

AUGUST 2019

GUIDE — AND — DIGEST



A PUBLICATION OF HMCTV AT HERSHEY'S MILL

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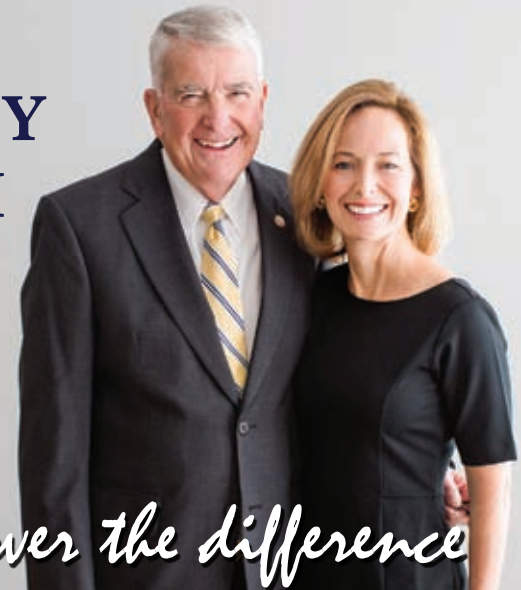
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HMCTV Guide and Digest

Volume XX Number 8 – August 2019

Editor Louise O'Brien

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Please share with *your* Hershey's Mill magazine!

All submissions welcomed; with rights retained by the owner. Send to hmctvguide@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. HMCTV determines suitability and has sole discretion to publish any submission. Submissions are due by the 23rd (37-40 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.



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Cover photo: Smiles at a recent Community Gardens party. See more in Community News.



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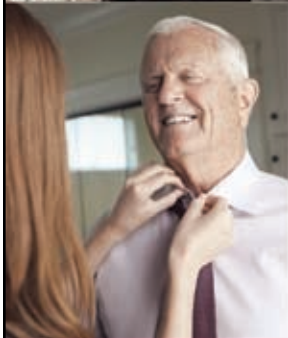
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Survey Summary

We would like to take this opportunity to thank everyone who took the time to fill out and return their survey form. To our delight, 95% of you, our loyal audience, shared many thoughts and suggestion with us and we are listening. The responses were consistent that you feel a need to upgrade the movies with more recent and appealing subject matter. Oscar nominated films were frequently suggested along with classic comedies.



Programing has fallen short of your expectations. However, all the solutions to improve programing require additional volunteers. To be successful, we need resident participation. For example, we need ordinary people willing to try interviewing, video editing, operating the cameras and seeking out interesting and informative topics. Some topics that were suggested are local political candidates, HM environmental issues, new local businesses opening, Township meetings and to televise Master Association meetings.

In general, we received very positive feedback on the *Guide and Digest*. You appreciate the effort that the staff puts into the magazine each month. This motivates us to keep trying and we will.

The Editor and Staff

ARE YOU PROTECTED FROM THE EXPENSE OF LONG TERM CARE?

Have you named a trusted individual to manage your affairs under your Powers of Attorney?

As a Certified Elder Law Attorney (CELA), Kristen Matthews is certified by the National Elder Law Foundation, and works closely with individuals on a wide variety of estate and trust planning and administration matters.

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Accredited by the Department of Veterans Affairs, Kristen assists veterans and their spouses to identify and pursue available benefits.



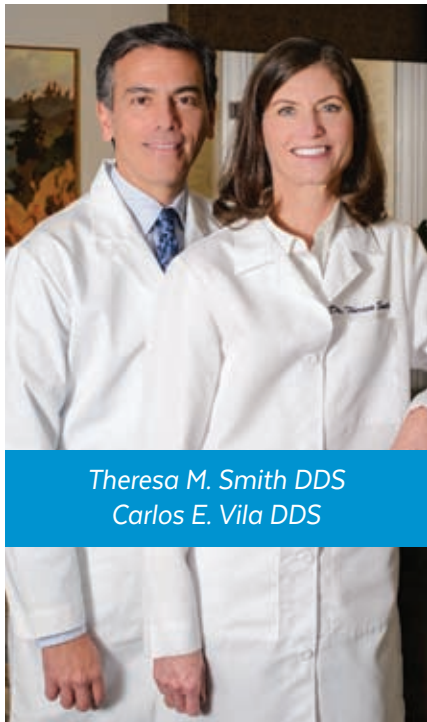
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From the Main Gate

Marc Fraser | Director of Security

The Security Department has been running into an increasing number of guests who (1) don’t know the house address they are visiting, (2) attempt to gain entry into Hershey’s Mill by simply pulling up to a gate, and (3) believe that using their cell phone to call a resident will give them access to Hershey’s Mill.

Residents, because they are the first point of contact with their guests, play a critical role in ensuring that guest entry runs smoothly; and it is important that they relay to their guests the basic instructions on entering their gated community. When these instructions are not offered, it can back traffic up at various gates and lengthen the amount of time it takes for a guest to be able to enter Hershey’s Mill. This can lead to the guest and the people in line behind them, to become confused and frustrated. Below are the three means of guest entry and the resident’s role in each:

GUEST GATE PHONE BOXES

The primary and easiest means by which a resident’s guest can gain entry into Hershey’s Mill is by using the guest phone boxes located at the North and Main Gate entrances. **These are new phones using a color, touch-screen display.** While instructions are provided at each of the guest



phone boxes, residents should also:

1. Make sure their guest knows the house (address) number they are visiting. Provide their guest with directions on how to use the guest phone box:

- a. Press “Phone Call”
- b. Then choose “Directory Code” and enter the resident’s 4-digit house #.

If less than 4 digits, add 0’s at the beginning to make it a 4-digit number...for example, house number 91 would be entered as “0091”).

- c. The guest also has the choice to press “Search By Name.” Choosing this allows them to begin typing the resident’s first or last name and they can simply press the resident’s name once it pops up on the screen.

***We highly recommend that residents operate the guest phones themselves to better understand the procedure.

2. Verify that the guest is calling them from a guest phone box rather than from the guest’s cell phone.

*** The gate will only open when receiving a command from the guest phone box. **Calling from a cellular phone will not allow the gate to open.**

3. Press “9” on their phone several times to open the gate. When the gate goes up, you will hear a ring to signify that the gate opened for your guest.

GUEST LIST

The file for each Hershey’s Mill residence contains a guest list; and this list, which can be edited by the resident, contains the names of the companies and individuals who the resident has

Continued on page 11



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From the Main Gate (continued)

elected to allow into Hershey's Mill to visit them at any time, or for a specific period of time. If expecting a visit from a guest who is on their guest list, the resident should:

1. Make their guest aware that they should still attempt to use the guest call box to reach the resident, unless the resident will be away from home.
2. Inform the guest they will need to present Photo ID.

DAILY ADMITTANCE LIST

If a resident is expecting a guest, who is not currently on their Guest List (described above), to arrive in the next couple of days; but they are concerned they will miss the guest's call from the guest call box, then they can call the Security Center at 610-436-6403 to have their guest's name recorded on

the daily admittance list.

If calling ahead to add a guest's name to the daily admittance list, the resident should:

1. Call Security no more than a day or two in advance of their guest's arrival.
2. Be prepared to provide Security with their 4-digit ID number (the number the resident chose and wrote on their Resident Information form).
 - a. If you do not know this number, you should stop by the Security Center to look it up....or change it to something easy to remember.
3. Inform their guest that they have been placed on the daily admittance list.
4. Inform their guest that they may be asked to provide Photo ID.



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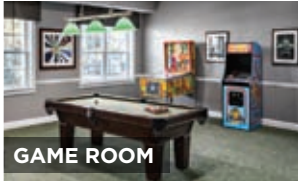
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Resident Directory Additions and Changes

Bennett, Raymond

UPDATED PHONE #

146 Chandler Drive

Brackle, Dan & Malta-Brackle, Josephine

UPDATED PHONE #

Burnham, James & Carol

1248 Oakmont Lane
Carcanague, Richard & Barbara

838 Jefferson Way
Castaldi, Michael & Dawn

277 Devon Way

Louise O'Brien got this quote on her birthday, and hopes you enjoy it too: "Sixty might be the new forty, but 9 a.m. is the new midnight!"

Devanney, Joseph & Diane

1094 Lincoln Drive
Dolton, William & Marie

1119 Merrifield Drive
Evans, Barbara

46 Ashton Way
Forbes, Michael & Nancy
UPDATED PHONE #
305 Devon Lane
Iacobacci, John & Josephine

804 Jefferson Way
Imperial, Albert & Paula
UPDATED PHONE #
335 Devon Way
Kinghorn, Mildred

215 Chandler Drive
Labate, Catherine

961 Kennett Way
Lachman, Margaret

825 Jefferson Way
Leeson, Gerald & Patricia
UPDATED PHONE #

1541 Ulster Way
Reed, Joseph & Grace

249 Chatham Way
Rogowski, Anthony & Patricia

1545 Ulster Court
Short, John & Pat

1521 Ulster Way
White, George & Linda

1140 Merrifield Drive

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HMCTV Programs	August 1-15 (7 PM show August 15 will not be shown)			
<p>Myths about Grief and Bereavement <i>With Bonalyn Mosteller</i></p> <p>Natalia Volz, a trained grief counselor, shares her intimate experience with grief while helping us understand myths and truths about the grieving process.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p>Goshen Fire Co. Volunteering <i>With Jim McArdle</i></p> <p>Jim talks to Robert Sullivan and Philip Salas, who are Fire Police Officers at the local fire company, about volunteer opportunities. The fire company operates like a small business, so there are many ways to help, including plenty of support positions available throughout the administrative and operational divisions.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

Movies	<p>August 1 to August 8, noon Hello Dolly (G) <i>Barbara Streisand and Walter Matthau</i></p> <p>Matchmaker, Dolly Levi, travels to Yonkers to find a partner for half a millionaire, Horace Vandergelder. [Run time 2h 26m]</p>
Noon & 8:30pm	<p>August 8, 8:30 p.m. to August 16, noon Heart of Dixie (PG) <i>Ally Sheedy and Treat Williams</i></p> <p>Three young sorority women try to find love with potential men, while worrying about changes in their way of life when integration begins at their college. [Run time 1h 35m]</p>

24 hours/day channel 1971	Bulletin Board Times
12:45 am - 10:00 am, 10:45 am - Noon, 4:45 pm - 7 pm, 7:45 pm - 8:30 pm channel 1970	

HMCTV 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 HMCTV. ©2019 HMCTV

HMCTV Programs	August 16-31			
<p>Webb - "Band of Brothers" 2019 Concert</p> <p>Watch the first part of the June 2019 Concert in the Park featuring this party band, with band leader Wally Hart, a resident of Ulster Village. We have enjoyed having them perform for us for 5 years and they feature 1950's rock 'n roll and rockabilly, and classic rock from the 60's and 70's. Wally and his band are retiring from performing and this is their last concert.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:00 am	4:00 pm	7:00 pm	12:00 am

For **Programs** and **Movies**, go to Channel 1970 (Bulletin Board information appears only if neither is currently airing); for continuous **Bulletin Board** information, go to Channel 1971. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

Movies	<p>August 16, 8:30 p.m. to August 23, noon The Greatest Show on Earth (PG) <i>James Stewart and Charlton Heston</i></p> <p>The dramatic lives of trapeze artists, a clown and an elephant trainer are told against the background of circus spectacle. [Run time 2h 32m]</p>
Noon & 8:30pm	<p>August 23, 8:30 p.m. to August 30, noon Jane Eyre (PG13) <i>Mia Wasikowska and Michael Fassbender</i></p> <p>Based on Charlotte Bronte's novel. [Run time 2h]</p>

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Frank Harrelson

Glenwood Village

All of us are getting to know Frank, his wife, Sandra, and their middle child, Elizabeth. Their move into our community in April definitely brands them newcomers and folks to whom we should extend our warm welcome. While they moved to The Mill from Auburn, Alabama, they did, at one time, live in Cherry Hill for about 25 years. So, much of our geography is familiar to them.

When I asked Frank why Hershey's Mill and why now, his answer made me chuckle. "Auburn," he said, "has four seasons: summer, summer, summer, and summer". Recent health issues prompted him to consider a northern territory. Tax benefits wooed him into Pennsylvania and also drew the three of them closer to the eldest



daughter, Frances, currently living in New Jersey. Frank and Sandra's youngest daughter, Amy, lives in Paris, France and they look forward to a family reunion this August in their Charleston vacation home as well as a short stay in HM. Frank shared that Amy will have her 2 ½ year old son, Melvin, in tow who is the Harrelson's only grandchild. He further added that this child can disassemble anything in fifteen minutes and does not know how to reassemble whatever he's taken apart.

Other family history I learned was that Frank was born in Loris, Horry County, a small town near Myrtle Beach and had wonderful, loving parents. Sadly his father died from complications of WWI and there were many moves during his childhood as the family sought to settle wherever the climate and doctors provided the best resources. Frank was the youngest of five with four other brothers and one sister. With obvious emotion, he told me he was blessed by his parents and siblings in his childhood. His oldest brother assumed the role of head of the household and each of the brothers followed the example of their father and served proudly in the military.

Frank, having enrolled in NROTC at Auburn University,

completed a two year tour of duty on the USS Shangri-La aircraft carrier following his graduation with a mathematics degree in 1962. With great pride and satisfaction, he told me that his service was the most honorable thing he ever did in his life. He was promoted from Ensign through the ranks to full Lieutenant by the time of his discharge to fulfill his obligation as a graduate assistant at Clemson University.

It was during his graduate studies that he met his wife, Sandra, who was doing her graduate work at Emory. On a blind date to the Southeastern Fair, their fate as a couple was sealed. Both graduated in 1965 and were married at Peachtree Road UM Church in Atlanta, 1966.

Frank's studies led him initially to a career in the Lockheed Georgia Division. Next, he was hired by the Westinghouse Defense Center in Baltimore, MD. His final occupation was with the US Public Health Service in Philadelphia while he resided in Cherry Hill, NJ. He retired in 1997, purchased the farmstead, Oak Spring Farm, in Rock-

bridge County, Virginia, and began a whole new career, with Sandra, as Bed and Breakfast owners. The farm, built in 1826, is recorded on the National Historical Registry.

Oh the stories they can tell about their ghosts and famous guests!

Speaking of stories, would it ever have occurred to you that Frank might also be a published storyteller? It is true. In our community we now have an author of a historical-fiction work inspired by the chaos of the Protestant Reformation, entitled *Twisted Fate*. Frank admits that it took him ten years to complete this novel. It began almost 40 years ago when he began his personal research into his ancestry, and concluded with a work engaging readers in the lives of families filled with political intrigue, murder, suspense, persecution, survival and ultimately enduring love in Renaissance France.

In addition to many other credits to his name, Frank is a member of the Huguenot Society of South Carolina, the Society of First Families of South Carolina, and the Sons of the American Revolution. One HM Book Club will be reading *Twisted Fate* in preparation for the author's presenta-

tion at their first fall meeting: September 12 at 2 p.m. in the Sullivan House. If you just can't wait to dig into, the book can be purchased in bookstores or online, but why not get in touch with Frank and let him provide you with an autographed copy?





Join us to hear military historical lecturer, Michael Jesberger's take on the three-day battle. He will also detail President Lincoln's internal struggle on how to address his wounded and divided country in what is now known as the Gettysburg Address.

Tuesday, August 27, 2019 | 6 p.m.

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Health and Well Being

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“Mining for Gold in Your Golden Years”

Increasingly, research on aging confirms that maintaining social relationships is perhaps the single most important element in maintaining mental AND physical health. This column (and the next one also) will take a deep dive into listening skills. Why? Because being able to listen deeply and thoroughly is one of the most important skills in deepening our relationships.

I often hear Hershey Mills people expressing sadness that they don't have closer relationships with their adult children, grandchildren, etc. “My granddaughter never tells me anything about her life,” one friend laments. If we do more listening (and less talking and advice-giving) we just might find that others will want to talk with us more!

Here are a few items to consider in evaluating how “expert” of a listener you are. The lower your score, the better a listener you are. Grade yourself using the scale below:



How often do you:

1. ___ Interrupt others when they are talking?
2. ___ Suggest solutions?
3. ___ Demonstrate by your body language (checking your phone, looking bored, yawning) that you aren't interested in what the person is saying?
4. ___ Not maintain eye contact when someone is speaking?
5. ___ Spend a great deal more time talking than listening?
6. ___ Find that your mind wanders to other subjects, causing you to miss what is being said?
7. ___ Plan what you want to say next instead of totally listening?

Any skills you want to practice, based on your scores above?

Being a great listener is not easy. It may feel as difficult as “panning for gold”. But the deepening of relationships that you might garner from deeply listening is worth its weight in gold.

In the next column, we will explore the actual language of “listening”: What are actual “listening” responses versus problem solving or judgmental responses?

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Hershey's Mill Bus Trip Advertising

Lehigh Valley IronPigs & Fireworks

Saturday, August 10, 2019

Cost: \$25.00 + Food

Departs: 4:30 p.m.

Contact: Marc Fraser

We will be traveling to Coca-Cola Park in Allentown to watch the Lehigh Valley IronPigs, AAA minor league affiliate of the Philadelphia Phillies, take on the Charlotte Knights (AAA affiliate for the Chicago White Sox) for a 6:35 p.m. game. We have great field level seats in Section 104, and we'll enjoy a wonderful fireworks show after the game. Food is on your own at one of the many ballpark concessions. Children age 8+ are welcome!

Delaware Park

Monday, August 19, 2019

Cost: \$17 + Lunch

Departs: 10:15 a.m.

Contact: Ann Seraphin

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

Longwood Gardens - Illuminated Fountain Performance

Thursday, August 22, 2019

Cost: \$15 or \$35

Departs: 5:00 p.m.

Contact: Karen Smith

Explore Longwood Garden's 1,083 acres of botanical gardens, indoors and out. From formal gardens to rose gardens to children's gardens, from towering fountains to the expansive Meadow. The 8:15 p.m. Illuminated Fountain Performance offers a spectacle unlike any other. Find a place to

sit – or stand back in awe – as water in all shapes, sizes, and heights combines with music and infinite colors. Dinner is on your own at Longwood, and scooters are available, if needed. If you're a member of Longwood Gardens, you pay only the \$15 bus fee. If you're not a member of Longwood Gardens, the cost is \$35. See LongwoodGardens.Org for more information on what the gardens have to offer.

American Music Theatre - "Ovation: An AMT Pops Orchestra Experience"

Thursday, August 29, 2019

Cost: \$65

Departs: 11:15 a.m.

Contact: BJ VanSchooneveld

Join us at the American Music Theatre for "Ovation: An AMT Pops Orchestra Experience." From Classical to Pop, the American Music Theatre cast and orchestra lead audiences on an unforgettable musical journey, all live on stage! Featuring classic tributes to a myriad of music legends like Rosemary Clooney, Tony Bennett, Frank Sinatra, and Ella Fitzgerald, coupled with modern pop greats such as Michael Bublé, Adele, Josh Groban, and Whitney Houston, "Ovation" promises a joy-filled experience for every generation. A Shady Maple smorgasbord lunch prior to the show is included in the price.

23rd Annual Jimmy Brent Concert

Sunday, September 15, 2019

Cost: \$17

Departs: 12:30 p.m.

Contact: Ginny Ketterring

All residents are invited to join us at Cathedral Village, where talented students of the Curtis Institute of Music

Continued on page 23

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will perform a selection of classical compositions. A buffet reception to meet the performers will follow.

Delaware Park

Monday, September 16, 2019

Cost: \$17 + Lunch

Departs: 10:15 a.m.

Contact: Ann Seraphin

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

New York City

Wednesday, September 18, 2019

Cost: \$29 + Meals

Departs: 8 a.m.

Contact: Pat Storlazzi

A day in the Big Apple! Join us for a day on your own to shop on 5th Avenue, see a show at a discounted price with theater tickets purchased through TKTS in Times Square or online (www.nytx.com), or enjoy the Metropolitan Museum of Art. Our bus will leave us in the historic downtown Manhattan, at Bryant Park, within walking distance to Stephen Sondheim Theater (the Carol King Musical "Beautiful"). Feel free to plan the day on your own. Grab a friend or two and enjoy the day's adventure. Meals are on your own in the city.

Philadelphia Phillies in Washington, D.C.

Thursday, September 26, 2019

Cost: \$90 + Meals

Departs: 12 noon

Contact: Marc Fraser

Join us for an afternoon of baseball at Nationals Park in Washington, D.C.,

as we watch our Philadelphia Phillies take on the Washington Nationals in a 4:05pm game. This is a rare opportunity to travel to watch the Phillies play in an opponent's stadium! Seats are field level, behind the visitor dugout in Section 115; and each ticket contains a \$10.00 concessions credit. Food is on your own at one of the many ballpark concessions. Children age 8+ are welcome!

Longwood Gardens - Fireworks & Fountains

Saturday, September 28, 2019

Cost: \$63

Departs: 6 p.m.

Contact: Marc Fraser

See the night sky in a new light with Longwood Gardens' astonishing Fireworks & Fountains Shows. Fireworks fly, fountains dance, and music celebrating the Queens of Soul sets the tone during this captivating, colorful evening. A sampling of hit songs you will hear include Whiney Houston's "I Will Always Love You," Aretha Franklin's "Think," Tina Turner's "Proud Mary," and Gladys Night's "Midnight Train to Georgia." Our reserved seating tickets allow trip participants some time to walk through the gardens prior to the beginning of the 8:15 show. These special fireworks and fountains events typically sell out quickly! Children age 8+ are welcome!

Lady Liberty & Ellis Islands

Tuesday, October 1, 2019

Cost: \$40 + Lunch

Departs: 7:30 a.m.

Contact: Jayne Lytle

Experience the excitement of immigrants as we visit the new Statue of

Continued on page 25

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Hershey's Mill Bus Trip Advertising (continued)

Liberty Museum and the National Immigration Museum. Opened in May, the Statue of Liberty Museum contains three interactive galleries that tell the statue's history. See sweeping views of the iconic statue and NY harbor from the roof deck. An optional tour of the statue pedestal is included. On Ellis Island, go through the immigrant registration process and view the Wall of Honor. Audio headsets are provided at each site. Lunch is on your own at the destination. Mandatory security screening and photo ID are required to board ferries. Dress according to the weather and wear comfortable walking shoes. Deadline to sign up is September 17. We will be returning to Hershey's Mill at 7:30pm, and we will plan on a short rest stop both on the way down and back.

NOTES:

1. Prior to making payment, anyone who wishes to participate in a bus trip must first call the contact person to ensure that there is still room on the bus.
2. All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
3. Trip payment checks should 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.
4. Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.
5. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive 10 minutes early.

6. The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at

***Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at ***

SERIES TRIPS

2019-2020 Walnut Street Theatre Series

Thursday & Saturday Matinees

Cost: \$50 per show

Departs: 12:30 p.m.

Contact: Jayne Lytle (Thursdays) & Joan Stanek (Saturdays)

The Walnut Street Theatre's 2019-2020 Season includes the following shows for both the Thursday Matinee and Saturday Matinee Series:

Thursday 9/19/19 & Saturday 9/28/19 - "Young Frankenstein, The Musical"

Thursday 11/21/19 & Saturday 11/30/19 - "Shrek, The Musical"

Thursday 1/30/20 & Saturday 2/8/20 - "A Woman of No Importance"

Thursday 3/26/20 & Saturday 4/4/20 - "The Best Man"

Continued on page 27





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Bringing New Life to Senior Living®

Hershey's Mill Bus Trip Advertising (continued)

Thursday 5/28/20 & Saturday 6/6/20
- “The Bodyguard, The Musical”
Seats are currently available; but call soon, as seats fill up very quickly!

2019-2020 Philadelphia Orchestra

Friday Matinee Series

Cost: \$108 (All 6 Dates, Bus Only) OR \$18 (Single Date, Bus Only) + Performance Admission

Departs: 12 noon

Contact: Ann Seraphin

Please join us for a new exciting season with our wonderful orchestra. Brief program summaries and dates are:

Friday, October 18, 2019: “Yannick & Mahler” - Yannick Nezet-Seguín conducts Schubert & Mahler, with Louis Lortie on piano.

Friday, January 24, 2020: “BeethovenNOW” - Yannick Nezet-Seguín conducts Fung, Beethoven, and Rachmaninoff, with Yefim Bronfman on piano.

Friday, February 21, 2020: “Symphonie fantastique” – Herbert Blomstedt conducts Mendelssohn & Berlioz, with Lise de la Salle on Piano

Friday, March 6, 2020: “Porgy & Bess” – Marin Alsop conducts Gershwin, with Angel Blue (Soprano) and Lester Lynch (Baritone)

Friday, May 1, 2020: “Tchaikovsky & Shostakovich” – Tugan Sokhiev conducts Firsova, Tchaikovsky, and Shostakovich, with Lukas Geniusas on piano.

Friday, May 29, 2020: “Yja Wang & The Brahms Piano Concertos” - Yannick Nezet Seguin conducts Brahms & Sibelius, with Yuja Wang on piano.

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Louise O'Brien | Springton

Desmond Hilton – Fork and Bottle

The Desmond Hotel is very interested in partnering with Hershey's Mill to make your dining out a great experience. To that end, they are offering a 10% discount all of the time and a 15% special discount on Friday and Saturday evenings. This combined with their Happy Hour specials, price fix menu, buffet luncheon and BYOB on Friday evenings makes the Desmond an attractive destination.

Gerry and I treated ourselves to lunch and were very impressed. The atmosphere is bright, clean and friendly with pleasant outside dining, weather permitting. The menu is quite large with several seafood selections. All seafood served is wild caught, not farm raised, which is important to many of our residents. Most restaurants offer salmon, chicken and sometimes steak on your salad but the Desmond also offers lamb, crab cake,

shrimp and blackened octopus. Now, I was really happy as lamb is a personal favorite. The Greek salad was ice cold and delicious; the lamb was fork tender tenderloin. I can't wait to go back and enjoy the same lunch, maybe outside. Gerry ordered the buffet, which consisted of many choices including fruit, salad, soup, wings, sliders, desserts, etc. He especially enjoyed the baked macaroni and cheese. He topped off his lunch with several large chocolate chip cookies which are always one of his favorite treats.

During lunch, I enjoyed their homemade ice tea which was especially good and at the end of lunch we ordered hot teas. We were given a chest full of tea to choose from and then to my delight, we were each given our own pot of tea served with colorful napkins on an individual plate. Anyone who knows me knows how important tea is to me.

I often advise people when they are trying a new restaurant to go for lunch first and then if you are satisfied go back for the more expensive dinner. Well, I tried the Desmond for lunch and will definitely go back for dinner. While browsing through the menu, Gerry spotted a twin crab cake dinner entrée so it will not be hard to convince him to go back.



The Desmond is located in the Great Valley Corporate Center which creates a lot of business during the week and not so much on Friday and Saturday. That fact combined with a very generous **15% discount for Mill residents** on Friday and Saturday makes it easy to personally recommend this restaurant. And don't forget the BYOB on Friday evenings.

It is worth mentioning that the Fork & Bottle has a free Restaurant Rewards membership with several benefits. For starters, for every \$250 you spend at any of their restaurants you receive \$25 in credits towards

future charges, Monday-BOGO ½ off entrée, Tuesday-BOGO appetizers, Wednesday-BOGO Desserts and Thursday-extended Happy Hour- 4 p.m. to 8 p.m.

There are many reasons to return to the Desmond, good food, friendly service, nice quite atmosphere and plenty of parking. This was a lovely lunch that we both enjoyed. Fork and Bottle is open for breakfast, lunch and dinner and is located off North PA Route 29 at One Liberty Boulevard, Malvern, approximately 15 minutes from Hershey's Mill. Call 610-296-7300.



Jurg Oppliger | Devonshire

Wines from Europe

When I came to this country 35 years ago, practically all imported wines came from Europe, with Italy and France leading.

But other countries made great progress in making good wines. In 2016, the value of our imports from New Zealand and Australia each approached 10%, and Chile and Argentine were each in the 6%. Imports from Europe were down to about 65% in value, but certainly less in numbers of bottles.

So, let us have a look at the main European countries, Italy and France. Other European countries, such as Spain, Portugal and Germany, count only little on our imports. Quite often they keep their best wines for themselves. While American wines get their names from the grape they are made from, European wines are classified by regions, called “Appellations” or “D.O.C.’s.”

Italy is and usually has been the biggest wine producer and counts for one third of our imports. Italy has more than a dozen main wine regions, the most important are Tuscany, Piedmont, the Veneto and Friuli/Venezia.

Tuscany (around Florence) produces the most popular Italian wine: The Chianti, that is a blend dominated by the Sangiovese grape. There is ordinary Chianti, then a step up to the Chianti Classico, and on the top are the Super Tuscans, where the Sangiovese is blended with Cabernet Sauvignon, Merlot or Syrah. I like the Chianti and the Chianti Classico from Gabbiano.

The Piedmont, east of the city of Torino, is best known for its Asti Spumante, a white semisweet sparkling wine. But it produces also some excellent red wines: Barolo and Barbaresco, made with the Nebbiolo grape. These are not smooth and gentle wines, but powerful and masculine ones, and best aged for several years.

The Veneto, north of Venice, produces mainly cheap mass-market red and white wines. Worthwhile, however, are the Amarone, a big, dense red wine, and Valpolicella, that comes dry or sweet-ish.

Friuli/Venezia is north east of Veneto and produces both red and white wines. They produce complex and concentrated Pinot Grigio and Sauvignon Blanc, and some top Merlots.

France produces less wine than Italy, but makes most of the high quality wines and counts for one fourth of our imports. Of the ten main wine regions, the most important ones are Burgundy, Bordeaux, the Rhone and Champagne.

Burgundy is a small region south of Dijon and makes some of the most wonderful red and white wines: reds from Pinot Noir and whites from Chardonnay. There are five regions: Chablis, Cote d’Or, Cote Chalonnais, Maconnais and Beaujolais, which is the exception. Beaujolais is made from Gamay grapes, and is a more modest wine than the other Burgundies. There is Beaujolais, one step up Beaujolais-Villages and then even Beaujolais Cru, such as Moulin-a-Vent and Brouilly.



Beaujolais Nouveau comes from the lesser part of Beaujolais, and is sold already after seven weeks, beginning on the third Thursday of November. It is not appreciated by real wine connoisseurs because it tastes, some say, like melted popsicles. I like the Beaujolais Villages from Louis Jadot.

Bordeaux, the most famous of the French wines, is in the west of France near the Atlantic Ocean, and produces mainly red wines from Merlot blended with Cabernet Sauvignon and three other grapes. Bordeaux is not as easy to drink as Burgundy: Most Bordeaux lovers are older men! The taste is complex and rich, especially in the older wines. Bordeaux ages very well, some top vintages up to seventy years and more. Bordeaux has many sub regions, called “Appellations”, the most important are Margaux, Pomerol and St. Emilion for red, and Graves and Sauternes for dry and sweet white wines. The simple wines are just named Bordeaux or Bordeaux Superieur, the better ones normally carry the name of a Chateau. An official classification from 1855 is still used, and many regions have their own sub-classification: altogether rather confusing. I like Margaux and St. Emilion.

The Rhone is in the South of France, south of Lyon. These are spicy, strong and fierce wines. The predominant grape is Syrah, the only red grape in the north, and the base for blends in the south. There are a number of grapes used for the white wines. The best names to look for are Chateauf-neuf-du-Pape, Cotes-du-Rhone and Hermitage. I like the Cotes-du-Rhone La Caux, both red and white.

Champagne is northeast of Paris and produces the famous sparkling wine as a blend of three grapes: Chardonnay, Pinot Meunier and Pinot Noir. Making Champagne is a complicated and expensive process, but it makes a better, more elegant wine than other methods used to make Prosecco or other sparklers.

Now try some, and make your own judgements.

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“Whenever you read a good book, somewhere in the world a door opens to allow in more light.” Vera Nazarian

Our Annual Book Sale is rapidly approaching. Please save the dates of Saturday, **September 7** and Sunday, **September 8** to visit the Community Center from 10 a.m. to 3 p.m. where you'll find a wonderful selection of books from which to choose.

On Friday, **September 6** from 4-6 p.m., we offer a Wine and Cheese Reception for *Friends of the Library*. To become a “friend” simply make an annual donation of \$10 or more per person, either at the library or at the Community Center the night of the event. We hope you will join us and help support the library.

The library will continue to collect books until Labor Day. Children's books are happily accepted. Grandparents love to build their collection at a reasonable price. The books provide entertainment for young listeners, and readers at home or when traveling.

Since our library has expanded and our book collection has grown, we needed more book shelves. We would like to express our appreciation to all at the Woodshop who helped in building some additional shelving for us. The annual book sale has helped make this endeavor possible.

Our library serves the entire community by providing an Ambassador Program. Our ambassador volunteers will call and bring books to you at your home if you are unable to come yourself.

FEATURED BOOK

Summer of '69 by Elin Hilderbrand

This author is familiar to many readers, but this is her first historical novel. The author will explore events that shocked an island and a nation.

It is the summer that Senator Ted Kennedy sinks a car in Chappaquiddick and man lands on the moon. She tells of the Levin family who is looking forward to spending the summer at their grandmother's historic home in Nantucket. Unfortunately, one complication is followed by others. The oldest sister remains in Boston awaiting the birth of twins. One sibling, involved in civil rights protests, takes a job in Martha's Vineyard. A brother is deployed to Vietnam. Jessica, the youngest is in the house with her out of touch grandmother and mother hiding a secret.

NEW BOOKS

Fiction

Benton, Frank Dorothea -- *Queen Bee*
Cussler, Clive -- *Oracle*

Foley, Lucy -- *Hunting Party*
Gilbert, Elizabeth -- *City of Girls*
Golding, Melanie -- *Little Darlings*

Green, Jane -- *Friends We Keep*
Hilderbrand, Erin -- *Summer of '69*
Johns, Ana -- *Woman in the White Kimono*

Keane, Mary Beth -- *Ask Again, Yes*
Kwok, Jean -- *Searching for Sylvie Lee*
Maden, Mike -- *Enemy Contact*
Mallery, Susan -- *Summer of Sunshine and Margot*

Manning, Kirsty -- *Song of the Jade Lily*

Melanie, Benjamin -- *Mistress of the Ritz*

Miller, Mary -- *Biloxi*
Monroe, Mary Alice -- *Summer Guests*
Riley, Lucinda -- *Royal Secret*

Rovin, Jeff -- *Sting of the Wasp*
Ryan, Jennifer -- *Spies of Shilling Lane*
Simsion, Graeme -- *Rosie Result*
Smith, Dominic -- *Electric Hotel*
Weiner, Jennifer -- *Mrs. Everything*
Willig, Lauren -- *Summer Country*

Mystery

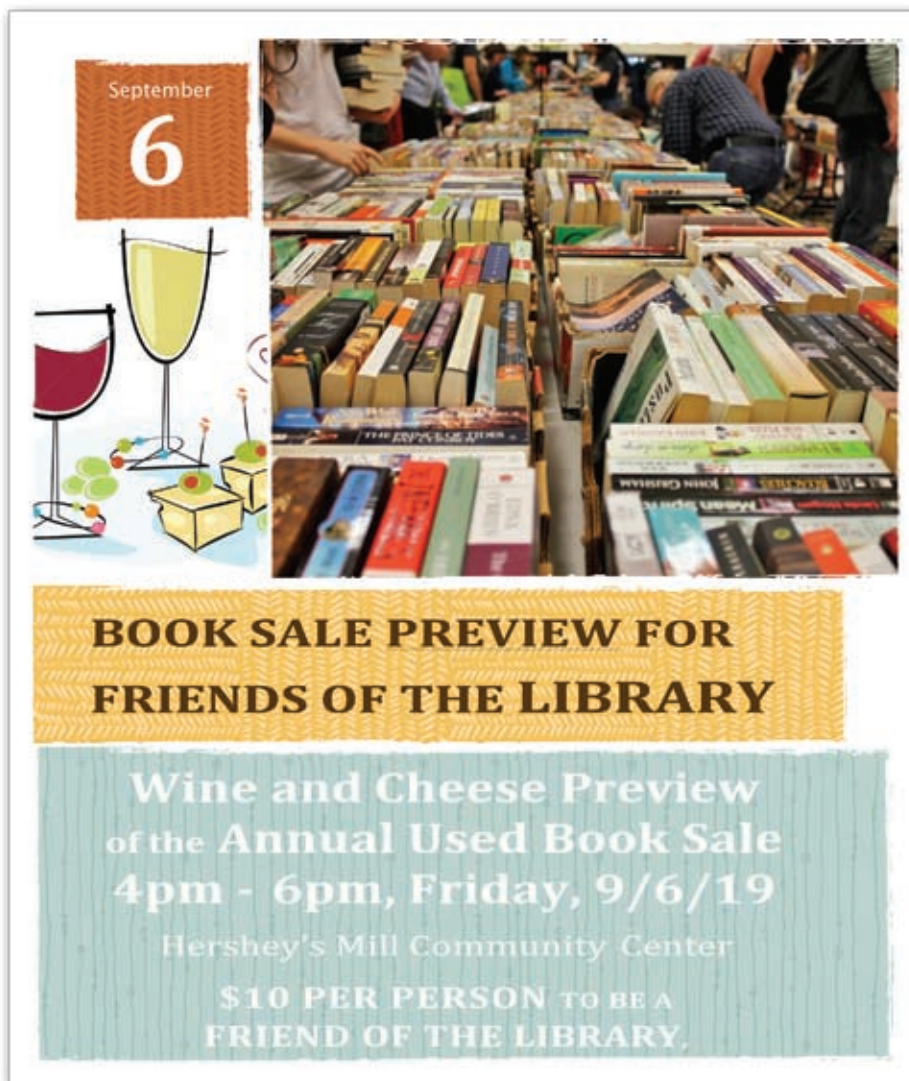
Black, Cara -- *Murder in Bel-Air*
Horowitz, Anthony -- *Sentence Is Death*

Karst, Leslie -- *Murder from Scratch*
Miranda, Megan -- *Last House Guest*
Patterson, James -- *Unsolved*
Walker, Martin -- *Body in the Castle Well*

Woods, Stuart -- *Skin Game*

Nonfiction

Aronson, Louise -- *Elderhood*
Gates, Melinda -- *Moment of Lift*
Horwitz, Tony -- *Spying on the South*



September
6

**BOOK SALE PREVIEW FOR
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Technology Tips

Don Trauger | Kennett

Copying Photos From a Mobile Phone to a Windows 10 PC

It's easy to copy your photos on a mobile phone to a PC. Just make sure you have your charging cable available because it will serve as the connection between your phone and the PC. Also, check that the phone has a sufficient charge before starting the process.

Connect the cable to your phone and the Windows 10 USB port. Turn on the phone and PC. For Android phones touch "Settings" then touch "Connected devices" then touch "USB". It will be necessary to change from "Charge this device" to "Transfer files". On your Windows 10 PC open the Photos app. Locate it either in the Live Tiles area or in the apps menu by clicking the 4 pane white icon (Start) in the lower left corner of the screen. Open Photos then click Import at the upper right of the window. In the

drop down menu choose "From a USB device".

All photos found will be automatically selected to be imported. Click "Unselect all" so you can choose only those you want imported into the PC. Finally, after you have made your selections, click "Import selected". The photos from your phone will now be imported into the Pictures folder of Windows 10. All photos selected and imported into Windows 10 will safely remain on the phone.

Using an iPhone to import photos into Windows 10 is very similar to an Android phone. In fact, you shouldn't have to go into Settings to make any changes.

We will discuss this procedure at our PC Club meeting on August 20 at 7 p.m. upstairs in the Community Center.

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28	29	30	31	Aug 1	2	3
				10:00am Caregiver Support Group 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Casual Singing Group	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	2:00pm Table Tennis-Open
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px;"> <p>Color Legend</p> <p>Ardmore Room</p> <p>Billards Room</p> <p>Cove</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>CC Main Hall</p> <p>Malvern Room</p> <p>Paoli Room</p> <p>Sullivan House</p> </div> <div style="text-align: center;"> <h1 style="margin: 0;">Activities Calendar</h1> <h2 style="margin: 0;">August 2019</h2> </div> </div>						
4	5	6	7	8	9	10
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 4:00pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	1:00pm Canasta 1:00pm Canasta 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling	8:30am Aerobic Dancing/Exercise 9:00am Art Group 9:30am Intermediate Bridge 12:30pm Bridge-Social Club 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely	10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 2:00pm Book Discussion Group 3:00pm Broadway for Beginners 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	2:00pm Table Tennis-Open
11	12	13	14	15	16	17
2:00pm Table Tennis-Open 4:00pm Brighton Village Barbecue	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 2:00pm Photography Club 4:00pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	1:00pm Canasta 1:00pm Canasta 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 7:00pm Great Books Club	8:30am Aerobic Dancing/Exercise 9:00am Art Group 10:00am Quilters 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely	9:30am HM Women's Bible Study 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble 5:00pm Woodstock Party	12:00pm Private Party - Toalton 2:00pm Table Tennis-Open
18	19	20	21	22	23	24
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 4:00pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Monday Movie Night	12:00pm Spirit of Democracy Club 1:00pm Canasta 1:00pm Canasta 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 6:30pm Boomers Book Group 7:00pm PC Computer Club	8:30am Aerobic Dancing/Exercise 9:00am Art Group 9:30am Intermediate Bridge 12:00pm Social Club Bridge 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely	8:00am Concierge Jewelry 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	2:00pm Table Tennis-Open
25	26	27	28	29	30	31
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 4:00pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	1:00pm Canasta 1:00pm Canasta 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 7:00pm Great Books Club	8:30am Aerobic Dancing/Exercise 9:00am Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely	8:30am HM Women's Bible Study 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:00pm Jefferson Ice Cream Social 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble 7:00pm Bingo	2:00pm Table Tennis-Open

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Classifieds

Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are subject to review/editing. Send submission to hmctvguide@comcast.net, attention editor, or place printed/typed copy in the HMCTV mailbox outside the building. You must be a HM resident to advertise.

WANTED HMCTV Channel 1970 needs volunteers to conduct TV interviews. Ample material will be provided to produce lively conversations. Also seeking volunteers to man cameras on location and provide production assistance. Contact Don Trauger,

WANTED to rent HM garage to store small sports car November through March. Offering \$375. Flexible on dates and price. Perfect for snow birds. Call

FOR SALE Electric water wall fountain, cast aluminum. Approx. 24" x 18", purchased from Waterloo Gardens. Also a wall planter the same size with a lion's head design. 3 Quan Yin lamps, 2 antique hand-carved wood statues, 1 painted porcelain statue. All mounted on bases, shades included. Expect to move over summer so other items may be available.

FOR SALE 2 pull golf carts, 1 for \$10 and 1 for \$15. Sears car top carrier \$25. Wool 6' by 9' oval brown braided rug in excellent condition. Must see \$200. 1 cot with mattress \$25. Call

FOR SALE LL Bean woven pie basket carrier with removable shelf. \$18, 6 flute design champagne glasses \$12, 4 sherbet design champagne glasses \$8, Ginsu manual bagel slicer, never used, \$15, Cut glass pedestal cake plate. \$20. Call

MOVING SALE Framed Artworks:

Leroy Neiman Golfers Serigraph plate signed \$200, Large signed Swiss Golf scene \$500. **Impressionists:** large Don Hatfield Mother and Children on Beach signed \$700, medium Christian Title Cottage \$400, 2 small Henri Plisson Carriage in Park and Seashore \$900, medium colored unsigned antique engraving Anne Hathaway's Cottage \$200. **Furniture:** 2 nice paisley wing chairs \$500, 2 almost new loveseats \$500, large sofa \$350, Italian Provincial Dining set Hutch Buffet Table with leaves and 6 chairs \$700, coffee tables, end tables, lamps, master BR chest dresser night table headboard \$400, oriental night stand \$200, 2 twin BR sets \$250 each, Metal bamboo gold framed Hall mirror \$100. Kitchen table 4 chairs \$125 (quarter sized burn mark on table).

email: _____ **or call** _____
cell or leave **message** at _____



HERSHEY'S MILL VETERANS' SOCIAL CLUB

Robert Irwin | Quaker

Hershey's Mill Veterans Social Club held its first Memorial Day Ceremony at The Mill. There were about 100 people who observed and enjoyed this ceremony. The veterans group presented a Memorial Day wreath donated by Ed Speers, the Hershey's Mill Singers sang two patriotic songs and Fred Schiller gave a short military message. The ceremony ended with a young bugler Aidran Peterson who has won many awards for his playing. A military medley and taps were played to conclude the ceremony. Tom Barrett supplied the music.



(At left) New address for our Community Gardens

The next meeting of the Hershey's Mill Veterans' Social Club will be Wednesday, September 11, at 1 p.m. in the Community Center. Mike O'Dell, a member of the Society of Honor Guard (Tomb of the Unknown Soldier), will present a program. Please attend this meeting to learn what these brave soldiers must accomplish before becoming Honor Guards and to fulfill their duties. All are welcome.

HM PLAYERS

Terese Judkins | Chatham Village

Stupendous! Colossal! Mind Blowing!

Yes, the HM Players Wine and Cheese Party will be all that and more! It will be held at the Club on Thursday, **October 10**, at 7 p.m.

All the details will be emailed to Players in September.

The Players are friendly, active and fun loving residents who enjoy putting on an original show every other summer. The 2020 show will be a Murder Mystery Musical Comedy. We can't wait to find out whodunit! We'd love to have more people to help us put on our June 2020 show. If you like to sing, dance, act or perhaps you prefer helping with other aspects of putting on a show, for example, selling advertisements or tickets, working

on sets, props, costumes or make-up, etc. We would love to meet you and talk with you at the Wine and Cheese Party. If you already know you want to be involved, contact Shauna Flynn, about membership in the Players. If you'd like to attend the Wine and Cheese Party to determine if this group might be a fit for you, please contact Barbara Trimble in September to get the party details.

COMMUNITY GARDENS

Ed Sweeney | Yardley

Folks with gardens were invited to our first Garden Party at the Gazebo one evening in May. If they had any doubt where to meet, the Community Garden road, now that it's paved, boasts an official address. Attendance indi-

(Below) Mary Lou Perry's (Inverness) expression kind of says it all!



cated we should do this more often! The food was great and, as you can see from the pictures, everyone had a wonderful time.

MONDAY NIGHT AT THE MOVIES

Lynne Urian | Merrifield

A Walk on the Moon, (R, 1999). Although it's hard to believe, this August marks the 50th anniversary of two seminal events in American history: man's first walk on the moon and the Woodstock music festival. Join us on Monday, **August 19** at 7 p.m. in the main room of the Community Center to see a terrific film that weaves both events together in a touchingly compelling way. Produced by Dustin Hoffman, and directed by Tony Goldwyn, the film stars Diane Lane as Pearl and Liev Schreiber as her husband, Marty. This is a beautifully acted, provocative

Continued on next page

film filled with difficult choices and real human emotions. It's a fascinating look back at the attitudes and events that shaped an entire generation. Don't miss taking *A Walk on the Moon!*

Monday Night at the Movies is a great way to have an enjoyable evening out. Come see a terrific film, and if you desire afterwards, stay for a brief discussion of the film. It's free and open to everyone. For more information, please call Lynne Urian at _____, or email her at _____. Hoping to "see you at the movies"!

HM PAOLI HOSPITAL AUXILIARY 2019-2020

Eileen Rackover | Franklin

After a summer hiatus, the Hershey's Mill Paoli Hospital Auxiliary (PHA) reconvenes for the 2019-2020 calendar year with a meeting on Tuesday, **September 12** at 9:30 a.m. in the Community Center. Members are invited to bring a friend to this introductory meeting where newly-elected officers will outline opportunities for all to join in the good work provided by the auxiliary. Additionally, two outside speakers will address members; Lynne Stille, President of the PHA, and Meghan Sayer,

(At right) Some favorites from the buffet.

representative of the Paoli Hospital Foundation. Their talks will focus on "Everything You Want to Know about the Paoli Hospital Auxiliary" and how PHA activities impact the Hospital and its patients. Please join us! If you would like more information about the HM Auxiliary, please contact Betsy Carlin at 717 385 4958.

FIRST HALF 2019 REAL ESTATE RESULTS

Dear HM Friends and Neighbors

Lynne S. Carter | Realtor

Wow- Is this year going fast! Here we are with the Labor Day weekend in sight and the real estate market here in the Mill is also on a fast pace. Already, 74 properties have sold and settled as of June 30. And another 23 are under contract and in various stages preparing for a closing. We are sure to exceed the 2018 total of 123 properties sold and settled.

The HM inventory of homes for sale continues to be low. As of June 30, there were only 18 properties actually on the market that did not have an Agreement of Sale. And those 18 ranged in price from the low \$200's for a one bedroom in Jefferson Village to the mid \$600's.

Prices are remaining stable. I continue to see that properties are selling about 5½ percent below their original asking price; while they are selling at less than 3% when compared to the reduced asking price. Pricing is key here in HM; the buyers are experienced, successful and seasoned individuals (not first time home buyers) and they know the market and what has been sold, i.e., "the comparables". Homes that are realistically priced sell

(Below) Grill meister, Ed, handling the non-vegetarian picnic option.

faster on average; so why not **price to sell???**

I hear, "Oh, I cannot raise the price but I can always lower it" or "I am in no hurry". Selling your home can be a stressful project so why not optimize your situation and your life and price it realistically when it first goes to market. In that way, it will usually sell faster, all other factors optimized, and you can move on to your next home.

Enjoy the remaining summer days and the beautiful fall that we are sure to have.

FALL "GRIEF RECOVERY PROGRAM"

Join us for either (or both) of these **free** information-sharing sessions where we answer your questions about the fall 2019 HM Grief Recovery Program. The facilitator will explore

Continued on next page



“myths” and “truths” about recovering from any major loss or death and give an overview of the fall course. Come even if your interest is learning so as to be able to help a friend through the grieving process.

Free Introductory Classes August 19, 7-8:30 p.m. Registration is required by emailing or calling Bonalyn Mosteller ()

(). Deadline for registration is August 14. Questions? Contact the facilitator, Natalia Volz (Natalia.volz@icloud.com, 610-389-3305). Website: Passingthroughgrief.com.

Next “Grief Recovery Program”: Begins September 16 and continues for six consecutive Mondays, 7-9 p.m. This powerful program, facilitated by Natalia Volz, a professionally trained grief counselor, supports people through grief recovery. Group sharing about one’s unique grieving process

can open healing in surprising—even miraculous—ways. Registration by September 10 is required by contacting Bonalyn. Fee: \$120 at the first class.

“GRAND” IDEAS!

Gail Habbersett | Eaton

Now this venue is a bit farther than most that you might consider. *BUT*, your grand(s) will never forget it; I promise you. Go to <https://www.turkeyhillexperience.com/> to reserve your spot in the Turkey Hill (TH) ice cream lab. We took our 12 year old granddaughter and she was so “into it”! You see, all participants (and you as grandparents cannot miss this) create their original ice cream flavor, starting with blending to achieve the desired overall flavor then adding, if you would like, a ripple from many

Continued on page 46



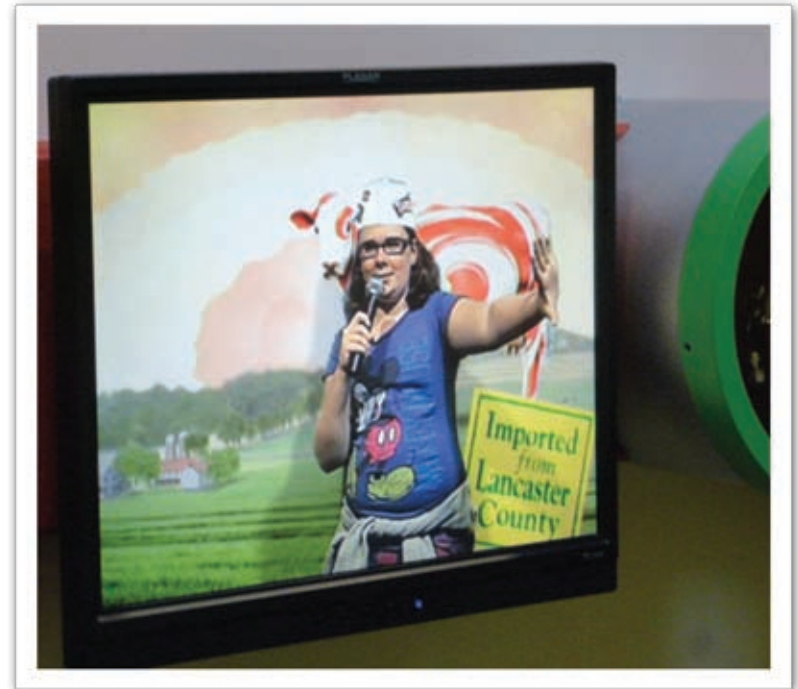
(Above) Excitement mounting in the Turkey Hill lab

All “Grand” Ideas photos by Gail Habbersett

(Below) Videotaping an ice cream ad.



(At left) Fun for the young and especially the old er!



options and finally selecting one or more additives like nuts, crushed candy, cereals, etc. While the ice cream creations are in the fast freeze, you use the time to develop your packaging on a computer and create your video advertisement. There are many other attractions, like all you can eat ice cream and TH iced tea, as well as lots of interactive activities. It's definitely a win, win for kids ages about 7 - 107. Turkey Hill Experience, just east of York, PA; 301 Linden St., Columbia, PA 17512.

It's been fun to hear from other grandparents in The Mill about their memorable experiences with grandchildren. Please don't hesitate to send your notes about things you've done with your grandchild/children. We are happy to transcribe your thoughts

(Below) Catherine choosing ice cream additives



into an article. Please email your brief article/outline about your experience as an attached Word document, to hmctvguide@comcast.net. You may also attach photos as jpg files.

LET'S TALK: FINANCIAL WELLNESS & VULNERABILITY

April Soublis | Wellington

Wellington at Hershey's Mill invites you for an afternoon of light bites and in depth conversation about financial fraud.

Our goal is to enlighten the community on the new normal for personal financial risk and to help you protect your assets and your identity.

We'll bring the experts on Wednesday, August 21 from 11:30 a.m. to 2 p.m. to share insights, tips and real stories about protecting your financial future. Please RSVP by August 16th to 484-350-4470.

HERSHEY'S MILL CAREGIVER SUPPORT GROUP

Caregiver Consultant Overview

Aimee J. Gustitis, BSN, RN, JD
Caregiver Consultant and Nourish for Caregivers Facilitator

Are you a caregiver for an aging, chronically ill or disabled loved one? Do you feel challenged by the many responsibilities that accompany this role? As you well know, the role of a caregiver is complicated! Clinically, we must often schedule and arrange medical appointments and therapy sessions as well as provide transportation to those activities. Practically, activities of daily living, housing and meal preparation can be exhausting and time-consuming. Legally, we must select powers of attorney and draw up a will in addition to other essential estate planning considerations. And financially, we must often take over all routine duties as well as be alert and aware to a loved one's monetary resources so as to ensure safe and effective asset management. As many can attest these categories only scratch the surface as to what caregivers manage on a daily basis.

So where do we begin? It depends on the specific circumstances of each situation. Some caregivers plan ahead and assemble a team of people on whom they rely. Others assume the role of caregiver in the heat of a crisis. And some may find themselves falling somewhere between these endpoints. Be assured that regardless of your situation there are abundant resources available to us. Sometimes just taking the first step can be the most difficult decision we face. Take solace in the fact that you are not alone on this journey.

The above discussion focuses on practical caregiver responsibilities. They generally involve paperwork, phone calls, internet research as well as ongoing follow-up. These activities take a tremendous amount of time and effort. More likely than not caregivers go uncompensated for the work they perform. They frequently put their own needs behind those of their loved one, their families and their employer. Sadly, caregiver burnout is all too common.

So how do we stay emotionally healthy while managing these responsibilities? How do we care for the caregiver? Caregiver support groups are a powerful method in which to find both practical and emotional fortification. It can be refreshing to share your experience with others who face the same daily battles. Dignity can be restored when others actively listen and empathize with our stories. These groups also afford caregivers an opportunity to share their own hard won wisdom with those facing similar struggles.

Caregiver support groups fill a unique opening in the healthcare spectrum.

The *Hershey's Mill Caregivers* support group meets the **first Thursday** of each month from 10 a.m.-2 noon in the Paoli Room at the Community Center. Our program includes formal presentations on important issues and services for long term care, as well as plenty of time to talk and to share concerns and experiences. Specific dates for the next three meetings are July 11, (July 4 is on Thursday) August 1 and September 5.

Please join us for a monthly meeting or recommend us to a friend. Perhaps you have a suggestion for a future

Continued on next page

Digest column about caregiving? Let's work together to empower the caregivers of Hershey's Mill!

ART GROUP AT HERSHEY'S MILL

Martha Hanson | Franklin

"If you have knowledge, let others light their candles in it." - Margaret Fuller

For everyone at the Art Group, creating art is an end in itself. Each person has his or her own passion and level of expertise. The Group provides an uninterrupted block of time to hone those skills. Yet, there is an unexpected bonus to bringing all these talented people together...the opportunity to learn from each other. Members of the Group are generous, sharing their knowledge and talents. Last month, Barbara Wilson agreed to demonstrate how she begins the painting process. You might have seen her by the lake with her easel. She brought her underpainting (the initial layer of paint that is the base for a painting) to the Group and explained her creative process. She's shared this painting with all of us as it undergoes

transformation into a finished work. Other members provide less formal education. Barbara Leone advised me how to load a triangular brush with watercolor to paint a flower petal. Adel Barakat brought a new discovery - watercolor pens and after seeing what he was able to do with them, several us knew we had to have them. Alice Aznavourian and Annette Lobis were able to assist me when I started watercolors and needed to know what materials to purchase. These are just a few examples of the ways in which we learn from each other.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Our group has been enjoying summer gatherings by the pool and are now looking forward to this last outdoor month for 2019. If you are a knitter or crocheter, why not bring along your project and join us at the pool. We meet on Thursdays from 1-3 p.m. In case of inclement weather, we will meet in the Paoli Room at the Community Center. We will move back to the Paoli Room on Thursday, **September 5**. For information about the Knitting Circle, contact Ruth Schick at

September 5. For information about the Knitting Circle, contact Ruth Schick at

Here are 2 photos, a bald eagle and a giraffe taken at the Elmwood Park Zoo in Norristown. Photos by Carol Poling.



PC CLUB

Don Trauger | Kennett

Our August meeting will focus on copying photos from a mobile phone to a Windows 10 PC but leave plenty of time to discuss all computer topics of interest. Join us on Tuesday evening August 20 at 7 p.m. in the Community Center.

PHOTOGRAPHY CLUB

Carol Poling | Oakmont

Summer is a great time to take the grandchildren to the zoo. It's a fun place to take photographs.. HMPC will meet again in September, the second Monday of the month at 2 p.m. in the Paoli Room at the Community Center. The monthly topics will appear in September's digest. Any questions, please call me or Michael Rackover.

BOOK CLUB

Jean Gaul | Ulster

For our first meeting of the season, we will welcome author and new Hershey's Mill resident, Frank Harrelson. He will be presenting his first novel. *Twisted Fate: A Story of True Love in Renaissance France*. This meeting will



take place on September 12 at 2 p.m. in the Sullivan House, all are welcome. The historical-fiction involves us in the stories of families who were caught up in the Protestant Reformation in France in the early sixteenth century. That great social and religious change is made vibrant by bringing together the historical events with the personal lives of fictional people from Renaissance France. The twists and turns of the plot, as the title implies, keeps the reader spellbound! We'll continue our involvement in history with our book for the **October 10** meeting. *Prague Sonata* by Bradford Morrow is another compelling story, involving a search for the author of an original eighteenth century musical sonata; and much more.

PHILADELPHIA ORCHESTRA

Ann Seraphin | Jefferson

Our Hershey Mill residents are fortunate to have the opportunity to enjoy a world class orchestra in the splendid surroundings of the Kimmel center and Academy of Music. By popular demand, we will now attend concerts at **2 p.m. on Friday afternoons**.

Our 2019 /2020 Series is filled with great selections. Whether you attend one program or all six in the series, you can do it with ease as our shiny new bus will provide comfort and convenience. The complete program is listed in the trip section of our monthly Guide and Diges.



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Trivia

1. Which war movie won the Academy Award for Best Picture in 2009?
2. What was the name of the second Indiana Jones movie, released in 1984?
3. Which actor starred in the 1961 movie The Hustler?
4. In which year were the Academy Awards, or "Oscars," first presented?
5. Which movie features Bruce Willis as John McClane, a New York police officer, taking on a gang of criminals in a Los Angeles skyscraper on Christmas Eve?
6. Which actress plays Katniss Everdeen in the Hunger Games movies?
7. What is the name of the kingdom where the 2013 animated movie Frozen is set?
8. Which classic thriller movie stars Roy Schieder as the police chief Martin Brody?
9. Who directed the epic historical drama Schindler's List in 1993?
10. Who was the first African American actor to win the Academy Award for Best Actor?

1. The Hurt Locker 2. Indiana Jones and the Temple of Doom 3. Paul Newman
4. 1929 5. Die Hard 6. Jennifer Lawrence 7. Arendelle 8. Jaws
9. Steven Spielberg 10. Sidney Porter for his role in Lilies of the Field

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Local History

Joseph S. Kennedy | Princeton

As the 1900s began, the United States was well into a new wave of immigration. A large number of the new arrivals were from eastern and southern Europe – mostly Slavs, Jews, and Italians. For the most part, those arriving between 1880 and 1914 were landless agricultural workers who could no longer make a living in their native countries and saw the United States an opportunity to better their lot. An average of 400,000 people from these groups arrived each year between 1880 and 1900, U.S. Census records show. About 13 million immigrants were admitted between 1901 and 1914.

A number of these newcomers settled in the Philadelphia suburbs. Many unskilled Polish immigrants found work as laborers in the iron furnaces of Swedesburg, the lime kilns of Port Kennedy, and the textile mills of Bridgeport. Polish communities were also established in Conshohocken as well as Pottstown in the western end of the county. Slovaks settled and worked in the Pottstown iron and steel industry. Russians and Ukrainians worked in iron and steel in Bridgeport and Swedeland and across the Schuylkill in Phoenixville. Jews, who faced persecution as well as economic pressures in Europe, settled in Norristown and Pottstown. Many Italians found work in the stone quarries in Plymouth and Upper Merion, the textile mills of Norristown and Bridgeport, or on the construction crews that built the Philadelphia and Western Interurban Line. Blights in the wine and citrus industries had created widespread unemployment in Italy that was compounded by earthquakes and a cholera epidemic.

Like earlier immigrants, those who came around the turn of the century were often restricted to the poorest housing and the lowest paying or most unpleasant work. Language limited their access to stores and medical help. They were often harassed by the police. This was a period of time when xenophobia was a real force – not just in the county but in the nation.

Many immigrants formed communities around a church. Italians in Norristown felt uncomfortable in the predominantly Irish parish of St. Patrick's so in 1903 they organized the Church of the Holy Savior in the east end of the borough. Polish parishes also sprang up, including St. Mary's in Conshohocken (1905), Sacred Heart in Swedesburg (1906) and Holy Trinity Catholic in Pottstown (1899). Other Slavic groups formed churches in the 1920s. The first Jewish congregation was formed in Pottstown in 1889. In 1892, a synagogue was built. Tiferes Israel, the first Orthodox congregation in Norristown was founded in 1894. Mutual-aid societies like churches, bound the immigrant communities together. They provided insurance, savings-and-loan banking and funeral benefits. World War I effectively ended large-scale immigration from Europe.

In 1924, Congress passed the Johnson Act, which restricted immigration from southern and eastern Europe. Some turn-of-the-century immigrants returned to their native lands after saving some money. Most stayed here to seek their fortune.





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Hershey's Mill Golf Club

August at the Club

Donna Dickerson, House Committee Chair

Menus for AUGUST events will be on the HMGC website Under Social/Dining.

August opens up with **Steak Night** on Thursday, **August 1**. Reservations from 6-8 p.m. in the dining room. PLEASE NOTE, for those who wish to dine at the Bar, the Bar Menu is not available, but you can take part in the Steak Night buffet, or there will be a soup and sandwich option available at the Bar.

The **22 Park Avenue** band will be the feature for the last summer concert in the parking lot on Sunday, **August 4**. The concert begins at 7 p.m. which leaves plenty of time to have a bite to eat at the Club and still get a good seat for the concert.

SOMETHING NEW – LOBSTER NIGHT on Thursday, **August 8**. Make a reservation for your own lobster dinner including a 1¼-½ lb lobster. The full menu will be available for anyone who does not reserve a lobster dinner.

Ladies Night Out will be Wednesday, **August 21** from 5-7 p.m. Think about talking to the gals in your village



and coming up as a group. If you are coming up with a group of more than eight, please give us a heads up so we are prepared.

The **Book Group** will meet for dinner and discussion on Thursday, **August 22**. At press time, the book was not chosen. For more information please call Lin Berenato who is listed in your Mill directory.

Irene Gallagher's name was picked at the House Committee's recent meeting for submitting a Comment Card. We value your input and take it very seriously. Please keep those comment cards coming.

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Don Evons | Princeton
as it appeared in the March/April Tennis
Magazine

“Researches have found that people who play Tennis added 9.7 years to their lives”

Average longer life: Tennis - 9.7; Badminton - 6.2; Soccer - 4.7; Jogging - 3.2; Health club workout - 1.5; Pickleball - Too new; school is still out.

Well there you have it. If you want to live longer, have fun and prepare for the future, “play tennis”. A 25 year study of 80,000 men and women showed that those who played any sport lived longer than those that were sedentary. *No big surprise there!* However, the surprise came with the difference between tennis and other active sports.

The 64 thousand dollar question is why.

For years, tennis has battled with its ups and downs in popularity against the likes of soccer, running, gym workouts, etc. It always seems to come back and perhaps the reason is people realize the benefits, both in health and socially. I recall that in the 30's, having a tennis court in your yard was like having a swimming pool today.

Story: A friend (John) and I have been playing singles weekly for over 10 years. We take the court for 1 ½ hours. Ten years ago, we battled for 89 minutes, but now, 10 years later, he has bad eyes, I am over 80 and we now battle for 45 minutes and talk for 45! Since we play less, we talk more and our friendship has grown proportionally. Now with his bad eyesight, I can finally beat him! I hope we both live long enough that I have a chance to catch up!



Back to the game and its benefits: It is surmised that the sudden burst of speed appear to be more beneficial than moderate forms of continuous exercise. Additionally, tennis uses more muscles than many sports and takes less of a toll than running. Playing on soft clay courts is also paramount, since the pounding of running on concrete is diminished. (Playing on grass is like playing on a mattress).

Emotionally, you are solely responsible for the play (perhaps with a doubles partner). The fun and satisfaction are without bounds, as the example about my friend John above.

Socially, when you play tennis, you form your personal groups with whom you dine and sip a drink or two. During the changeover, the game takes a break and friendships are formed, even with your opponent.

Here in Hershey's Mill, we belong to a 10 club inter-club league. We have been part of this for longer than the 16 years we have lived here. The guys at the other clubs are growing older at the same rate as we (duh) and the relationships have grown between us.

I would be remiss if I did not mention that tennis has been a sport for the well to do and their health may also have something to do with the longevity.

Lastly, Pickleball must be entered into the equation. Pickle is a great

way to start children, since the court is smaller, the ball moves slower and the paddle is light enough for them to handle. Once pickle is mastered, tennis is the next logical step and a lot easier transition than starting with tennis. Pickle reenters our sports life when our tennis is waning. It is the perfect opportunity to stay healthy and form those same tennis relationships. I would not be surprised if 25 years from now, pickle also had the 9.7 longevity statistics.

Let's hope so.

HMSG CLUB NEWS

Don Evons | Princeton

Summer is running down, but we still have lots of good weather (if not the best) ahead of us. The sports group has lots of weekly activities in which you can partake. Pickleball on a daily basis, tennis on a daily basis, bocce semi-weekly, shuffleboard semi-weekly and the Labor Day celebration the first week of September. Check the **ROCO schedule** for day and time details. Whether you play or not, come on out and “meet and greet”.

SENIOR MEN'S TENNIS LEAGUE

Sergei Yurchak | Springton

The Interclub Senior Men's Tennis League season is now in full swing. We have 24 players signed up and willing to compete. Our third match was at Waynesboro where we played on Har-Tru or hard court surfaces. We split the individual matches at 2-2. St. Albans/Conestoga was rained out. Our fifth match was at home against Cynwyd whom we beat 5-0, our best match of the season. On June 12, we played at Germantown on grass and succumbed 4-0 on this tricky surface. Our record to date is 1-3-1.

BIKE CLUB

Seth French | Yardley

The Bike Club welcomes riders of all levels to join us riding the beautiful trails of S.E. Penna. One of the highlights of our trip last year was putting our bikes on an excursion train in the town of Jim Thorpe for a 20-mile trip along the Lehigh River and pedaling downhill to Jim Thorpe. We hope to do that again this year. In all our trips, we typically only ride a portion of the trail and take a lunch break at one of the eateries along the way. If you enjoy biking or have never biked, contact either myself at jallensmith@verizon.net or Seth French at

(Free bikes may be available.)

SHUFFLEBOARD

Roseanne M. Havird | Devonshire

Shuffleboard fans, new and inexperienced, meet on Wednesdays and Saturdays from 11 a.m. to noon. Gather one or two of your friends, or come solo, and join us in this lovely setting under the trees. If you intend on going on a cruise, you'll want to know the fundamentals of the game so you can enjoy the sport on your trip. New people are given plenty of help. Enjoy the outdoors, get your Vitamin D and breathe in that fresh rain-washed air. 'Open play' is also available at all other times. Rules are on the back of the scoreboard.

BOCCE

Don Evons | Princeton

'Open play' is on Wednesday from 3:30 to 6 p.m. All Hershey's Mill residents are welcome to come out, play bocce and socialize with friends and neighbors. Bring a drink and snack,

Continued on page 59

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Hershey's Mill Sports Group (continued)

then mix and play. Just have fun and socialize.

PICKLEBALL

Tom Fant | Yardley

Team spirit without a team...you bet! The PickleBall Nation with over 100 players and supporters has no teams, ladders, championships or ratings. We call it "The Mill's Walk On Activity and Crowd Pleaser," where no one is turned away unless we feel there's a possibility of injury. Oh yes, we are very careful concerning our aging bones. Even the veteran players avoid leaving their feet for a high or wide shot and try to call their partner off a ball that both can reach (**mine!**).

Several weeks ago, we held one of our Saturday clinics for new players and those who felt the need for some extra instruction. Lynn Mander and Jack Hamilton were in charge with

help from some other seasoned pickleballers. Coaching started at 8:30 a.m.. After some instruction, their main technique involved "practice games" with 2 new players and 2 veteran players on each court. After a while, it became evident that progress had been made including a better feel for the somewhat tricky PB rules.

How do we keep our scheduling straight? When you check out the Hershey's Mill Sports Group's reserved times on the internet (ROCO), you'll find us every morning from 9:30 to 11:30 a.m. except Sunday (Praise the Lord), when we play from 2 to 4 p.m.. We have also added 2 evenings from 5:30 to 7:30 p.m. on Tuesdays and Thursdays. Our friend and weather lady, Cecily, sometimes causes us to adjust our times for something like morning rain. With FLEX-ible

Continued on page 61



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Hershey's Mill Sports Group (continued)

rescheduling and a complete email list, we sometimes get around bad weather.

Reluctantly, we will have to accommodate the colder weather in a couple of months plus the loss of daylight. Our winter pickleball schedule reserves every day at 1 p.m. for play when weather permits.

You guessed it...in The Pickleball Nation we get in a lot of play! So, join the fun.

Get Involved and "Play Where You Live"

Table Tennis: Thursday (except the first Thursday), Friday, Saturday and Sunday, 2-10 p.m.

Bocce: Open Play every Wednesday at 4 p.m. (Bring a drink and snack.)

Pool (Billiards): Open instruction every Friday, 12:30-2 p.m.

Tennis: Weekdays at 3:30 p.m.; OPEN Thursday at 4 p.m.; Saturdays at 9:30 a.m. (Weather permitting)

Pickleball: Mondays, Wednesdays, Fridays, and Saturdays at 9:30 a.m.; Tuesdays and Thursdays at 9:30 a.m. and 5 p.m.; Sundays at 2 p.m. (Weather permitting)

Shuffleboard: Every Wednesday at 11 a.m.

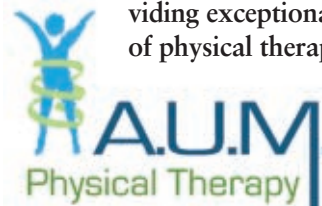
Labor Day Celebration, September 2: All activities starting at 9 a.m.; food and drinks \$5.

Election Day: The annual fall meeting is September 11 in the Community Center at 3 p.m. Electing a new HMSG president will be the focus of the meeting!

Paddle Tennis: Starts the first week of October.

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Liza Gillespie, Lifeguard

This summer marks my fifth year as a Hershey's Mill Pool lifeguard. Since I started working here in 2015, I've gained a lot of valuable skills as a lifeguard, but I've also gained a lot of skills that I can apply to life in general. I've realized over the years just how grateful I should be to work in a community like Hershey's Mill where I can participate in the facility in a much more comprehensive way than the normal guard job requires.

The Hershey's Mill Pool offers rare opportunities for a lifeguard. Yes,



guards hold the same basic responsibilities that the job entails such as enforcing facility rules, maintaining a fun but safe environment, and doing their best to prevent emergencies.

However, the Hershey's Mill community gives guards special responsibilities such as working parties, maintaining the cleanliness and structure of the pool deck, and recording the chemical levels

(At left) Liza and the other guards check-in the residents using the pool's new fast automated system. Takes only a moment to check-in now. Residents just give their house number. It's that easy and quick!

(At right) The guards must test the water periodically to make certain the water is safe for everyone.

of the water. As a result of interacting with the pool program on more levels than protecting the people in it, we gain an appreciation of the whole pool environment.

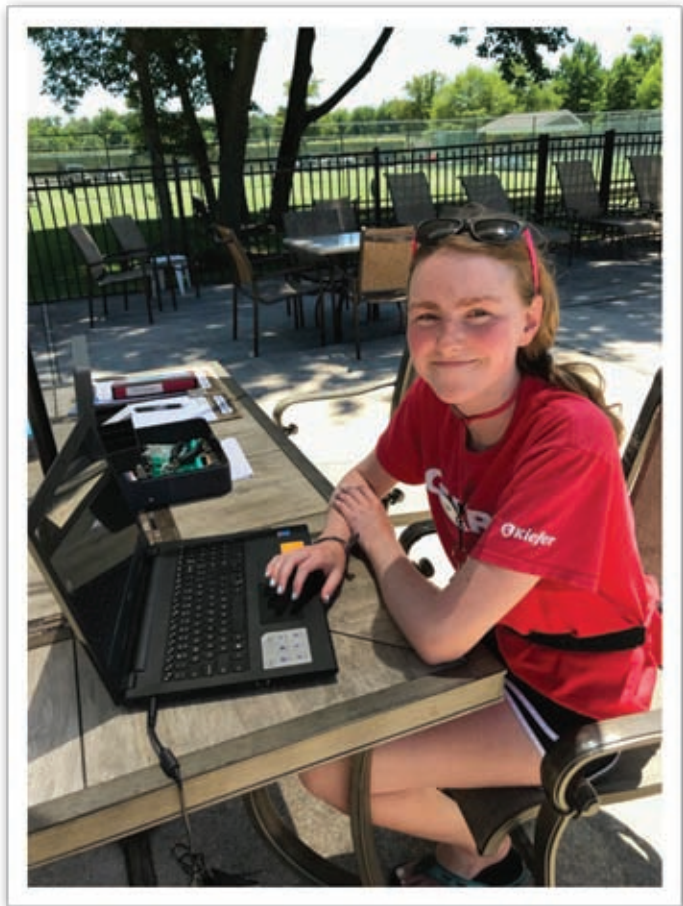
The best of these special responsibilities is the chance to participate in the community where we work. Unlike larger public pools where guards aren't likely to see the same faces every day, at Hershey's Mill we get to meet and build relationships with the residents and guests of the pool. Through village parties, Girl's Night Out, working at the sign-in desk, and simply exploring the deck on our slower days, we get the chance to talk to and get to know those who visit the pool in a deeper way than exchanging hellos. We don't just work for the community, we're a part of it.

The small size of the pool also factors into its exceptional nature.

Although some hot July weekend days can bring hundreds of patrons to the pool, most of the time there's a nice balance of crowded but quiet. This allows for guards to not just to do our job, but to go beyond the requirements. If surveillance of the pool is covered, we can clean, we can fix problems on the deck, and we can think of new ways to make the pool function even better. Hershey's Mill Pool is intimate and personable and allows guards to feel like part of the atmosphere.

At its heart, lifeguarding is a high-stakes position that I worked very hard to get and now treat with the utmost seriousness. I go into work every day prepared to save someone's life at any moment, and that's always at the front of my mind. However, I also go in every day prepared to laugh,

Continued on page 65





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Pool News (continued)

meet someone new, and learn. I feel very lucky that I get to work at a place where I'm connected to the community, and I wouldn't have wanted to spend my last five summers anywhere else.

This fall Liza will be entering her senior year as a Writing and Media major at Ithaca College. She is a 2016 graduate of West Chester Rustin High School.

(At right) Liza Gillespie, HM Pool lifeguard



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Recipes

The cool "Grand Ideas!" article in Community News this month has us thinking about ice cream and toppings – perfect for the August heat! So in honor of our great U.S. National Women's (Soccer) Team, we offer a San Francisco Ghirardelli hot fudge, and for their World Cup victory abroad, a French Valrhona hot fudge. We also offer a fantastic coconut ice cream that pairs well with chocolate, and works beautifully and easily in a refreezable-bowl ice cream maker. Even if you must buy ice cream, make the sauces – they are easy, and so superior to store bought!

American Hot Fudge Sauce

- ½ cup water
- 1 teaspoon Bourbon (optional)
- ¼ cup light corn syrup
- 1½ cups granulated sugar
- Pinch of kosher salt
- ¼ cup unsalted butter, sliced
- 4¼ ounces Ghirardelli bittersweet chocolate, broken into pieces
- 1¼ teaspoons vanilla extract

In a saucepan over medium-high heat, add everything except the vanilla extract; then stir constantly until the chocolate and butter are melted, the sugar is dissolved, and it comes to a boil. Lower the heat, and boil gently for 11 minutes; or until your desired consistency (it will thicken a bit as it cools). Remove from the heat, and stir in the vanilla. Can be used immediately, or stored, tightly covered, in the refrigerator (and reheated in the microwave).

French Hot Fudge Sauce

- 2 cups heavy cream
- 5 tablespoons unsalted butter
- ¾ cup granulated sugar
- ½ cup light brown sugar
- ¼ teaspoon fine sea salt
- 2½ ounces Valrhona bittersweet chocolate, broken into pieces
- 1¼ cups sifted Valrhona cocoa (or other high-fat, Dutch-process)
- ½ teaspoon vanilla extract

In a saucepan over medium heat, add cream, butter, sugars, and salt; then stir constantly until the butter is

melted and the sugars are dissolved. Add chocolate, stir until dissolved; then remove from heat and whisk in the cocoa until smooth. Return pan to heat, and whisk sauce a minute or two more (until it's glossy); do not let come to a boil. Remove from the heat, and stir in the vanilla. Can be used immediately, or stored, tightly covered, in the refrigerator (and reheated in the microwave).

Coconut-Vanilla Ice Cream

- 1¾ cups heavy cream
- ¼ cup whole milk
- ¾ cup coconut milk
- ¾ cup granulated sugar
- ¼ teaspoon kosher salt
- ½ large vanilla bean, split lengthwise (or 1¼ teaspoons vanilla extract)
- 5 large egg yolks
- ½ cup sweetened coconut flakes

In a saucepan over medium-low heat, add all dairy, sugar (except for 1 tablespoon), salt, and vanilla bean (scrape out seeds, and add along with the pod). Bring to a simmer, stirring often until sugar is dissolved. In a bowl, whisk yolks and the tablespoon of sugar until pale. Temper the eggs, then whisk into the cream mixture. Cook, stirring constantly, until the mix coats a wooden spoon. Strain mix into a bowl, stir in coconut flakes, cover, and refrigerate for an hour. Process mix per ice cream maker instructions, then transfer it to the freezer until frozen firm; soft serve does not hold up well to hot fudge!

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