sun Road over the Rocky Mountains – 22 miles to the top. Making it to the snow-covered summit in

Then they take a bus to Buffalo, with the truck following. They set up camp each night, and ride along the canal for seven days. He keeps a journal, with pictures, from all his bike trips.

Up Close with Dennis

How long have you lived in Hershey's Mill?
Four years.

Where did you live before Hershey's Mill?
In Chesterfield, a townhouse community on Route 352.

Favorite place to travel? All over the United States.

Favorite local restaurant? The Dilworthtown Inn.

How many children and grandchildren do you have? I have two children and three grandchildren, and my wife Kathy has three children and eight grandchildren.

the clouds was the highlight of the trip. I asked if he had trouble breathing up there, and he said the ascent was gradual so it wasn't a problem.

He attends many of the yearly rallies and road trips of North Carolina Coastal Ride – a group of about 1,000 riders with which he enjoys riding. Another one of his favorite adventures was a beautiful and historic bike trip on the Erie Canal – which he has now done twice and would gladly do again. It starts in Albany, NY, where the riders stow camping equipment in a truck.

What does Dennis do when he's not riding his bike? He likes to stop in occasionally to see and run the trains in Sullivan House. He also enjoys snow skiing in the Poconos, and belongs to the West Chester Gun Club. Through his church, Chadsford Baptist Church, where he met his wife Kathy, he mentors teenage boys. And keep an eye out for him on the bike, as he sometimes rides the 5-mile loop around Chandler Drive. As Dennis says, "My life has been one big adventure!" As someone inspired by him, I hope his adventures continue for a long time.

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Louise O'Brien | Springton

This is a community event and all Hershey's Mill Residents are invited to participate. The Health Fair is sponsored by Hershey's Mill Community-TV (Channel 20) to assist those who are challenged by the decision to move into an assisted living facility or to remain in their own home. Exhibitors at the Fair can provide advice and information, and answer questions.

The following companies and groups, and local police, will attend; and I have provided a brief overview of services and/or information they provide. They are listed alphabetically after police.

Westtown/East Goshen Police: Will be on hand to collect unwanted and outdated medications (no liquids).

AMDG Insurance Services: Health plans and Medicare plans made simple by Joe Murphy.

Barclay Friends: A continuing-care community with post-acute rehabilitation.

Brooklands Audiology: Providing complete hearing care within your budget.

Calmon Patient Advocate: Retired physician providing specific assistance with medication, post-hospital care, and doctor's appointments.

Care Sharers: This group of HM resident volunteers are just a call away. They will take you to medical appointments, super market, hairdresser, to get your prescriptions, and make minor repairs.

Caring Transitions: Our experts can guide you through life transitions such as: senior relocation, and downsizing

and decluttering with estate sales and online auctions.

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Ch20 Sponsored Health Fair

October 4 | 3 pm - 6 pm Hershey's Mill Community Center



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Osprey Health: We provide "person centered care" plans to assure care received is specifically tailored to each individuals needs.

Paoli Hospital: Offering routine health screenings and information that relates to the senior population.



Surrey Services For Seniors: Providing in-home healthcare, health and wellness programs, housekeeping, and transportation.

TRIPS ARE LISTED IN
CHRONOLOGICAL ORDER

Delaware Park

Monday, September 12, 2016
Monday, September 26, 2016
Monday, October 10, 2016
Cost: \$15 + Lunch
Departs: 10:15am
Contact: Ann Seraphin

Join us for an exciting day at the races! Watch horse racing, or try your luck at slots and table games. \$30 free slots play given to everyone on the bus. Lunch is on your own.

20th Annual Jimmy Brent Concert at the Curtis Institute of Music

Sunday, September 18, 2016
Cost: \$15
Departs: 12:30pm
Contact: Lillian Brent

Talented students of the Curtis Institute will perform a selection of classical compositions, and a buffet reception to meet the performers will follow the concert. I hope you will join us for this great annual event!



Trip payment checks need to be made payable to "Hershey's Mill HOA", sealed in an envelope (noting trip name and date), and placed in the maroon Customer Service mailbox next to the Security Center in the exit lane at the Main Gate.

Bus leaves promptly at the scheduled time. Please plan to arrive 10 minutes early.

All bus riders must be age 18 or older (unless specifically noted in description).

The HM Bus Committee is always looking for more volunteers to share ideas and plan trips! If interested, call Marc Fraser at

Stratford Hall Plantation Fossil Collecting & Mansion Tour

Weekend Trip
Friday, September 23 through
Sunday, September 25, 2016
Cost: \$565 (per person for a single room) or
 \$400 (per person if sharing a double room)
Departs: 1:30pm
Contact: Cathy Young

Travel with us to Northern Virginia where we'll spend parts of Saturday collecting fossils while walking along the beach of the Potomac River. Sunday will bring a fabulous tour of Stratford Hall's Great House, the birthplace

of General Robert E. Lee. Friday and Saturday nights we will stay in guest houses on the Plantation. Friday night, we will stop for dinner at Captain Billy's Crabhouse in Newburg, MD. Friday evening, we will enjoy a presentation by Smithsonian Institution paleontologist David Bohaska. David will be with us on Saturday to help everyone collect and identify their fossils. Saturday evening, we will be provided another program about fossils. Stratford Hall Dining Hall will provide Saturday and Sunday breakfasts for us, box lunches on Saturday afternoon, and a wonderful southern dinner on Saturday night. Please note that any other meals, including Captain Billy's Crabhouse, is on your own and not included in the price. *Children age 7 and older are welcome, and they are the same price as an adult.* There is limited availability for this trip, so please call immediately to sign up or for more information.

Penn's Peak - "Live At The Sands: Frank, Dean, & Sammy"
Thursday, October 6, 2016
Cost: \$67
Departs: 9:00am
Contact: Ann McClay

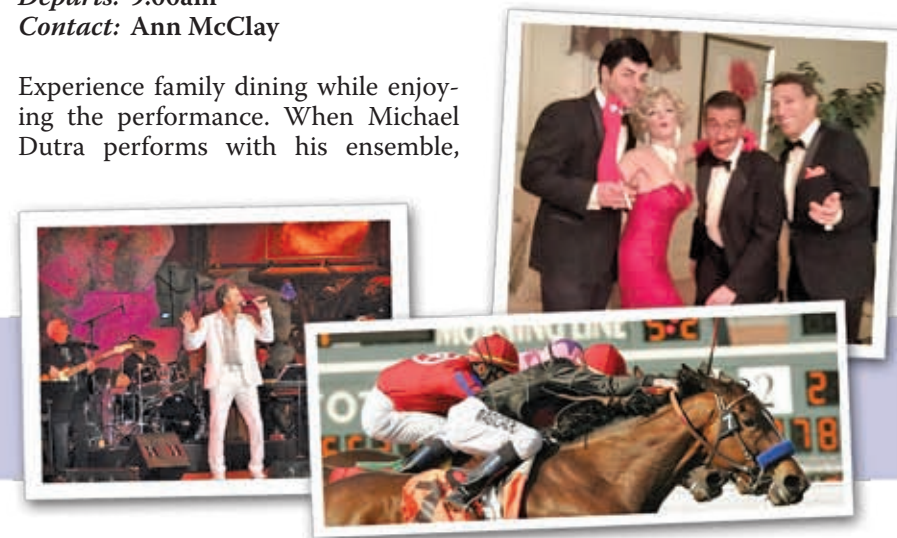
Experience family dining while enjoying the performance. When Michael Dutra performs with his ensemble,

you'll swear Frank Sinatra, Dean Martin and Sammy Davis Jr. are in the room! Dean's Scotch-soaked rumble and Sammy's comic antics are counterpoint to Frank's mellow melodies. From this mountaintop venue, you'll also enjoy a breathtaking overlook of nearby Beltzville Lake, plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian Mountains. Lunch and show are included in the price.

Penn's Peak - "Real Diamond"
Wednesday, October 19, 2016
Cost: \$67
Departs: 9:00am
Contact: Ann McClay

Experience family dining while enjoying the performance. Curtis DiDomizio sang and played guitar in a variety of rock & roll bands for 30+ years. He utilizes his raspy growl and strong baritone voice quality to perform Neil Diamond favorites like "Sweet Caroline" and "I Am I Said". From this mountaintop venue, you'll also enjoy a breathtak-

Continued on page 23





Jean Bell and The Dorsey Team Your Neighbors in Hershey's Mill

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HERSHEY'S MILL BUS TRIPS (continued)

ing overlook of nearby Beltzville Lake, plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian Mountains. Lunch and show are included in the price.

Penn's Peak - "The Glenn Miller Orchestra - A Legend Lives On"

Thursday, October 27, 2016

Cost: \$71

Departs: 9:00am

Contact: Ann McClay

Experience family dining while enjoying the performance. The 18-member ensemble continues to play many of the original Miller arrangements. Since January 2012, vocalist Nick Hilscher

Save all the dates
September 12, 18, 23-25, 26
October 6, 10, 19, 27

leads the band.

Just as it was in Glenn's day, the Glenn Miller Orchestra is still the most sought after big band in the world. From this mountaintop venue, you'll also enjoy a breathtaking overlook of nearby Beltzville Lake, plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian Mountains. Lunch and show are included in the price.

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2016-17 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$44 (per show)
Departs: 12:30pm
Contact: Adele Juzi (Thursdays)



Contact: Connie Cline (Saturdays)

We're collecting names for our wait list as vacancies frequently become available for individual shows. The Theatre's 208th anniversary season includes:

Thur. 9/22/16 & Sat. 10/1/16
 Rodger's & Hammerstein's
South Pacific

Friday 11/25/16 & Sat. 12/3/16
The Wizard of Oz

Thur. 2/2/17 & Sat. 2/11/17
Laughter on the 23rd Floor

Thur. 3/30/17 & Sat. 4/8/17
The Importance of Being Earnest

Thur. 6/1/17 & Sat. 6/10/17
Saturday Night Fever

2016-17 Philadelphia Orchestra

Friday Evening Series

Cost: \$84 (bus only for all six) or \$14 (bus only for each) + Performance Admission

Departs: 6:00pm
Contact: Ann Seraphin

Join us for another exciting season with the Orchestra! The dates, along with brief performance summaries, for our concerts are:

October 7, 2016
 Yannick Nezet-Seguin conducts Berlioz, and Saint-Saens with Staphane Tetreault on cello.

November 25, 2016
 Gianandrea Nodeda conducts Petrassi and Beethoven, and Ravel with Alexander Toradze on piano.

January 13, 2017
 Yannick Nezet-Seguin conducts a Paris Festival with Susan Graham (mezzo-soprano).

March 10, 2017
 Michael Tilson Thomas conducts Seeger and Beethoven, and Berg with Leonidas Kavakos on violin.

April 28, 2017
 Stephane Deneve conducts a Rachmaninoff Festival with Nikolai Lugansky on piano.

May 19, 2017
 Yannick Nezet-Seguin conducts Mahler's Symphony No. 3 with Karen Cargill (mezzo-soprano), and Philadelphia Symphonic Choir and American Boychoir.

2016-17 The Playhouse on Rodney Square
Wednesday Matinee Series

Cost: \$249
Departs: 12:30pm
Contact: Adele Juzi

Reserve your orchestra seats as soon as possible! We will attend three performances this season:

November 16, 2016
A Gentleman's Guide to Love & Murder

Getting away with murder can be so much fun – and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony for Best Musical.

February 22, 2017
Riverdance

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing, music, and song into the present day and capture the imagination of audiences.

March 8, 2017
Pippin
 This winner of four 2013 Tony Awards, including Best Musical Revival, is a high-flying, death-defying hit Broadway musical! Full of extraordinary acrobatics, wondrous magical feats, and soaring songs.



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Hershey's Mill Library Annual Used Book Sale

September 9, 10 and 11, 2016
 HM Community Center

Hundreds of Gently Used Books

Hardback books and trade paperbacks - \$1.00
 Small paperbacks, puzzles, music CDs and DVDs also available.

Friends of the Library Members Preview Night*
 Friday, September 9
 4 PM - 6 PM
 Wine & Cheese Reception, First Choice of Books

Open to Everyone
 Saturday & Sunday, September 10 & 11
 10 AM - 3 PM

- *To attend Preview Night, join Friends of the Library with a donation of \$5.00 (or more).
- Visit the HM Library during library hours and the library volunteer will sign you up.
 - Join at the door on Friday, September 9.
 - Checks or cash accepted. Make checks payable to: Hershey's Mill Library.

Community Center Library Hours
 Monday to Friday 10 AM - 2 PM
 Saturday 10 AM - Noon
www.hmlibrary.com



We are accepting books in good condition for this sale until September 2. We do not accept Bibles and religious books, periodicals or text books.

Thank you for your support of our Annual Fundraiser.

Proceeds are used to purchase new books and to help us pay for library supplies, newspapers and periodicals.

Gay Barry | Quaker

There is something very appealing about Malvern, and I have felt this way for many years. There are so few places left where I can actually stroll along a sidewalk and window shop or browse the shops – and some in Malvern are most unique! Tell me, where else you could find a map shop, or a store devoted to those who love and/or ride horses, or even a shoe-repair

Chef Sean Weinberg and his wife Kelly are the owners. Sean grew up in his parents' restaurant, The Rose Tattoo Café in Philadelphia, and knew at an early age that culinary arts were exciting to him. Sean graduated from the Culinary Institute of America in Hyde Park, NY, and eventually completed a two-year apprenticeship in Northern Italy – hence the name Alba, named for a town in northern Italy's capital of wine and truffles.

Restaurant Alba

7 West King Street, Malvern
(610) 644-4009

shop? I think we “girls” will remember that when we were little that the shoe-repair shop was an exciting place to go – taps could be placed on our worn down shoe heels and toes, and suddenly we were Ginger Rogers!

In the past several years, Malvern has grown and changed with the new Flats condos and the specialty stores and restaurants on the first floor – a fun place to browse, find gifts, or just to enjoy. Also, the Kimberberton Whole Foods store is an added bonus. Investors are finding this a place that cares about people and is loyal to traditions. I think of it as a family town.

Among the several dining places in Malvern is Restaurant Alba, which can be found at Malvern's main intersection. It has an excellent reputation, continues to grow in size, is a delightful BYOB, has a changing seasonal menu, and is eclectic (but still mainly Italian).

The concept of Restaurant Alba began as an effort to create a restaurant that uses high-quality and locally-produced foods. In the growing season, Chef Weinberg makes it his priority to personally select ingredients from vari-



ous farms in the area. These quality ingredients, and cooking them on a state-of-the-art mesquite and hickory wood-burning grill, allow the dishes to be simply prepared (simple to him perhaps!) as done throughout the countryside of Europe.

Photos courtesy of Restaurant Alba

The dinner menu tends toward Italian cuisine, but there were also other surprises like: sea bass, crispy farro, heirloom tomato puree, wood-grilled Pennsylvania trout, slow-roasted Berkshire pork with sweet-corn pudding, hanger-steak Tagliata salsa verde, slow-roasted suckling pig, and wood-grilled lamb. But I can tell that Chef Weinberg's major inspiration comes from his time in Italy – as the menu features homemade pastas such as rabbit agnolotti del plin, pappardelle wild boar, and penne with squash blossoms. An assortment of antipasti made it very difficult to

light and rows of antique shutters. In recent years another dining room has been added, as well as outdoor dining.

If lunch is your preference for dining out, you will find many selections different than the dinner menu – including more soups, salads, pastas, and sandwiches. After, you can spend the day strolling along King Street – maybe pop into some shops for the tried-and-true “I'm just looking.”



choose as they all sounded delicious. We chose the mozzarella burrata from Caseificio Gioia, which was excellent. A few other choices were octopus, beef carpaccio, seared foie gras, and roasted baby beets. All looked to be prepared creatively with interesting flavors. There is also a chef's choice antipasto which changes daily. You can also begin the meal by choosing bruschette with five different toppings.

The ambiance is European countryside. The dining room has persimmon-colored walls flattered by glass-jar candle-

Restaurant Alba is open Mondays from 4pm to 9pm, Tuesdays through Thursdays from noon to 9pm, and Fridays and Saturdays from noon to 10pm. Whether you make a reservation, or just include them in your next stroll through Malvern, I hope you will enjoy Restaurant Alba.



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FOR SALE Stucco and brick dollhouse that is 48" long, has 10 large rooms, and cornices on all windows. Rooms on first floor have fireplaces, and there are many beautiful wood floors throughout the house. Also includes built-in bookcases with little faux books. **Proceeds from this sale go to Chester County Hospital.** Call Geri at for additional details and price.

by email. \$650. Oriental-style **wool medallion area rug**, 9' x 12'. Terracotta, navy blue, cream, and sage colors; in excellent condition from pet-free home. Photo available by email. \$450. 30" x 122" Oriental

wool runner made in India, and includes padding. Dark green print, and in excellent condition from pet-free home. Photo available by email. \$300. Call

Proceeds Benefit Charity



FOR SALE Pro-Form 6.0 RT **Electric Treadmill**, like new and rarely used, with User's Manual. Was asking \$1000, now \$300. Call



FOR SALE Portable, free standing, **room air conditioner**. \$250. Two wrought iron **bar stools** with backs and padded seats. \$100. Blue upholstered **chaise lounge** with bundt feet. \$200. Brass **floor lamp**. \$50. All in great condition. Call

FOR SALE Jasper **Cherry secretary** with glass doors and light, leather inlay drop down desk leaf, and three drawers; in excellent condition. 32" W x 16" D x 78" H. Photo available

FREE Amana **full-size upright freezer**, 63" high x 28" wide x 26" deep, in good working condition. Call

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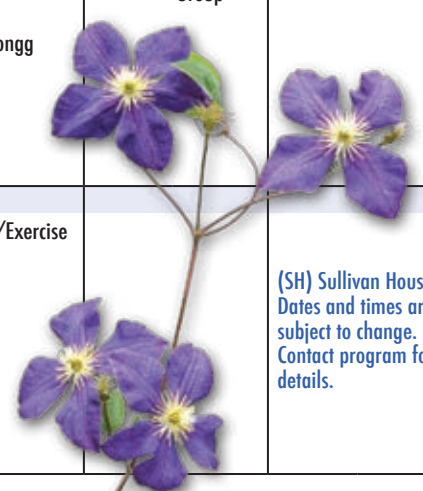
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1 style="text-align: center; color: white; background-color: red; padding: 10px;">September 2016 Activities Calendar</h1>			1 9:30am (SH) Poole Bridge 10:00am Alzheimer/Dementia Support Group 10:00am Yoga 11:15am Aquacise 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker	2 10:00am Quilters 11:15am Aquacise 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	3 11:15am Aquacise	4 1:00pm (SH) Private Event
			5 11:15am Aquacise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	6 1:00pm Mah Jongg 1:00pm Pinochle 1:00pm (SH) Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 5:30pm Paoli Hospital Aux. Party	7 7:30am Men's Bible Study 9:30am Intermediate Bridge 10:00am Ageless Exercise 12:30pm Art Group 12:30pm Social Club Bridge 1:00pm Groff Mah Jongg 7:00pm Casual Singing Group 7:00pm Mah Jongg	8 9:00am Remedies For Wellness 9:30am (SH) Poole Bridge 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm (SH) Book Discussion 2:00pm Table Tennis 6:30pm Poker
12 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Chester Co. Hosp. Aux. 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 3:00pm (SH) Photography Club 7:00pm HM Singers 7:00pm WH Duplicate Bridge	13 10:30am Hearing Screening 1:00pm Mah Jongg 1:00pm Pinochle 1:00pm (SH) Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm CD Exercise To Music 7:00pm (SH) Great Books Club	14 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Practice Bridge 10:00am Ageless Exercise 11:00am Cradle Stitches 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Chester County Day Preview 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	15 9:00am Remedies For Wellness 9:30am (SH) Poole Bridge 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm Table Tennis 6:00pm Jefferson Ice Cream Social 6:30pm Poker	16 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	17 1:00pm (SH) Private Event 5:00pm Private Party	18 4:00pm (SH) Private Event
19 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm HM Singers 7:00pm WH Duplicate Bridge	20 10:30am Hearing Screening 1:00pm Mah Jongg 1:00pm Pinochle 1:00pm (SH) Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 6:00pm Garden Club 6:30pm (SH) Boomers Book Group 7:00pm PC Computer Club	21 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 10:00am Ageless Exercise 12:00pm Social Club Bridge 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg	22 9:00am Paoli Hospital Aux. 9:00am Remedies For Wellness 9:30am (SH) Poole Bridge 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm Table Tennis 3:00pm Landscape Forum 6:30pm Poker	23 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub	24 10:00am Mac Computer Group	25
26 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm HM Singers 7:00pm WH Duplicate Bridge	27 1:00pm Mah Jongg 1:00pm Pinochle 1:00pm (SH) Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm CD Exercise To Music 7:00pm Franklin Open 7:00pm (SH) Great Books Club	28 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Practice Bridge 10:00am Ageless Exercise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 3:15pm HM Singers 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	29 9:00am Remedies For Wellness 9:30am (SH) Poole Bridge 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm Table Tennis 6:30pm Poker	30 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 7:00pm Bingo	(SH) Sullivan House. Dates and times are subject to change. Contact program for details.	



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APPLE MAC CONNECTION

Carol Campanelli | Ulster

If you are looking for support for your Mac, iPad, or iPhone, then plan to attend this month's meeting on **September 24** on the second floor of the HM Community Center. Bob Barton offers help with all things Mac from **10am to noon** on the fourth Saturday of each month. If you email Bob, at bartonbob@comcast.net, your problems can be ready to address them at the meeting. Coffee, tea, and goodies are usually available.

If you plan to attend the Main Line Macintosh Users Group that usually meets at the Good Samaritan Church in Paoli on the second Saturday of the month, please check their website, mlmug.org, for the meeting location during the Church's renovations.

BOOK CLUB

*Anne McAssey | Merrifield
Jean Gaul | Ulster*

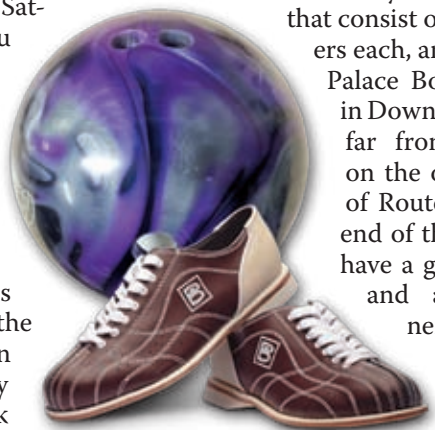
A Man Called Ove
by Fredrik Backman

Meet Ove. He's a curmudgeon – the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him "the bitter neighbor from hell." Come to Sullivan House at **2pm on Thursday, October 13**, and discuss this interesting character with us.

BOWLERS AND FRIENDS

Franne Lytle | Ulster

A very social group of Hershey's Mill residents and friends who come together to form the Hershey's Mill Bowlers. Our new season starts the morning of **Tuesday, October 4**. If you want to have fun and keep fit, please join our non-sanctioned league as a regular or substitute bowler; you do not need to be a good bowler to join us.



We currently have 16 teams, that consist of three bowlers each, and play at the Palace Bowling Lanes in Downingtown (not far from Wegmans on the opposite side of Route 30). At the end of the season we have a great banquet and awards dinner held at the Hershey's Mill Golf Club. For additional

information, please call our club president Rick Metz at [redacted] or email him at [redacted]

CAPACITY FOR COMPASSION

Bonalyn Mosteller | Inverness

Are you dismayed to see the number of situations in your life where you are judgmental and lack compassion? Do you wish to develop more capacity to demonstrate compassion? Come join a new and experimental group at Hershey's Mill to explore where we experience compassion in our lives and where we don't; and, what is needed to support our capacity for creating compassion for ourselves, our families, our friends and even random strangers.

This exciting new group will initially commit to meet from **7pm to 9pm** for three sessions (**September 20 and 27, and October 4**). The location will be close to, or at, Hershey's Mill. I will be facilitating along with Terry Marran of Inverness Village. *Registration is required by September 10*, and can be done by emailing me at [redacted]

or calling me at [redacted]. For more information, you can also call [redacted]

CASUAL SINGING GROUP

Sally Thompson | Franklin

We meet on the **first Wednesday** of every month, and we welcome members of the "next generation" who can come with or without their parents. This gives younger residents an opportunity to meet and get to know their peers. If you have questions, call me at [redacted]; otherwise, just come and enjoy!

CD EXERCISE GROUP

Sally Thompson | Franklin

It can be hard to exercise by ourselves using CDs, so we are forming a new group for mutual motivation. We will meet each month on the **first, second, and fourth Tuesdays** at **7pm** upstairs in the HM Community Center. All are welcome to join, as space allows, including adult children living with parents here. There is no cost to participate. We will use Miranda Esmonde-White's *Classical Stretch* workouts, which are fast paced and designed mostly for able-bodied individuals. If

you have questions, call me at [redacted]; otherwise, just come and enjoy!



COMPUTER CLUB

Don Trauger | Kennett

The PC Club meetings are open to all regardless of computer experience. If you have questions, be sure to attend on the **third Tuesday** of each month at **7pm** upstairs in the HM Community Center. There's a topic each month and a question and answer period.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

We are a group of handcrafters, mostly knitters and crocheters, who meet in the Paoli Room of the



HM Community Center on **Thursdays** from **1pm to 3pm**. With winter on its way, we are enjoying creating items such as socks, sweaters, and cozy

Continued on page 39

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CLUB NEWS (continued)

throws. Beginners are welcome, and we are happy to assist you with projects and techniques to the best of our abilities. For more information, please contact Bernice Soffer at

for our 2016 Holiday Concert. We hold full group rehearsals on Monday evenings from 7pm to 9pm. In addition, women's sectionals are on Wednesdays from 3:15pm to 4:15pm, and men's

PHOTOGRAPHY CLUB

Carol Poling | Oakmont

We're back, and hoping that everyone had a wonderful and adventurous summer taking photographs! Bring some of your photos to our meetings so we can see your work. Everyone is welcome as we are a group with varying degrees of experience. We meet at Sullivan House on the **second Monday** of each month at **3pm**, which is the 12th this month.



Photo by Photography Club member Philip Hamilton of Inverness Village

HERSHEY'S MILL SINGERS

Bonalyne Mosteller | Inverness

We need new voices! Do you love to sing, and have you had singing experience? Consider joining us, especially if you are new to the Mill. We have a wonderful time harmonizing together. On **September 12**, we begin rehearsals

sectionals are on Wednesdays from 4:25pm to 5:25pm. All rehearsals are at the HM Community Center. **Contact me before the first rehearsal** at

or . Please make sure that you can attend most rehearsals. Dues are usually \$10 per person.

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Dr. Towsen (pictured with a coach) was a former college lacrosse player before going "Pro" in Orthopaedics

As a former lacrosse player who was sidelined by a knee injury in college, Dr. Towsen truly understands how injuries affect the female athlete. Her own experience with reconstructive knee surgery inspired her career in orthopaedics. Her fellowship training in orthopaedic sports medicine allows her to offer the most advanced techniques for treating all types of sports injuries and overuse syndromes. Whether you are a competitive or recreational athlete, Dr. Towsen's goal is to help you return to physical activity without limitation whenever possible. There are very few women practicing orthopaedic surgery and sports medicine, so Dr. Towsen has a unique perspective when treating the active female patient.

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BARNES ART APPRECIATION COURSE

Bernice Soffer | Kennett

This course, A Look at Fauvism, explores Fauvist work and its influence on modern art. Matisse was the leader of a group using “pure intense color” as a means for describing light and space and form. Called Fauvism, it was the first 20th century movement in modern



art and a touchstone for future modes of expressive art. Matisse observed, “Fauve painting is not everything but is the foundation of everything.”

Instructor Marilyn Bauman leads this course that meets on four Thursdays at the HM Community Center. Courses are **October 27, November 3, 10, and 17**, and meet from **1pm to 3pm**. The cost is \$150 per person. To register, call 215-278-7200 or email education@barnesfoundation.org.

CHESTER COUNTY DAY HOUSE TOUR PREVIEW AT HERSHEY'S MILL

Joan Atkins | Troon

The Hershey's Mill Auxiliary to the Chester County Hospital invites all Hershey's Mill residents and friends to a Chester County Day House Tour Preview on **Wednesday, September 14 at 7pm** at the HM Community Center. This is an opportunity to learn about

the homes and their locations, and help you decide if you are going to include them in your tour. Also, tickets for the Tour, on October 1, will be available for purchase – \$40 and payable by check or cash.

Our Auxiliary, and the Chester County Day Committee, have raised over \$5 million to help Chester County Hospital serve the residents of Chester County. The Committee and more than

Blue Still Life (1907) by Henri Matisse

500 volunteers are working very hard to provide you with a great Chester County Day experience.

CHESTER COUNTY DAY HOUSE TOUR

Joan Atkins | Troon

The longest running house tour in the United States, Chester County Day, is gearing up for its 2016 event on **Saturday, October 1 from 10am to 5pm**. This event, which benefits Chester County Hospital, offers tours of historic homes; including brand new and innovative ones, as well as beautiful gardens and public sites. This 76-year-old tour was exclusive to West Chester Borough for many years, but has since extended to the four quadrants of Chester County; with a different quadrant featured every four years. This year, the tour includes 21 homes and 14 public structures or sites in the southwest quadrant.

The Day will begin with the pageantry and excitement of a fox hunt – a Chester County Day tradition – and Mr. Stewart's Cheshire Foxhounds, just outside Unionville on Route 82, will set off promptly at 9am. Then on to the house visits; and no matter how you organize your tour, the day will be

filled with architecture and history that is hundreds of years in the making.

Complete tour information can be obtained at the Chester County Day House Tour Preview at the Mill, or online at www.ChesterCountyDay.com. General ticket sales begin August 15 by mail, online, or at the satellite locations listed on our website. Standard tickets are \$40. VIP Tickets are available for \$100, and include a VIP Reception and Preview Cocktail party at the historic Vickers restaurant on Sunday, September 25; as well as a private tour of a special VIP house with a gourmet boxed lunch served by Montesano Bros. Italian Market & Catering. To contact us by telephone, call

SH GOURMET DINNER RAFFLE WINNERS

Ann Gunn | Jefferson

On a beautiful July evening at the HMC-TV Concert in the Park, featuring Webb “Band of Brothers” and sponsored by Hershey's Mill Realty, the winner of the 2nd Annual Sullivan House Fundraiser Raffle for a Gourmet



Dinner were selected. Dottie and Tony Scavo of Robynwood were the lucky winners, and their excitement was pal-

pable. Dottie shared that the only problem in winning is having to select just



Dottie & Tony Scavo on the Sullivan House patio. Photo by Suzanne Spitzer.

eight people from all their loved ones to share the five-course gourmet dinner, with wine pairing, in the beautiful Sullivan House (catered by Brandywine Catering)! Such a nice problem for any of us to have. On behalf of the Friends of Sullivan House, I thank all our friends who purchased tickets to support this historic Hershey's Mill treasure.

WINE FESTIVAL AT DILWORTHTOWN INN

Joan Atkins | Troon

On **Sunday, October 9 from noon to 4pm** (rain or shine), more than 1,500 oenophiles will help “put a cork in cancer” as they celebrate the 25th Annual Wine Festival at the Dilworthtown Inn. As the county's premier wine event, the festival features: more than 100 wines and craft beers; sumptuous fare

Continued on next page

prepared by Dilworthtown Inn chefs and local food trucks; a silent auction; shopping from our gallery of artisans; live music; a performance car show; and much more. Proceeds from the Festival benefit patients of The Cancer Program of Chester County Hospital and Neighborhood Health.

Tickets are \$40 in advance, or \$45 at the door; VIP tickets are also available. The Wine Festival takes place at the Dilworthtown Inn at 1390 Old Wilmington Pike in West Chester. Call Jonathan Waple, at 610-431-5328, with questions; or visit www.2crushcancer.com for more information.

EAGLES "TAILGATE" PARTY

Pam Mariani | Devon

Come "get your green on" on **Sunday, October 16 at noon** as the Eagles battle Division rival Redskins in Washington. Watch the game from the comfort of the HM Community Center with your friends, neighbors and members of



will be a silent auction and prizes. Price is \$135 per player, or \$50 per person for dinner only. Sponsorships are available. Please contact me at _____, or _____, with any questions or to participate.

SUPPORT GROUP FORMING

Cathie Voorhees | Heatherton

We are looking to form a support group for people with non-cancerous pulmonary issues, Pulmonary Fibrosis, or COPD; and their care givers. Please

the sponsoring Hershey's Mill Sports Group. Gametime kickoff is scheduled for 1pm. Drinks are BYOB, and food is provided by Pronto Catering and Pam Mariani. The cost is \$20 per person; please make checks payable to Pam Mariani and deliver to Anne Gustafson at 274 Devon Way. Go Eagles!

CHARITY GOLF OUTING

Pam Mariani | Devon

Hershey's Mill Golf Club will host a benefit for the Phil*Hanna Fund on **October 10**. The Phil*Hanna Fund is a yearly scholarship for a female student in the nursing program at Delaware County Community College, and was founded by the author in memory of her mother and birth mother.



Registration and hoagie lunch **begin at 11am**; shotgun begins at noon; and with a mixed pair scramble. There will be beverages and snacks along the course. Hot hors d'oeuvres, and buffet dinner with cookies and ice cream bar, follow play. Also, there

contact me at _____ or _____ to find out more about participating. Please note that the email I provided in the August *Guide and Digest* contained a typo ("ed" not "cd"); if you attempted to contact me at that address, please use the correct one provided above – sorry about the error.



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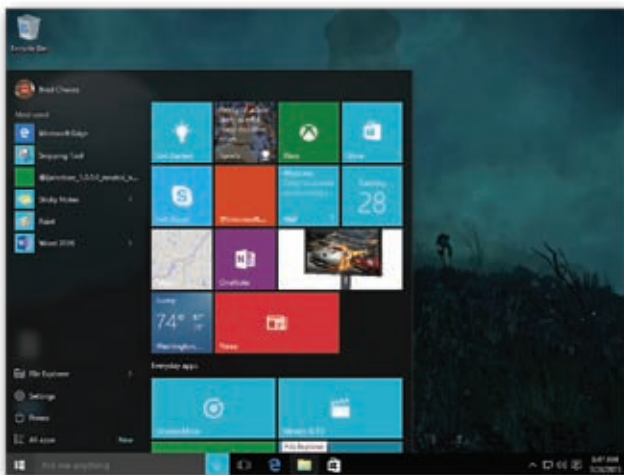


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Don Trauger | Kennett

Let's "Start" exploring. If you recently upgraded from Windows 7 or 8, or purchased a new Windows 10 computer, the following tips can help in navigating the various parts of Windows 10.

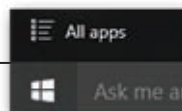
A screenshot of the Windows 10 Start menu as provided by Don



On the bottom-left corner of your screen is the 4-pane white Windows Start icon; which is similar, if not identical, to the Windows icon on your keyboard. If you click on that icon, tap that icon on your touchscreen, or press the Windows key on your keyboard, you'll open up the Start menu.

You can arrange and rearrange tiles as you like. Try right-clicking on one, and adjusting the size. If you can't enlarge it, try dragging and dropping it to an open space on the screen. Some tiles don't like to be resized as they will stop responding if they are too large. Maybe

list. Not all will function as Live Tiles, however, as that's up to the programmers. Some tiles can also be deleted. Right-clicking an unwanted tile will allow you to click on "Uninstall"; or turn it off by moving to "More" and clicking "Turn live tile off".



Now, scroll down to Settings, and click it. Some people get a little nervous about tampering with the Settings, but don't

worry because in Windows 10 Settings are more like your car's dashboard. Click "Update & Security", then click "Check for updates" or "Install" if you have updates waiting for you.

There is one more thing you should be familiar with, and that is finding where

Internet Explorer is hidden. Microsoft wants you to use its new Edge browser; that is represented by a bright-blue stylized "e" on the taskbar. I feel Edge is awkward and not intuitive to configure and use, so I suggest Google's Chrome as the browser to download and install; and I also think it provides the best security. However, Internet Explorer has its followers, so here's how to find it: click "All apps", then "Windows accessories", then right-click "Internet Explorer", move to "More", and choose "Pin to taskbar".

The PC Computer Club meets on the third Tuesday of each month at 7pm in the HM Community Center. We would be happy to further discuss how to work with the Windows 10 Start menu, or to answer any of your other questions as we are able. I hope you will join us.

A Quick Introduction to the Windows 10 Start Menu

When you click on All apps you'll see a list of apps on the left side. Windows 8 users will notice the familiar Live Tiles to the right, and some of those may already be flipping over to show you relevant information. For now though, let's start on the left. Scroll down to "G" and click "Get Started", which is a good resource if you're looking for some orientation to Windows 10.

you'd like the Mail application or your Calendar in the top-left corner. Just hold down the left mouse key and drag it to where you want. You should be able to pin any app to your Live Tiles menu, including those found in the All apps

Joe Kennedy | Princeton

None really had 76 trombones, and only a few delivered the crisp John Philip Sousa sound, but the community bands of this region were very much a part of the nation's Golden Age of Bands. Local band historian Samuel Laudenslager, writing in the fall 1984 Bulletin of the Historical Society of Montgomery County, fixes that golden age as a 70-year period running from the end of the Civil War to Sousa's death in 1932.

Band music in the region goes back as far as the 18th century. Much of it developed as a result of militia units or veterans' groups, but many bands were organized in communities and played at concerts, dances, Sunday-school picnics, and parades. Town-based

bands spread all around Montgomery County. As a result, some new words and phrases entered the language: bandstand, band shell, bandwagon (an elaborate decorated wagon used to transport musicians in a parade), and of course, "strike up the band." The repertoire of these bands in the pre-Sousa era consisted of marches, reels, and schottisches (a dance form popular at the time). Laudenslager noted that an important development was the addition of woodwind instruments to brass bands; as reflected in the name of one hometown band, North Wales Brass and Reed Band.

Sousa, the undisputed March King of America, began a series of national tours after leaving the Marine Corps and forming his own band in 1892. One tour brought him to Norristown

in 1904. Laudenslager writes that these tours began a new era in band music in the country: "Sousa and his band ... set the high musical and performance standards which most bands aimed to follow. It also set the style for the 20th

for the director and instructor. Most early band members learned to play from private lessons; and later members, from the public school's music program. The band's income came from donations and the small fees charged

Community Bands



Photograph of the Red Hill Band taken in 1925

at performances. Instruments and uniforms were usually paid for by the individual members.

Transportation was a problem for most town bands. In 1904, the Red Hill Band walked to an engagement at the Perkiomen Heights Hotel to save transportation costs; which at the time included feeding and stabling horses. That day, the band earned \$13. In 1924, things were going so well that the band was able to build its own rehearsal hall. But by 1929, its finances had so deteriorated that the building had to be sold.

"The band's greatest achievement took place on Labor Day, 1931, when in a competition with 26 other bands in a Washington, D.C., parade it won first place, a prize of \$250, and a silver cup" Laudenslager writes. Soon after, the golden age of the town band came to an end. But the Red Hill Band endures; and provides ensemble, jazz, and concert band music as the oldest cultural institution in the Upper Perkiomen Valley.

century by appearing in uniform of a neat military type."

One of the most popular community bands of the Sousa period was the wind band at Red Hill; which was formed in December 1900 at the Red Hill Hotel, and had Romanus Miller as its first director. The Red Hill Band had 20 members, a director, and an instructor. Its first rehearsal hall was a cigar factory on Main Street in the center of town. Later, the band found a home for many years at the Red Hill Firehouse.

The band's first performance, which took in \$10, was an indoor fair in Sumneytown in February 1901. Shortly afterward, the band bought uniforms, and a fee of 10 cents was assessed of each member at rehearsal time to pay

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**Judy Bradley | Ulster
HMGC House Committee**

Continuing our series on meeting some of the House staff, it pleases me to introduce a few more of the familiar faces at the Club. These are some of the people that greet you when you arrive, and serve you at your table or the bar.

Mark Petchkofski – Bar Manager

Mark came to Hershey's Mill Golf Club in 2007 as the Bar Manager. He has over 20 years of experience behind the bar. He has worked at Coatesville, Deerfield, and Tattersall country clubs. Mark lives in Exton with his wife and their two daughters, ages 10 and 4.

Debbie Lagrotteria – Assistant Dining Room Manager

Debbie, originally from Long Branch, NJ, moved to West Chester 48 years ago. Prior to joining us, she managed banquets for Embassy Suites for 15 years, and sold jewelry for Neiman Marcus for 10 years. Fortunately for us, she found a home at the Club 10 years ago this December.

Linda Illing – Assistant Manager

Linda grew up at the Jersey shore, and moved to PA in 1987. She worked for D'Ignazio's

Towne House for 25 years until they closed in October 2015. Starting in May 2016, she began working as Assistant Manager at the Club. Linda lives in Secane, PA, with her husband of 31 years and two children, Jimmy (30) and Shannon (26).

Andrea Viggiano – Server

Everyone at the Club knows Andrea! As one of our long-time servers, she grew up in Philadel-



Photographs at right (all of which were provided by Judy Bradley) are (from top) Linda Illing, Debbie Lagrotteria, Mark Petchkofski, and Andrea Viggiano. We hope you enjoy putting names to these familiar HMGC faces.



Meet Our Staff

phia and worked as an administrative assistant for a local mortgage company before joining us at the Hershey's Mill Golf Club. When she is not working, she enjoys traveling and spending time with family and friends. She currently lives in Aston, PA.

A bad attitude is worse than a bad swing. – Payne Stewart

September Club Activities

- Steakhouse Night September 1
- Labor Day Cookout September 5
- Trivia Night September 7

Golf Tip

A secret to a powerful drive is making a proper coil on the backswing. A good coil is achieved when your shoulders turn beyond the level of turn made by your hips while maintaining a proper right knee position. To practice this, turn your shoulders and torso as far as you can to the right maintaining the flex in your right knee you had in your setup. You should feel as if you are pushing down with your right thigh

which will limit your hips while promoting the needed tension between the lower and upper body. Then, to start your downswing, rotate your legs and then hips to the left while maintaining the coil in your upper body. The more coil you can retain the more power you impart to the ball through the hitting area. *For more detail and guidance, contact a PGA Pro.*

Matt Harvey, PGA

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Don Evons | Princeton

When was the last time you saw a runner (jogger) smiling, or a swimmer of laps having a good time? I look to the bikers for smiles as they are enjoying the scenery and conversing while getting their exercise!

Biking



When I lived in New Hampshire, back in the 1970s, I was a runner. A friend and I ran a couple days a week and on weekends. While I liked the company, we were too busy running to enjoy it. Plus, I always hurt; whether it was hips, ankles, feet, or something else. I went to a “Kiwanis” meeting where alternative activities was the topic; biking being one of them. About the same time, there was a bike race from Manchester to the top of Mount Washington; wow, what a great challenge! I went to a bike shop

and asked for an application, and they asked to see my resumé and the list of accredited races in which I had participated. Excuse me, what are you talking about? They mentioned names of competitors, all Olympic qualifiers whose names were familiar – oops. Thus my introduction to serious biking.

I bought a used Schwinn bike and was hooked. I rode 10-15 miles every morning, in under an hour, and 35-50 miles on weekends. What a pleasure the weekend rides were as I visited little hamlets, coffee shops, and gen-

Biking through the beautiful and varied scenery of Hershey's Mill is a great way to keep in shape for longer group rides

eral stores. While I never competed in the Manchester to Mount Washington race, I did compete in century (100 mile) rides; and though I never did well, I always finished!

Along the way, I discovered many people like me who loved to talk about their rides and families. How different it was from any other sport in which I

had been involved. I was getting exercise and having fun – how novel! Two of those people are Seth and Betty French, a Hershey's Mill couple that ride regularly just for the fun of it.

I enjoy riding here just as I did in New Hampshire. My favorite is from Conshohocken to the historic area of Philadelphia. We begin on the bike trail by the old Lee tire building in Conshohocken, follow the river to Manayunk and then to the head of the West River drive. Some parts are a little rough since they are on cobble stone streets. But if you are along for the history and adventure it is a great experience. Once on the West River Drive, it is bliss with lots of people running, biking, and walking. Once near “boat house row”, if we are lucky, there will be “hunks” preparing for a regatta (the river is world renowned for rowing, and many will remember Jack Kelly and his three Olympic gold medals). I recommend this ride for Sunday mornings; the streets are empty as we ride by the art museum and down the parkway to city hall.

By the way, if you have not visited city hall and the Masonic Temple (Masons admitted free) next door, you are missing two of Philadelphia's treasures. We continue on either Market Street or Chestnut to Independence Hall. What a trip so far! We usually grab a bite at one of the street food stands, and then head back. If we are still lucky, there is a “social” to enjoy near East Falls, and being on bikes we don't need to find parking. We are usually back in Conshohocken about 3pm, and home in time for “happy hour”. This is just one of the many bike trails in our area.

I hope you will join us. Don't be concerned as the trip above is very flat and shady, and under 30 miles round trip.



Get Involved and “Play Where You Live”

Paddleton: Now playing! A cross between badminton and pickleball. Played with paddle, shuttlecock, and 5' high net on a pickleball court. Paddles and shuttlecock in the pickleball shed.

Boce: Summer Tournament conclusion is moving closer.

Labor Day: September 5. All activities celebration. Everyone is welcome; sign up on the tennis bulletin board.

Annual Fall Meeting: September 14 at 2pm. At the HM Community Center. Study the by-laws and be ready to vote!

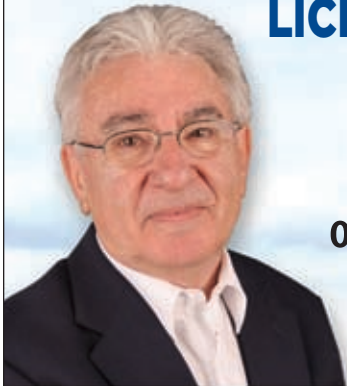
Fall Social: September.

September is usually a great month too; the humidity is low, the temperature cool, and lots of sunshine. The down side is we only have a couple months before colder weather; but the up side is we will have ridden enough to justify a new bike on our Christmas list! Does that bring back childhood memories?

If you have questions about, or ideas related to, the Hershey's Mill Sports Group, please send an email to Charlie Gentile, HMSG President, at

. Also, to receive more up-to-date information about what is going on, you can email Charlie; or me at

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RECIPES

Our time in the HM Pool is coming to an end, but you can still make a splash with dinner! Our grilled burrito is loaded with garden favorites, and features smoky grilled bell peppers. Perhaps you even grow them yourself in a garden plot or know someone who does. So get out of the pool and onto the patio – to grill up a delicious garden treat for family and friends!

Grilled Bell Pepper Burritos

Grilled chicken is a nice addition, and dairy can be substituted for if vegan.

- 1 cup uncooked brown rice
- 1½ tablespoons olive oil
- 2 teaspoons each finely chopped garlic, smoked paprika, cumin, kosher salt, and sauce from a can of chipotle peppers in adobo sauce
- 2 cups chopped fresh spinach

Rinse rice, then add to small lidded sauce pan with 1¾ cups water. Bring to a boil, then reduce to a simmer and cook, covered, until just tender and water is absorbed (about 40 minutes). In a non-stick skillet, heat oil over medium-high heat, then add paprika, cumin, and salt; cook for about 20 seconds, then add in rice and adobo; and stir to coat rice. Cook rice, stirring often, for about 5 minutes until it has crispy spots throughout. Remove from the heat and immediately stir in the spinach.

4 large bell peppers (various colors)

Cook peppers over flame on a very hot grill, turning frequently, until blistered in spots and just softened. Let cool, remove seeds, and roughly chop; or if you prefer with skin removed, place

immediately into a zip-top plastic bag to steam for a few minutes, and then slough off skins.

- 1 cup low-fat or fat-free sour cream
- ¼ grilled bell pepper
- ½ pepper plus 1 tablespoon sauce from a can of chipotle peppers in adobo sauce (or to taste)
- ½ teaspoon kosher salt

In blender, puree peppers and sauce, then add sour cream and salt, and blend until smooth.

- 6 large (burrito size) flour tortillas
- ⅓ cup chopped fresh cilantro
- ¼ cup each minced fresh oregano and minced fresh chives
- 1 large tomato, thinly sliced
- 1 tablespoon kosher salt
- 1½ cup queso fresco cheese (or feta)
- Olive oil and kosher salt

Warm tortillas, if necessary; and working with one at a time, place fillings with room to fold in sides and then fold roughly by thirds (a flattened packet, not a cylinder). Place a sixth each of: rice mixture; then peppers; then cilantro, oregano, and chives; then tomato and salt; then cheese. Fold, pin

with toothpick, and repeat. Brush with oil and lightly sprinkle with salt. Grill burritos, on both sides, until lightly browned and crisp. Remove toothpicks, and serve hot with chipotle cream sauce over top.



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ADVERTISERS' INDEX

ACAC.....	16	Liberty In Home Care	29
Angel Companions	4	Liberty Wheels	52
A to Z Appliance Repair, LLC	46	MaLaren Kitchen & Bath	50
Barclay Friends	13	Made Easy Inc.....	34
Berkshire Hathaway Home Services.....	22	Main Line Health Center - Exton Square	26
Blinds 4 U	40	Medicare Insurance Services.....	17
Boyles Flooring	7	Oliver Heating and Air Conditioning.....	16
Brandywine Valley Heating & Air Conditioning.....	34	Oriental Pearl Restaurant.....	8
Brewer Heating & Air Conditioning	62	Osprey Health	30
Brooklands Audiology, Inc.	63	Peak Legal Group.....	46
Buckley, Brion, McGuire & Morris LLP	58	Podiatry, Ronald Melincoff, DPM	60
Christine Hannafin Ph.D.	52	Podiatry Care Specialists	18
Coldwell Banker	58	Premier Orthopaedics.....	41
Donnelly Heating & Air Conditioning Inc.....	40	RE/MAX Main Line	30
E.W. Brown, Inc.	52	Richard J. Egan Painting Co.....	39
Frazer Dental Care	40	Riddle Village.....	6
General Warren.....	58	Ruggeri Cadillac.....	23
Habitat for Humanity	38	Seniors Helping Seniors.....	60
Hershey's Mill Landscape	8	ServiceMark Heating, Cooling & Plumbing.....	44
Hershey's Mill Personal Computing Services ...	38	Shew Community Management	46
Hershey's Mill Realty.....	3	Smile Solutions	53
Homefix Custom Remodeling.....	47	Stowers Handyman Service LLC.....	30
Home Helpers	16	Surrey Home Care.....	35
Jane Chalfant.....	49	SV Dental.....	24
John S. Price, Jeweler, Inc.....	40	Toninos Pizza & Pasta Co.....	38
Kevin Free.....	55	Wagner Real Estate	64
		Wellington at Hershey's Mill	2

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