

OCTOBER 2019

GUIDE — AND — DIGEST



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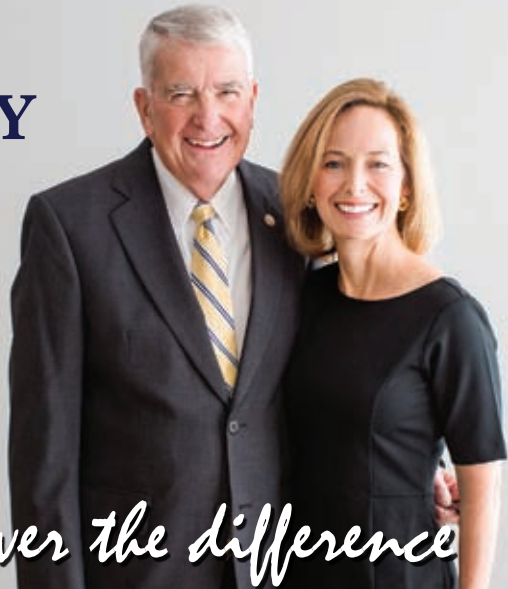
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Hershey's Mill Community TV

A fully self-supported nonprofit organization.
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HMCTV Guide and Digest
 Volume XX Number 10 – October 2019

Editor Louise O'Brien

Associate Editors Gail Habbersett, Sharon Kope, and Sue Staas

Featured Writers Joseph S. Kennedy, Jurg Oppliger, and Don Trauger

Advertising/Marketing Director Jack Keeley

Marketing Finance Tom McGinn and Joe Silio

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: Costumes from last year's Halloween Ladies Night at the HM Golf Club. Join us this year!



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Coffee with a Cop



BUILDING RELATIONSHIPS. ONE CUP AT A TIME.

Join your neighbors and police officers for coffee and conversation.



Monday,
October 14, 2019



Hershey’s Mill
Community Center



9:00 am – 12:00 pm

The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve.

By removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighborhood.

Coffee with a Cop is a national initiative supported by The United States Department of Justice, Office of Community Oriented Policing Services. Similar events are being held across the country over the course of the year, as local police departments strive to make lasting connections with the communities they serve.

THIS EVENT IS PRESENTED BY THE:

Westtown-East Goshen
Regional Police Department



QUESTIONS? PLEASE CONTACT:

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At the Health Fair, the East Goshen Police Department will be collecting all old prescription drugs that are no longer required or which are outdated. Take this opportunity to safely dispose of unneeded medicine.



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From the Main Gate

Marc Fraser | Director of Security

Unfortunately, there are times when we need to call 911 in order to receive emergency medical treatment. The following is information that you should know in order to ensure a quick response by emergency personnel, as well as proper care for you or your loved one:

When dialing 911, you will be asked for:

1. Your Name
2. Your Address
 - a. Mill Road only for Springton, Newbury, and Eaton villages.
 - b. Hershey's Drive only for Westbrook Village.
 - c. Mill Road or Chandler Drive for Kennett and Franklin villages.
 - d. Chandler Drive only for all other villages and all HM amenities below.
 - e. Type of Emergency (what is wrong?)
 - f. Age of the Patient
3. Your Township
4. Your Phone Number
5. A Cross-Street

PLEASE NOTE THE FOLLOWING NEW ADDRESSES FOR SOME HM AMENITIES:

- Community Center: 25 Hershey's Drive
- Sullivan House: 35 Hershey's Drive
- Garden Area: 8 Chandler Drive
- Tennis Courts & Pool: 9 Chandler Drive
- Wood Shop: 11 Chandler Drive Hershey's Drive

When emergency responders arrive at your house, you will be asked to provide:

1. Patient's Medical History (stroke, cardiac arrest, diabetes....etc)
2. Patient's Current Medications
3. Patient's Allergies
4. Copy of the Patient's Living Will (if applicable)
5. Recollection of Events Leading Up to the Emergency
6. Hospital Preference (for transport)

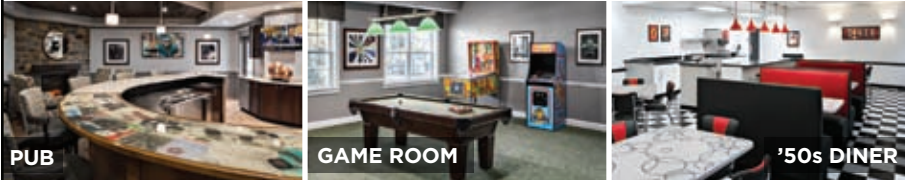
NOTE: *The emergency responders rely on the patient's feedback in order to administer the proper treatment. From time to time, you may be asked if you can walk to the stretcher or ambulance. If at any time you feel that movement or walking would cause you undue discomfort or pain, explain to the emergency responders that you prefer not to walk and wish to be moved or lifted onto the stretcher.*

We highly recommend making a list, or lists, containing answers to all of the necessary information listed above; and keep that list somewhere handy (purse, nightstand, kitchen counter, on the refrigerator...etc) so that emergency responders, friends, or family can easily find it in case of emergency. Also, please do not forget to update that list(s) with any changes.



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Resident Directory Additions and Changes

Aldous, William & Alice	Fay, James & Stephen	Schneider, Gerald & Patricia
1403 Springton Lane	306 Devon Lane	874 Jefferson Way
Barth, Tony & Maureen	Groch, John & Mary Alice	Stull, Mark & Linda
456 Eaton Way	251 Chatham Way	1443 Quaker Ridge
Becker, Deborah	Heyde, Doris & Denice (New #)	Sylvester, Sharon
1101 Lincoln Drive	520 Eaton Way	979 Kennett Way
Cavalieri, Albert & Rose	Meyer, Christine	
300 Devon Lane	595 Franklin Way	
D'Ortone, Steven & Donna	Rucidlo, Jack & Judy	
1271 Robynwood Lane	1569 Vassar Court	
Dare, Robert & Dana	Schaffer, Kimberly	
587 Franklin Way	294 Devon Lane	



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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 Bass player and alto sax player for 15-piece Legends Band. Rehearsal every other Tuesday 1-3 p.m. at Media Community Center. Fun group of retirees, playing our kind of music! About 6-8 gigs per year; mostly daytime. Contact Tom Barrett

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FOR SALE Collectible Walt Disney Plush characters. Purchased at Disneyworld. Adult owned. Kept in cabinet under glass. Donald Duck 16", Dopey 14", Jimmy Cricket 16", TeddieBarra 9", Winnie the poo17". Each \$10. Large collection of Beanie Baby Bears all with attached original tags. \$3 each. Plus large Beanie bears, 14" tall with matching Baby Bears \$10 each. Adult owned. Call

FOR SALE Dark Pine Bedroom Set. King size headboard, two night tables, triple dresser with a matching wall mount mirror plus a tall armoire, \$1,000. Call

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FOR SALE Complete House. Down-filled, 3-seat maroon Couch, like new condition \$600. Cherry 3-Drawer Chest \$75. Wooden Coffee Table \$100. 5 Wooden Dining Chairs with arms \$50 each. 60" round Dining Room Table \$100. 6 white Upholstered Dining Room Chairs \$20. 80" Buffet, dark wood \$100. 54" Side Table, dark wood \$75. Queen Canopy Bed, dark wood \$150. 6 Drawer Tall Chest, matches the bed \$150. Dark wood Armoire, matches bed \$150. Dark wood Nightstand, matches the bed \$50. Hide-a-bed couch, like new condition, blue, yellow and cream color \$150. Yellow 60" rectangular Wooden Table \$150. Please call or leave message at

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HMCTV Programs	October 1-15 (7 p.m. show October 15 will not be shown)			
<p>Hershey's Mill Players: 2020 Here We Come! <i>with Jim McArdle</i></p> <p>Meet 3 Players who will be working on our 2020 show--a Murder Mystery Musical Comedy. There's lots of work ahead and lots of fun. Find out how you can be involved!</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p>Horse Power for Life <i>with Kay Ricker and Karen Wilson</i></p> <p>Karen Wilson, (khwilson.HPFL@yahoo.com), is the Student Outreach Coordinator for Horse Power for Life, a Chester County non-profit organization which offers a FREE therapeutic horsemanship program to individuals and families affected by the cancer diagnosis or loss of an immediate family member. Cancer families have the opportunity to escape the stress of their diagnosis, treatment or loss, and to heal and bond in the beautiful, serene, stress-free setting of the farm. Men, women and children of all ages, with any cancer diagnosis are welcome.</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>October 1 to October 8, noon Absence of Malice (PG) <i>Paul Newman and Sally Field</i></p> <p>When a prosecutor leaks a false story that a liquor warehouse owner is involved in the murder of a union head, the man's life begins to unravel. [Run time 1h 55m]</p>
Noon & 8:30pm	<p>October 8, 8:30 p.m. to October 16, noon Mermaids (PG 13) <i>Cher and Winona Ryder</i></p> <p>The story of an unconventional mother, her two daughters, a quirky teen and an imaginative 9 year old. [Run time 1h 50m]</p>

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	October 16-31			
<p>Plank House Restoration <i>with Ellen Carmody</i></p> <p>Ellen interviews Norman Glass, a restoration expert, who helped with the reassembling of the Plank House at the Village of Goshenville. The house, circa 1808, was saved from demolition on West Chester Pike by the East Goshen Historical Commission and moved to East Goshen Township, across from the Blacksmith Shop.</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.

Call HMCTV at 610-436-5922 if you aren't able to receive our TV channels.

Movies	<p>October 16, 8:30 p.m. to October 23, noon The Man Who Knew too Little (PG) <i>Bill Murray and Joanne Whalley</i></p> <p>Wallace Ritchie (Bill Murray) is mistaken for a spy and must stop a plot to assassinate international leaders at a banquet. [Run time 1h 34m]</p>
	<p>October 23, 8:30 p.m. to October 31, noon Lone Survivor <i>Mark Wahlberg and Taylor Kitsch</i></p> <p>Marcus Luttrell and his team set out on a mission to kill notorious Taliban leader, Ahmad Shah, in late June 2005. [Run time 2h]</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	

Louise O'Brien | Springton

Eddie Dvorak

In his capacity here at Hershey's Mill, Eddie Dvorak wears many hats and goes by many titles, but his official title is Facilities Coordinator. Most of us however, just call him Mr. Reliable, because he is. Always ready with a helping hand, warm smile and good advice. Eddie's role is to keep a watchful eye on the historic Sullivan House, the multi-roomed Community Center, six tennis courts, two pickle ball courts, the Cove, the pool and other sport areas! It's exhausting just listing them, and Eddie has been doing this for 14 years.

In his early twenties, Eddie started working for Wooldridge in general

construction. He did this for 24 years, helping to build Hershey's Mill. He's one of the few who knows Hershey's Mill from top to bottom and every nook and cranny. He has been here 38 years – longer than most of the residents. When asked what part of the job he likes the best, he smiled and said the people! His experience here in Hershey's Mill enables him to be a big asset to the residents, whether they're planning a social in the Sullivan House, an ice cream party in the Community Center, a gathering at the pool or other events in any of our other facilities. He knows exactly how to set up and position the tables to enhance any party and, because he has seen it and done it so many times, just where decorations should be placed for the best display. Two of our biggest and best attended activities, the Book Sale and the Health Fair, would not be as successful if not for Eddie's participation.

His experience, know-how and wealth of knowledge are used not just for day in and day out activities. They are considered an asset to Ed McFalls and the Council when renovations are being considered. Because of

(At left) Eddie moving around in his antique golf cart.



(At right) Eddie busy at his desk.

his constant interaction with residents from every Village, Eddie knows better than anyone what the residents want and expect from our many facilities.

When he's not out and about in his antique golf cart running between the Community Center, Cove and Sullivan House, he loves enjoying the sun, as his dark tan will attest. Biking, long and short distances, and swimming top the list of favorite relaxation activities. His trips to Florida and Ocean City, Maryland are the highlight of his vacation time.

Eddie was born in Phoenixville. He currently lives with Sandy, his wife of 35 years, two blocks from where he grew up. Here they raised two daughters, Nicole and Lauren and enjoy having both daughters live in the area.

Should you see Eddie when visiting any of the main facilities, the library or sport areas, stop, say hello and thank him for all his hard work keeping our



community in tip-top shape. Eddie loves meeting the people for whom he has dedicated his time, energy and skills. It'll make his day.



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Pet of the Month

Louise O'Brien | Springton

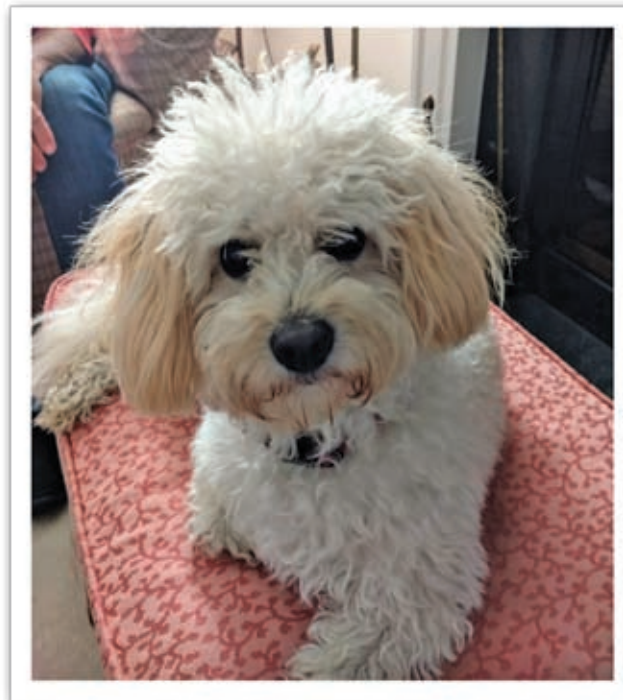
Molly

A year and a half ago, Dottie Williams' daughter, Jane, gave her the gift of a furry, huggable and loveable puppy who was named "Molly". Dottie wasn't sure that getting a puppy was a good idea but within two days Molly stole her heart. Today, they are constant companions walking throughout "The Mill". They especially like to sit on the patio of the Sullivan House and enjoy the view.

Molly is a very friendly dog who loves people and other dogs. She is always looking for a playmate and new

friend. When you see Molly and Dottie, please stop and say hello. Dottie's husband, Bucky, is house bound with Dottie as principle caregiver limiting social interactions, so your stopping to say hello would be appreciated by both Dottie and Molly.

This loving and cute dog fills a void in Dottie's life and for such a little dog plays a big part in supporting her.



Molly, looking for love.

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Hershey's Mill Bus Trip Advertising

Delaware Park

Monday, October 21, 2019

Cost: \$17 + Lunch

Departs: 10:15 a.m.

Contact: Ann Seraphin

Join us at Delaware Park to try your luck at slots and table games! \$30 free slots play is given to everyone on the bus. Lunch is on your own.

Winterthur - "Costuming THE CROWN"

Thursday, October 24, 2019

Cost: \$34 + Lunch

Departs: 9:45 a.m.

Contact: Lynn Mander

From the dazzling gold of Queen Elizabeth's coronation robe to the simple sophistication of Princess Margaret's wedding dress, from the majesty of royal crowns and tiaras to the comfort of clothes worn in private family moments, "Costuming THE CROWN" will feature 40 iconic costumes from the beloved Emmy award-winning Netflix series, a dramatized history of the reign of Queen Elizabeth II. Admission includes a one-hour guided tour of the house, time for lunch and a self-guided tour of the museum and collection of the wardrobe from The Crown, and a tram tour of the gardens, weather-permitting. Deadline to sign up is Monday, October 14.

Penn State Football @ Beaver Stadium

Saturday, November 16, 2019

Cost: \$35 (Bus Only)

Departs: TBD

Contact: Marc Fraser

Join us for our inaugural trip out to Beaver Stadium in scenic Happy Valley, State College, PA to see the Penn State Nittany Lions take on the Indiana Hoos-

siers in their final regular season game, with hopes of a trip to the Big Ten title game and National Championship implications on the line. The NCAA has not yet set the time for the game, so departure is TBD at this point. The cost is for bus only; and tickets, currently ranging between \$50 and \$125, are to be purchased on your own. However, Marc Fraser can easily assist you in purchasing tickets for the game, if desired. A minimum of 15 people must sign up for the trip to be taken, so please call to sign up right away, in order to allow time to purchase tickets for a reasonable amount.

"Vox Renaissance Consort - Voices & Period Instruments"

Friday, December 13, 2019

Cost: \$34

Departs: 7:15 p.m.

Contact: Karen Smith

Join us at the Church of the Good Samaritan in Paoli for VoxAmaDeus' "Renaissance Noel." This season marks the 33rd consecutive year of our annual tradition of magical Renaissance Noel concerts by the professional Vox Renaissance Consort. They celebrate the glorious Christmas music of Old Europe, with masterpieces for solo and double chorus, solo voices, and period instruments. The Renaissance Consort performers are attired in lush period costumes. Come and experience a joyful and traditional old-world Noel! Running time is 90 minutes, with no intermission.

Continued on page 25





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Hershey's Mill Bus Trip Advertising (continued)

Longwood Gardens Christmas

Wednesday, December 18, 2019

Cost: \$15 or \$42

Departs: 3 p.m.

Contact: Karen Smith

Nothing is quite as festive as Christmas at Longwood Gardens! This holiday season, they celebrate the many shapes of the season with a display that is both nostalgic and inventive. Inspired by the contours of traditional holiday favorites from poinsettias to pinecones to snowflakes, as well as the unique forms found in the grand Conservatory, their holiday display inspires and dazzles. 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 \$42. See LongwoodGardens.

Org for more information on what the gardens have to offer.

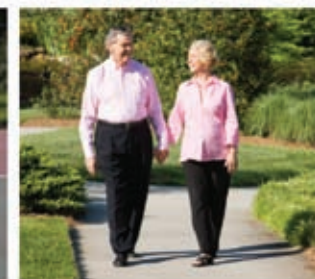
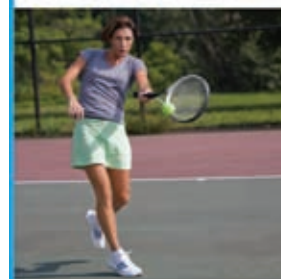
NOTES:

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.
All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
2. 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.

Continued on page 27

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Hershey's Mill Bus Trip Advertising (continued)

3. 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.
 4. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive 10 minutes early.
 5. 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 610-431-4006.
- ***Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at 610-431-4006.



SERIES TRIPS

2019-2020 Walnut Street Theatre WAIT LIST ONLY

Thursday & Saturday Matinees
 Cost: \$50 per show
 Departs: 12:30p.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, 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"
- Thursday 5/28/20 & Saturday 6/6/20** - "The Bodyguard, The Musical"

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:

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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Dining Out

Louise O'Brien | Springton

Our trip to The Stables of Yellow House proved interesting. The restaurant is very attractive with a great deal of ambiance. They have a great fireplace. The bar area, in particular, is very comfortable, and not crowded, with tall tables along one wall. There is a large selection of appetizing small plates which makes this a great place to stop for a drink and light fare. Their large outdoor area that was very popular on the evening we visited. On Tuesday nights they encourage "Cars and Cigars". Patrons are encouraged to bring old classic cars and smoke cigars in the outdoor area. Gerry spotted one of his favorite cars, a 1930 Model A Ford roadster, in the parking lot as we were leaving. They also have a buffet for \$29.95 that features prime rib and the "Catch of the Day", as well as a traditional Italian antipasto bar. Thursday evening is Italian Night and several classic Italian dishes are served.

Gerry and I went with another couple planning on having a traditional dinner, but found the menu slightly confusing, the entrees limited and somewhat expensive. We ordered the mushroom soup (\$7), creamy but not the usual Kennett Square variety. The chili was very thick and tasty although not quite hot enough (\$8). Three of us ordered the prime rib sandwich with gravy for dipping (French dip) with either sweet potato or regular fries (\$17). This proved to be a great choice, but ask for extra gravy when order-

ing. The fourth of us ordered the Crab Cake Sandwich. This also was a great choice (\$18). You should give consideration for ordering the Classic Wedge Salad (\$10) as it is very well done and plated pleasing to the eye.

My friend ordered the Cedar Brook Merlot (\$9) and I ordered the Bella Ambience Pinot (\$8). We both thought that these reasonably priced wines were very enjoyable. Gerry ordered a Yuengling (\$3) and what can I say, Gerry never tasted a Yuengling he didn't like. Our other friend ordered Grey Goose (\$15).

My impression of this restaurant is that they really know how to cook and plate the food. However, I think you would have to visit several times before you get the knack of how and what to order. Our server was not very helpful or very experienced. They are pleasant but not well trained. The overall ambiance and delicious food make this a restaurant we will visit again for casual dining.

The Stables of Yellow House is located at 358 Thornton Road, Thornton, PA. There are several ways to get there, especially if you know the area and back roads. The most direct way is to take Rt202 south to Dilworthtown Road. Make a left onto Dilworthtown Road to Westtown Road. Make a right onto Westtown Road. Continue to Thornton Road, then make another right. The restaurant will be about 2 miles down on your right. The ride to the restaurant through the back roads of Chester County at 5:30 p.m. was very pleasant; the ride home at 9 p.m. proved a little more difficult.

They are open Tuesday through Thursday from 4-10 p.m.; Friday and Saturday from 4-11 p.m.; and closed on Sunday and Monday. Call 610-358-1500 for reservations.



Jurg Oppliger | Devonshire

I'm considering organizing wine tasting meetings. We would taste and discuss six wines each time. The meetings could be either every month or every second month. The cost would be approximately \$20. I need about ten participants.

*If interested, send an email to _____ and tell me if you would prefer every month or every second month. For those without email, contact me at **Jurg Oppliger, 343 Devon Way, West Chester, PA 19380.***

Food and Wine Pairing

There are a lot of opinions about what to drink with your food. I know 16 books in English about the subject, and I am sure I do not know them all. Also, I found 31 books in French! Of course, they do not all agree with each other.

Here, I try to give you here some recommendations – but they are MY opinions, based on MY taste buds. You can follow them, but you will have to find your own way on what you like most.

The basic rules are:

BOLD and strong food needs a bold and strong wine.

DELICATE food needs a delicate wine.

VINEGAR and foods with vinegar do NOT go with any wine.

Red meat is best with a big or medium red wine, such as Cabernet Sauvignon, Bordeaux, Burgundy, Cote du Rhone, Malbec or Syrah/Shiraz.

Pork and lamb deserve a light or medium red wine such as Pinot Noir, Rioja or Chianti, or a rich white wine such as Chardonnay, Gewurztraminer or Pinot Grigio.

Chicken asks for a white wine with some body, such as Chardonnay, dry Riesling or Pinot Grigio. A light Beau-

jolais is another idea. Chicken with a red sauce always deserves the red wine.

Fish is best with a Sauvignon Blanc or Pinot Grigio and Pinot Bianco. Fatty fish may need a Chardonnay to cut the oils.



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Lobster, clams and most shellfish go best with a good Chardonnay, dry Riesling or Sauvignon Blanc.

Cheese I like best with a dry white wine such as Sauvignon Blanc. But with blue cheese and especially with Stilton, I like a glass of Porto after a meal.

Pizza, the most popular Italian dish is best with the most popular Italian wine: Chianti.

Pate, terrines and mousses go well with Zinfandel.

Desserts, such as a typical wedding cake, can be too sweet to go with any wine. A fruit tart goes well with a sweet wine, such as a sweet Riesling.

Champagne and dry rose wines can be served with any food.

There was always a debate what wine paired best with the Thanksgiving turkey, and Gewurztraminer was the most popular answer. Here is

another idea: Try Beaujolais Nouveau, that is released the third Thursday of November, just a week before Thanksgiving. It is unpretentious and inexpensive and should be enjoyed cool.

So now select your dinner plate, and then select a wine. Or decide what you want to drink, and then find a food that goes with it.

Just remember: To eat your dinner takes you twenty or thirty minutes, but a bottle of wine lasts much longer!



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Joseph S. Kennedy | Princeton

Gulph Mills Maneuver Averted 1777 Disaster

The British were coming, but two Continental generals saved the day.

GULPH MILLS — On its way to find a winter encampment, the Continental Army was able to sidestep a fight with the British at Gulph Mills, Lower Merion Township. This was the result of a gallant stand made by Pennsylvania militiamen, whose efforts averted a minor military disaster.

“On December 11, 1777, Maj. Gen. John Sullivan marched his division out of the army encampment at Whitemarsh several miles to the Schuylkill River at Matson Ford, near present-day West Conshohocken, John Reed wrote in his 1965 book *Campaign to Valley Forge*. There, engineers constructed a flimsy bridge of wagons across the river. Sullivan’s troops were the vanguard of the Continental Army, which was leaving its month-long camp at Whitemarsh, seeking better ground for the winter. The army, commanded by General George Washington, had been moving about the region for three months.



In September, the British defeated the Americans at Brandywine and, soon after, occupied Philadelphia. In October, Washington’s army was defeated again, at Germantown. The army spent November at Whitemarsh, hoping to lure the British out of the city. But the British were having none of it. Winter was coming, and the traditional season of military campaigning was ending.

As Sullivan’s troops moved across the river toward Gulph Mills, he learned that the British had already seized the high ground on either side of the pass through the hills. The British had chosen the position by chance. Yet the move presented Sullivan with a decision, fight or retreat?

What had happened was this: Early on the day that Sullivan’s division left Whitemarsh, Lieutenant General Lord Cornwallis marched out of the city at the head of 3,000 British regulars. His mission was to conduct a reconnaissance in force into Lower Merion as far as Gulph Mills.

Acting as Cornwallis’ guide was Lower Merion native John Roberts.

As a Quaker, Roberts had tried to stay neutral in the war, but threats and harassment by local Whigs forced him to flee to safety in Philadelphia. It is not known whether Roberts guided Cornwallis freely or under order, but a year later, he was hung as a traitor by order of the Pennsylvania Executive Council.

In any case, as Cornwallis’ forces moved out of the city onto Old Lancaster Road, they made contact with a regiment of Pennsylvania militia that was part of a brigade commanded by Brig. Gen. James Potter. Reports of the British march were sent back to brigade headquarters at Bryn Mawr.

Like Sullivan later in the day, Potter had to decide whether to fight or fall back. Potter believed the British were bound for Gulph Mills and decided to attempt a series of delaying actions. This was a remarkable decision, under the circumstances:

Militia troops were citizen-soldiers required by state law to make themselves available for short periods of military service. Generally, such troops, and the Pennsylvanians were no exception, were poorly trained, equipped and led.

When confronted on the battlefield with European tactics of unit maneuvers, volley fire and bayonet charges, the militias had been unreliable. Now Potter was willing to stand up to the British professionals with his untested militia. As it turned out, Potter was correct about the British goal of reaching Gulph Mills.

The Gulph was “a secluded pass through steep, wild, wooded hills, ending at the Schuylkill River at Matson Ford,” according to notes of the Historical Society of Montgomery County. Many of today’s commuters can identify with that description.

Potter decided to set up a series of defensive positions along Old Gulph Road. At each position, the militiamen would engage in a short firefight of a few volleys, and then retreat in good order down the road. The tactic worked; the British were delayed.

As the militia passed through the Gulph, however, the British

increased the pressure of volley fire and advanced until the militiamen broke ranks and fled. Quickly the British troops took position on the hills on either side of the pass, and this is where Sullivan’s troops discovered them.

Sullivan ordered a retreat back across Matson Ford. Then he marched up river and crossed over at Swedes Ford, near Norristown. The rest of the Continental Army followed suit, and together, they made their way to the winter encampment at Valley Forge.

Reed believes that if the British had been able to move quickly, they might have caught Sullivan’s troops spread out on both sides of the river during the crossing. That might have proved a disaster for the Americans. The militia had given Sullivan a choice of action.

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Activities Calendar October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1	2	3	4	5
		10:00am Health Fair 1:00pm Canasta 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling	7:30am Men's Bible Study 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 7:00pm Singers Reh	10:00am Caregiver Support Group 10:00am Yoga 12:30pm Bingo Fundraiser 1:00pm Card Games 1:00pm Knitting Circle 3:30pm Dance Class 6:30pm Poker 7:00pm Casual Singing Group	8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Community Bible Study at HM 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 1:30pm Hand & Foot 2 2:30pm Scrabble	2:00pm Table Tennis-Open
6	7	8	9	10	11	12
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 6:30pm Kennett Open Meeting 7:00pm Grief Counseling	1:00pm Canasta 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 4:00pm Insurance Seminar 7:00pm Great Books Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 2:00pm Financial Seminar- Menninger 7:00pm Mah Jongg-Kiely 7:00pm Singers Reh	9:30am HM Women's Bible Study 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Book Discussion Group 2:00pm Table Tennis-Open 3:30pm Dance Class 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Community Bible Study at HM 1:00pm Private Event 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 1:30pm Hand & Foot 2 2:30pm Scrabble	2:00pm Table Tennis-Open
13	14	15	16	17	18	19
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 9:00am Coffee With a Cop 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 2:00pm Photography Club 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Grief Counseling	10:00am Veterans' Group 1:00pm Canasta 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 2:00pm Spirit of Democracy Club 4:00pm Designing your Future- Aging Care Options 6:30pm Boomers Book Group 7:00pm PC Computer Club	7:30am Men's Bible Study 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 7:00pm Singers Reh	9:00am Town Hall - Carolyn Comitta 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 3:30pm Dance Class 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Community Bible Study at HM 12:00pm Financial Planning - Menninger 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 1:30pm Hand & Foot 2 2:30pm Scrabble	2:00pm Table Tennis-Open
20	21	22	23	24	25	26
10:00am Community Open House 2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 6:00pm Players' Auditions 7:00pm Grief Counseling 7:00pm Monday Movie Night	1:00pm Canasta 1:00pm Canasta- Carrone 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	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 10:30am CPR 1:00pm Dominoes 1:00pm Mah Jongg-Groff 6:00pm Players' Auditions 7:00pm Mah Jongg-Kiely 7:00pm Singers Reh	8:00am Concierge Jewelry 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 3:30pm Dance Class 6:00pm Players' Audition 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Community Bible Study at HM 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 1:30pm Hand & Foot 2 2:30pm Scrabble 7:00pm Bingo	2:00pm Table Tennis-Open 5:00pm Boomer Halloween Party
27	28	29	30	31		
2:00pm Table Tennis-Open 2:00pm National Affairs Forum	8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Grief Counseling	1:00pm Canasta 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Singers Reh	10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 3:30pm Dance Class 6:30pm Poker		

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“Whatever the work is, do it well, not for the boss but for yourself. You make the job; it doesn't make you. Your real job is with us, your family. You are not the work you do, but you are the person you are.”

Toni Morrison

Our 2019 BOOK SALE is over and a great big THANK YOU to Roberta Ullman and her committee for making it such a wonderful success!

Please do not bring any used books to the library at this time. New collection will begin in early 2020.

Please join us in welcoming Kathleen Kroos, the new librarian for Hershey's Mill. She has worked as a librarian for many years and recently moved into Franklin Village. Already, Kathleen is working with our volunteers, choosing new books and learning how to input them into our

system. Her contact information is Kathleen Kroos at _____ and her phone is _____.

FEATURED BOOK

Moon Sister - Lucinda Riley Book (5) Seven Sisters Series

When her father passes away, he leaves clues for Tiggy to find her roots if she chooses. Several of her other sisters have forged forward in previous novels. (*Seven Sisters*) Tiggy D'Aplesie spends her days in the Scottish Highlands and Madrid involved in an adventure of two women connected

across time and distance searching for the truth about their lives. Tiggy decides to take a job as a wildlife consultant on the estate of Charlie Kinard. There she meets Romani who will help her return to her past and enable her to go on with her future.

NEW BOOKS

Fiction

- Atkins, Ace-*Shameless*
- Atkinson, Kate-*Big Sky*
- Baldacci, David-*One Good Deed*
- Brown, Sandra-*Outfox*
- Clifford, Aoife-*Second Sight*
- Colgan, Jenny-*Bookshop on the Corner*
- Coulter, Catherine-*Labyrinth*
- Davis, Fiona-*Chelsea Girls*
- Dukess, Karen-*Last Book Party*
- Finkbeiner, Susie-*All Manner of Things*
- Gaynor, Hazel-*Meet Me in Monaco*
- Greaney, Mark-*Red Metal*

- Harmel, Kristin-*Winemaker's Wife*
- Hlad, Alan-*Long Flight Home*
- Jackson, Joshilyn-*Never Have I Ever*
- Mackintosh, Clare-*After the End*
- Macomber, Debbie-*Window on the Bay*
- McKenzie, Catherine-*I'll Never Tell*
- Meacham, Leila-*Dragonfly*
- Obrecht, Tea-*Inland*
- Parker, Michael-*Prairie Fever*
- Roberts, Nora-*Under Currents*
- Russo, Richard-*Chances Are...*
- Silva, Daniel-*New Girl*
- Steel, Danielle-*Lost and Found*
- Thor, Brad-*Backlash*
- Walton, Jo-*Lent*
- Whitehead, Colson-*Nickel Boys*
- Wiggs, Susan-*Oysterville Sewing Circle*

Mystery

- Bowen, Rhys-*Love and Death among the Cheetahs*
- Box, C. J.-*Bitterroots*
- Crais, Robert-*Dangerous Man*
- Doiron, Paul-*Almost Midnight*
- Jackson, Lisa-*Paranoid*
- Johansen, Iris-*Smokescreen*
- Lapena, Shari-*Someone We Know*
- Lippman, Laura-*Lady in the Lake*
- McCall Smith, Alexander-*Second-Worst Restaurant*

- McKinty, Adrian-*Chain*
- Nesbo, Jo-*Knife*
- Patterson, James-*Inn*
- Ware, Ruth-*Turn of the Key*
- Williams, Beatriz-*Golden Hour*
- Woods, Stuart-*Contraband*

Nonfiction

- Aleksievich, Svetlana-*Last Witnesses, An Oral History of the Children of World War II*
 - Saxton, Martha-*Widow Washington*
 - Siler, Julia Flynn-*White Devil's Daughters*
 - Waller, Douglas-*Lincoln's Spies*
- Large Print**
- Stradal, J. Ryan-*Lager Queen of Minnesota*

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Community News

HEALTH FAIR

Louise O'Brien | Springton

The annual HM Health Fair will take place in the Community Center on Tuesday, **October 1**, from 3-6 p.m. There will be a full house of providers who can assist our residents in health care matters. Flu shots will be available without an appointment. The East Goshen police department will collect all old and unneeded medicine. Refreshments will be served.

HERSHEY'S MILL SPORTS GROUP

Barbara Trimble | Ashton

CPR/AED/ Choking Certification

"The American Heart Association and some hospitals are pushing to make lifesaving techniques easier and more convenient to learn. Choking kills about 5,000 Americans annually, while about 450,000 Americans die of cardiac arrest, mostly at home, at work or in public rather than at a hospital. For both types of emergencies, bystander help can be the difference between life and death."

Hershey's Mill Sports Group has been providing CPR/AED/Choking classes for several years at reduced rates to residents of Hershey's Mill and we are introducing another class on **October 23** from 10:30 a.m. to 2 p.m. at the Community Center. In summary, CPR training, choking intervention and use of the AED are all important life-saving skills that you can easily master. To enroll in this class, please email Barbara Trimble at barbaratrimble@hmsm.org. Cost is \$30 per person.

MONDAY NIGHT AT THE MOVIES

Lynn Urian | Merrifield

Walk The Line (2005, PG13) Please join us on Monday night, **October 21** at 7 p.m. in the main hall of the Com-

HM Health Fair

munity Center as we present this multiple, award-winning cinematic look at a true American icon – singer Johnny Cash. Directed by James Mangold, the film is based on Cash's own two autobiographies. And, of course, the film revolves around Cash's sometimes rocky relationship with the love of his life, June Carter Cash. The performances are wonderful. Joaquin Phoenix won rave reviews for his portrayal of Cash, and Reese Witherspoon won an Oscar as June. And then there's the music, which is simply classic!

Come enjoy a terrific film, it's free and open to everyone at The Mill. If you'd like more information, please call Lynne Urian at [610-296-7300](tel:610-296-7300) or email her at lynnurian@hmsm.org. Hoping to "see you at the movies"!

HM PLAYERS FALL SOCIAL

Terese Judkins | Chatham

An HM bus trip to Wildwood for a Murder Mystery Weekend. What could possibly go wrong?

Players, and anyone interested in becoming a member of the Players, will meet at the Club on Thursday evening, **October 10**, for fun, food, drinks and lots of exciting information about our June 2020 Murder Mystery Musical Comedy play. Shauna Flynn has already emailed Player members the details, but if you are not a Player and are interested in coming to meet our lively, friendly members and find out how you might be involved – on stage or off, contact Shauna Flynn and she will email you the information about registering.

Continued on next page

“GRAND” IDEAS!

Gail Habbersett | Eaton

Please take a moment to send us a story of one of your favorite “dates” with your grand(s). Pictures often tell it all! Email a brief article/outline about your experience as an attached Word document, to hmctvguide@comcast.net and attach photos as jpg files.

October is a grand time of the year to enjoy local parks and their events. On one occasion, about four years ago, we took our three Brady bunch gals to a fair at French Creek Park in Elverson, PA. They enjoyed the varied games, arts and crafts, pony rides, performers, food and vendors. Just a hop, skip and a jump away, we introduced Catherine, Victoria and Savannah to St. Peter’s Village. The biggest attraction in this historic 19th century village for the girls was the giant boulders along

the ravine behind the old buildings – just begging to be climbed. After that workout, we devoured our picnic lunch saving plenty of room for the treats we gathered from the Village bakery, creamery and candy store. Hmm – I think it’s time to revisit this grand idea!

THE 79th ANNUAL CHESTER COUNTY DAY

Helen Adair | Devonshire

October 5 from 10 a.m. to 5 p.m. we will explore the history, architecture & great design in the southeast quadrant, including Westtown, Glen Mills, Willistown, Malvern and Berwyn. Traditional fox hunt held at Radnor Hunt in Malvern, complete with horses and hounds. See September Guide and Digest for additional details.

(Below) Artists at work in French Creek Park



(Above) Chillin’ in St. Peter’s Village
(At right) This was juggling at its best!

EDUCATIONAL INSURANCE SEMINAR

Sharon Kope | Robynwood

Liberty Mutual will be having an Educational Seminar on Tuesday, **October 8** from 4-6 p.m. in the Community Center. FREE wine & hors d’oeuvres will be supplied. Learn more about how automobile, property and liability insurance needs change, and what savings opportunities are available during retirement. Our goal is to make sure residents at Hershey’s Mill fully understand their current coverages and address any potential issues. Continued on next page



tial gaps. With a new season of life at hand, old policies may no longer meet your needs.

FINANCIAL PLANNING

Menninger & Associates

On Wednesday, **October 9**, 2 to 4 p.m. and Friday, **October 18**, from noon to 2 p.m., please come enjoy refreshments and a complimentary seminar to better understand and discuss your current financial concerns. The seminar will cover a variety of different financial topics, including techniques to improve tax efficiency, maximizing retirement income, learning the components of your will, and developing estate planning strategies. The speaker has over 30 years of industry and teaching experience in the area. Please RSVP today by calling 610-422-3773 to reserve a seat.

IGC CONCIERGE JEWELERS

Precious metals are up! Now is the perfect time for you to sell those unwanted items. On Thursday, **October 24**, IGC Concierge Jewelers will be at the Community Center from 8 a.m. until 4 p.m., providing a wide range of jewelry services. IGC will purchase the following items: gold, silver and platinum jewelry, gemstones, sterling silver flatware and sterling silver accessory pieces, fine time pieces and gold and silver coins. Expert service and free jewelry cleaning is also available. Complimentary coffee and doughnuts will be provided.

COMMUNITY GARDENS

Gail Habbersett | Eaton

Before the first frost and final tidying up of the gardens this growing sea-



(Above) Plentiful dahlias and zinnias to end the season with a flair!

son, many of us are harvesting some marvelous flowers and some tasty late-season veggies. Thoughts of these and what we might like to try next year will have to carry us through the winter. Is 2020 the year you join us with a garden of your own? Contact Jim DiCarlo, for more information.

ACTIVITIES IN OUR NEIGHBORHOOD

ORCHESTRA CONCORDIA will present a free concert on **OCTOBER 18** at 8 p.m. in the Radnor Middle School, 150 Louella Avenue, Wayne, PA. The performance, with wheelchair accessibility, and parking is free and open to the public. Under the direction of conductor Gary White, the program will feature Philadelphia Orchestra oboe soloist, Jonathan Blumenfeld, in Mozart's Concerto for

Oboe and Orchestra. The program will also include Frescobaldi's *Toccata*, Bartok's *Rumanian Folk Dances*, and Mozart's *"Jupiter" Symphony* 41.

UPTOWN! KNAUER PERFORMING ARTS CENTER presents Dueling Pianos featuring a new duo of talented and entertaining pianists every month. Audience driven, it's never the same show twice! Thursday, **October 24**, 7:30 to 10 p.m. Tickets \$17 advance \$20 door. Located at 226 North High Street, West Chester. Purchase tickets at UptownWestChester.org, at the box office or call 610-356-ARTS(2787).

WELLINGTON at HERSHEY'S MILL invites you to attend their "Revitalization Celebration" on **October 8** from 2-4 p.m. Come see all the improvements made to the common areas, dining rooms and entertainment area. Refreshments will be served.

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Taxing Matters

Nancy Tomlinson | Eaton

“I already PAID all my income tax in April!” “What’s an EIT?” “Who the heck is Keystone, anyway?” Since most of my HM neighbors know that I am an enrolled agent (tax advisor), I have heard these and similar questions recently. Unfortunately this is not a Keystone Kop Kaper and the EIT is a real tax that some people have to pay.

Many residents are unaware of the requirement to pay a local Earned Income Tax or “EIT”. The tax is imposed by individual townships. The rate ranges from about 1%, as in East Goshen, to a high of 2.5% in Coatesville. It may be helpful to think of the EIT as similar to the Philadelphia Wage Tax. Only earned income is subject to the tax. Since most HM residents’ income is “unearned”, such as retirement distributions, interest, dividends, capital gains and social security, it is NOT subject to EIT.

A good indicator of your obligation to pay the tax is your PA 40 Income Tax Return. If there is an entry on line 1a, you have PA “compensation”. With one small exception, income considered compensation for PA is also compensation for EIT. Even though you are not employed, earned income can come from for-

mer employer sources, such as some distributions from non-qualified plans. You may also have self-employment earned income from performing services or selling products on your own.

Keystone Collections and Berkheimer Associates are two of the tax collecting agencies hired by the townships. The Commonwealth of PA shares income tax information with these agencies. That is why you may be receiving notices from Keystone now. The tax can be assessed for prior years and failure to file penalties may be imposed.

A good source of information about the EIT is the website DCED.PA.GOV. And if you have any questions about the EIT, or other taxing matters, please feel free to message me at Hoover Financial Advisors through either my email nancy@hfaplanning.com or phone 610-651-2777 Ext.137.



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ART GROUP HERSHEY'S MILL

Martha Hanson | Franklin

Artists find inspiration in many forms including nature, the human form, travel, color, light, other artists and personal journeys. In August, some members of the Art Group traveled to the American Swedish Historical Museum to draw inspiration from the art and lives of the Swedish American settlers. The museum is a wonderful place to gain understanding of the impact of the Swedish on the early history of this country in addition to being the source of inspiration for artists. If you are interested in viewing what inspires the Art Group of Hershey's Mill, work by its members will be on exhibit in the Community Center in late October. Our group meets on **Wednesday** mornings from 9 a.m. to 12 noon.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

The Hershey's Mill Knitting Circle is knitting and crocheting away into the fall season. If you are a knitter or

(At left) A beautiful field of sunflowers.
(At right) Riding the bull at the Cowntown Rodeo in New Jersey.
Both pictures were submitted by Michael Rackover.



crocheter, why not bring along your project and join our group. We meet on **Thursdays** from 1-3 p.m. in the Paoli Room of the Community Center. In addition to doing our own knitting and crocheting, when possible, we are happy to assist people with their knitting and crocheting problems. For information about the Knitting Circle, contact Ruth Schick at

CARESHARERS

Eileen Glinski | Glenwood

After the August article in the Digest about the Caregivers Support Group, several residents asked us to clarify the difference between Caregivers and CareSharers. In short, Caregivers are caring for a loved one who is ill or disabled. CareSharers generously volunteer their time and talents to do the routine handyman tasks that as we age, many of us can no longer do. For instance, CareSharers will drive those of us who can no longer drive to local appointments or on local errands, or do those tasks that require using a stepladder. Some of our CareSharers can do more skilled tasks like putting together deck furniture! To contact us, call our HelpLine: 610-430-8830 and leave a message with your name, village, phone number and a brief description of the help you need. One of our volunteers will respond to you within 24 hours. Would you like to volunteer to help other HM residents? Our CareSharers group needs volunteers who like to do handy tasks or who will drive those of us who need a ride to an appointment or on an errand. Call our HelpLine and let us know you would like to help!

CAREGIVERS SUPPORT GROUP

Sue Staas | Kennett

Caregivers! Come to our monthly meeting on Thursday, **October 3** from 10 a.m. to noon in the Paoli Room of the Community Center. Come share your concerns and hints for coping with the inevitable stresses we all face. We will also discuss how to have some fun on *Play Dates!* All those caring for a chronically ill or disabled loved one are invited to attend. We meet the **first Thursday** of each month. Complimentary admission, no pre-registration and walk-ins are welcome.

CASUAL SINGERS

Paul Day | Ashton

The casual singing group is back in full voice with many of our regular singers, and a new guy who may also join our strummers who accompany us as we sing. As always, all HM residents are invited to join us in the singing and fun. We meet the **first Thursday** of each month at 7 p.m. in the Ardmore Room located upstairs in the Community Center. Let there be song to fill the air!

BOOK CLUB

Marie Knox | Merrifield

At our meeting on **October 10**, we will continue our connection with history as we discuss *Prague Sonata* by Bradford Morrow. The meeting will take place at 2 p.m. at the Sullivan House. This fascinating story of a search for the author of an apparent eighteenth century sonata by Meta, a young musicologist is a true mystery involving beautiful music and his-

tory. *Us Against You*, by Fredrik Brackman, the focus of our November 14 meeting led by Jean Gaul, will address team and sports competitions, community pride and the values of loyalty, friendship and kindness in the community of Beartown, and in our own communities.

PHOTOGRAPHY CLUB

Carol Poling | Oakmont

Do you enjoy taking photos? Have you ever wanted to know more about how to get that perfect shot? Do you enjoy sharing your pictures? HMPC is a friendly group of residents who enjoy learning about the different aspects of photography. It is a fun time of sharing and learning. We meet in the Paoli Room at the Community Center the **second Monday** of each month from 2 p.m. until approximately 4:20 p.m. Any questions, please call Carol Poling or Michael Rackover.

PC CLUB

Don Trauger | Kennett

Our October meeting will focus on FIOS and all things pertaining to Windows 10 PC but we'll leave plenty of time to discuss all computer topics of interest. Join us on Tuesday evening **October 15** at 7 p.m. in the Community Center.



Don Trauger | Kennett

FIOS and Power Outages

A PECO power outage not only affects the lights, appliances and the garage door opener, but it can also affect any electronic device when the power is restored. Devices such as computers, wireless phones (not cell phones) and most of all the FIOS equipment is subject to power interruptions. Power interruptions can cause devices to freeze, exhibit strange behavior, or just not work at all when the power comes back on.

Here's a procedure to follow with the FIOS equipment after the power is restored.

1. After power is restored wait about 10-15 minutes to make sure the power stays on and is stable before checking your FIOS equipment.
2. If the TV, phone and Internet are not working check the ONT box. This FIOS box is usually located adjacent to your power panel in your basement or closet.

3. The ONT assembly actually consists of 2 boxes. One is the power supply for the ONT and the other is the main ONT. The power supply has a blue reset button and a green power light on it. Locate the power cord from the power supply and remove it from the receptacle. Wait about 15-20 seconds then plug it back in. Allow 2-3 minutes for it reinitialize and become operable. Referenced below is the light pattern of a normally working ONT. Don't press the blue button on the power supply as this button does not allow a full reset compared to removing and then plugging in the power cord.
4. If you power reset the ONT it makes sense to do the same to your FIOS router. The light pattern on the FIOS router has 2 white lights, one for power, and the other for the Wi-Fi. Again, wait for 15-20 seconds after you pull the power

cord before plugging it back in. It also takes 2 minutes or so to reboot and become operable. The router directly affects Internet operation and some TV operation such as On Demand, the Channel Guide and the DVR.

5. You may have to power reset the Set Top Boxes (STB). Follow the same power reset procedure above. Start with the main box (Media Server) and continue with the smaller client boxes as needed.
6. You don't have to necessarily identify which lights are solid green as long as there is 5 of them. If you are unable to achieve normal operation after power resetting your FIOS equipment, call Verizon at 1-888-553-1555.

Here's the normal status of the ONT lights:

The following are ON and solid green:

- Pwr
- Bat
- Data
- Ntwk
- Mgmt

The following lights should be OFF:

- Fail
- Vid
- Moca

One exception, the following light will be solid green when you pick up the phone to make a call:

- Pots

We can discuss FIOS issues as well as Windows 10 issues at our PC Club meetings. We meet on the third Tuesday of every month at 7 p.m. in the Ardmore room of the Community Center.



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Growing Your “Gratitude Capacity”

“How can you even suggest I focus on being grateful when so much suffering and ugly situations surround me?” you ask. And yet a growing body of physiological research supports the positive benefits of focusing on gratitude, no matter what one’s external or internal circumstances.

If we stop and focus, there are aspects for which we can be grateful. If you can no longer walk as fast as you did, perhaps you will see more and thereby appreciate more; perhaps we’ll see the glory of the dappled sunlight or the incredible number of plants and bugs that we missed when power walking. In a society geared to override, this type of noticing and savoring doesn’t come naturally for most of us. The good news is this skill can be developed, just like learning to use a new cell phone. Practice brings proficiency and easefulness.

I am going to ask you to stop reading this article, close your eyes and let yourself name at least ten things you are grateful for in this very moment. Ready? Close your eyes now and list at least ten things.



Eyes open again. Here are some types of things you may have noticed:

- Even if your arthritis is giving you a devil of a time, in this moment I am grateful for being in touch with my breath, its gentle and peaceful “in” and “out”, which in turn helps me touch my deepest gratitude for just being alive!
- Even if a loved one is very ill, in this moment, I am grateful for the tender way he lovingly held my hand this morning, not needing to say words.
- Even if you’re in deep grief due to the loss of a loved one, in this moment, you might notice the joy and apparent satisfaction your cat seems to be experiencing just looking peacefully out the window. And then you notice that you too are experiencing peace.

The final part of this exercise is to begin noticing how our bodies feel when we are grumbling about “what’s wrong” versus noticing how you are affected when offering gratitude; how your eyes, shoulders, heart, etc. relax. Increasingly, research is able to measure the positive impacts on our physiology when we practice being grateful.

It is possibly as difficult as “mining for gold” to focus on gratitude when pain and suffering are around us. While it takes effort, the “gold” can be “mined” by making the effort. *May all your weeds be wildflowers.*



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Letter-Writing

Rosie Taylor | Princeton

Recently we were celebrating the conclusion of a yearlong community service project. The Executive Director for the project handed me an envelope. Never one to wait for anything, I tore it open and there was a handwritten thank you note. The feelings, sentiment and thanks expressed were lovely reminding me of just how important and appreciated our work had been. I thanked her and watched her give notes to others.

When she returned, I thanked her again saying the normal things, "Oh, it wasn't necessary," "You didn't have to do this" and then I realized, I'm glad she did and I told her! We both agreed that receiving a handwritten note carried with it a special feeling - one that tweeting, texting, and emailing cannot duplicate. We also agreed that letter-writing is a dying art.

There's something about receiving a handwritten note. From the moment you see that envelope addressed to you something happens. First thing I do is look at the return address and smile at seeing the sender's name. As a kid, the first thing I did was slit open the envelope and turn it upside down, hoping something 'green' fell out. Now as a

senior, the sentiment inside is worth so much more.

Over the years, I've saved many letters, cards and notes. I read them often - on birthdays, anniversaries, rainy days, when I'm feeling happy or sad. That's when the magic happens. The person is there with me, even if just for a few minutes.

After my Dad died, I was tasked with going through his papers. I found many notes. The treasure, a note I sent him when I was nine. In it I told him that I was going to become a nun because I was never going to find a man like him to marry. Well, I didn't become a nun and the man I married is as special and good as my Dad.

Many people, especially women, inspired, influenced and, unbeknownst to them, acted as role models for me. Do they know the impact they had? Probably not. So I decided to tell them. Over several weeks I wrote 20 *letters of appreciation* to the women who helped me grow as a person, an individual and a business owner. What reaction did I expect? No idea. What reaction did I get? One that was totally over whelming, heart-warming and humbling. Everyone responded and several have even 'passed it on' by writing similar notes to those who inspired them. The power of letter-writing.

Is there someone who has made a difference in your life? If so, tell them in a handwritten note. It will enrich both of your lives and become a treasure, like the note of a nine year old.



October At The Club

Judy Smeltzer | House Committee

OCTOBER brings new and traditional happenings at the Club.

The month will start with **Steak-house Night** on Thursday **October 3**.

Wednesday, **October 10**, brings a new and informative luncheon opportunity. Franklin resident, Michael Rackover, will present his personal photographic tour of Utah's national and state parks; spectacular photography not to be missed. A light luncheon will be served. Watch for more details including menu and pricing.



Ladies – Halloween is coming so get those costumes ready. Wednesday, **October 30**, is **Ladies Night Out** and Halloween costumes are the order of the evening. There will be prizes for the *most creative* and the *scariest*. The menu will have a Halloween flavor capped by the drink of the night – a spiced apple martini. Ladies, make your plans now for a special party.

October brings back the HMGC tradition of **October-fest** dining featuring a German dish **each week of the month**. Braised sauerbraten with red cabbage and potato pancakes with German chocolate cake for dessert start off the first week of the month. Watch your e-mail for later week featured entrees.

And a reminder – just behind Octoberfest comes

(At left) Can you top this costume (or the one on the magazine cover) from last year's Halloween Ladies Night?



CONSTANT CONTACT

HMGC is now onboard with Constant Contact, a professional email service that has the capability of issuing email blasts to keep you better informed weekly of happenings at the Club. You will learn about special events, menu offerings, dinner specials and more. Initial timely emails have advised members of dinner specials being offered the current week.

If you are not receiving these messages from sender Scott Martin via Constant Contact, please send your email address to Scott and he will add your name. You will then receive the latest information and also be in a drawing for a free dessert! If you are not a Club member and would like more information about HMGC, Scott Martin (smartin@hersheysmill.com) is your contact.

Thanksgiving. If you are planning a family Thanksgiving dinner at the Club, reservations are now being accepted.

Be sure to note on the comment cards found with the checks presented

at the end of each meal your pleasures and concerns with your experience at the Club. We will thank you by drawing a card from the monthly comments received and awarding a free drink to the winner.

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CLUB NEWS

Don Evons | Princeton

October is here and so the Paddle Tennis season has arrived. It may be a bit early, but the weather makes it perfect to get warmed up. The paddle courts are in great shape and the warming room is ready for those waiting to play. We have the paddles and the balls so come on out and kick start the new season. Remember Paddle plays all winter and the better you play the more you appreciate the cool weather. Watch for emails for the opening social.



The warming room is there, with a kitchen that includes a microwave to heat your hot toddy. For those who do not have equipment, there are paddles and balls in a cabinet in the warming

room. The paddle is similar to a Pickleball paddle, just a little larger and a bit heavier. The ball is solid rubber that, when cold, does not bounce very much. When warm it is more like a "super" ball! For

this reason, many facilities keep balls in freezers until put in play. When it snows, the courts have what we call "snow boards" to allow clearing the snow to the ground below.

When first learning to play the game, it plays much like Pickleball, keeping the ball in front of you, hitting over the net and keeping it within the lines. The court size is also similar. As you learn the game, the screens are used; and for those familiar with Squash or Racquetball, this is not a stranger. One big difference is as you progress, screens are used on most shots and the game slows down.

To see the game in action, click on the APTA web site and watch videos of recreational play and some of the top players in the country. For those interested in the game at a serious

level, subscribe to the Platform Tennis magazine and join the American Platform Tennis Association.

Clinics are planned on Fridays for those interested in learning the game. Come out and give it a try.

If you would like to receive up-to-date information about all that is going on within the HMSG, send your email address to John DeVol, hersheymillsportsgroup@gmail.com.

GET INVOLVED "PLAY WHERE YOU LIVE"

Paddle Tennis: Clinic each Friday

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

Pickleball: Monday through Saturday at 9:30 a.m.; Wednesday at 5:30 p.m.; Sunday at 2 p.m. (Weather permitting)

Pickleball indoor open play: ACAC, YMCA, Concord, Garnet Valley and United Sports (Downingtown). *Call venues for days and times.*

PICKLEBALL

Tom Fant | Yardley

Lynn Mander, our expert on all things pickleball and super Mill volunteer, found a FaceBook post that really points to the feel good unselfish nature of our game.

"I have spent nearly 12 years traveling around the country and playing Pickleball every chance I could find. I have made some realizations that I would like to share with you. Pickleball is a very unique sport for several reasons, at its core it is not about the strive for excellence, the motivation to achieve a higher rating or even about winning. For most people it is about filling a void. Having something positive to think about as we drift off to sleep at night. Seeing friends we have made and making new friends every time we play. Pickleball is about ask-

ing Nancy how her garage sale went, seeing if Fred's surgery on his shoulder went well. Pickleball is about realizing without "you" there is no "me". We need each other, our community thrives on friendship not medals. Sure, we like to talk about the latest paddle or that great return of serve we just hit, but what we really want is that "connection". The kind of connection you can only get when a group comes together under the disguise of a "sport", a "religion" or a patriotic duty. At the end of the day, Pickleball is a family, a family that is grateful for being part of a bigger thing. And an integral part of that bigger thing is a smaller thing, and that is in knowing that every time we step on the court, we know someone has got our back. And that, my friend, is priceless. Yes indeed, we need each other!"

The PickleBall Nation here at Hershey's Mill has been singled out as a substantial and growing activity with almost no organization. Roger Karr, our founder, set us up that way so that residents, new and old, would have no problem just "walking on" to our daily play. For those blessed with good health in their senior years, this is a neat way to spend free time.

As to organization, some time back a few of us, who do the communicating plus setting up the socials and training as volunteers, referred to ourselves as a Committee, of sorts. Silly, right? Well it stuck. Where would The Mill be without a little humor? Jack Hamilton is our energetic leader with the previously mentioned Lynn Mander handling rules and training. Our technical help comes from George Madden and Larry Appalucci, who both know their way around the

Continued on page 59



Ah yes, fall is upon us, but if you think that HMSG is going on vacation, think again. Just take a look at the calendar below and see all the activities that are available.

Since the weather is about to change, Paddle Tennis is the sport of the month. Paddle, for those who are not familiar with it, is played outdoors in the winter. **The colder the better!**

There is nothing more invigorating than a cold winter evening, where you can see your breath, the snowflakes falling, and you are breaking a sweat playing Paddle. For those who have played Pickleball; Racquetball, Squash, or Tennis, this is your "sport of the season" all winter long. Our courts are located behind the swimming pool with a lit walkway leading to them.

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Hershey's Mill Sports Group (continued)

Internet. George has a cool website (gmadden33.com) with a one of a kind PickleBall section, and Larry keeps track of our reserved court time (you've got it, 9:30-11:30 a.m. every day except Sunday when we play from 2-4 p.m., plus Wednesday at 5:30 p.m.). Mary Lou Perry and Merrie Turney keep things light, which includes making new people comfortable (they also correct my bad grammar and poor spelling).

As a management group, our burden is light and the fun is daily. Come join us down there "between tennis and the pool with bocce on the side".

SENIOR MEN'S TENNIS LEAGUE

Sergei Yurchak | Springton

The Interclub Senior Men's Tennis League season is now completed. For our eighth match, we lost to Idle Hour 2-1. Each match was very competitive, taking almost two hours to complete. In our last match, we lost to St. Albans/Conestoga 4-0. Our final record of 2-6-1 put us in seventh place. Overall, we won 40% of the individual games. On a positive note, we won 62% of the ten-point, tie-break games which are played when each team has won one set. Twenty-one players participated throughout the season.

BOCCE

Irene Gallagher | Ashton

Open Play is on Wednesday from 3:30-6 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, then play and have fun. October's weather should be perfect for our gathering.

BIKE CLUB

Seth French | Yardley

October is the final month of our "Official 2019 Schedule". We are expecting a big turnout for the Philly Ride on **October 19**. During the winter season (weather permitting) we will have "Flash Rides". An email blast will be sent out a day or two in advance with a meeting time and a "ride title" (please keep a copy of the 2019 schedules so you have a description of the ride). Bikers will meet at the HMGCC parking lot – "Show and Go." Don't be late!



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Recipes

It's common to now hear, in cookbooks and on cooking shows, that recipes "aren't your mother's ...". Even we say it occasionally since techniques, availability, nutrition, and tastes have evolved. But that doesn't mean we still don't love old favorites from Mom. And it's more than nostalgia, as these are easy, economical, and forgiving – not to mention delicious! They're great for parties and as left-overs too. So we've dusted off some of Mom's casserole recipes, and made "margin notes" adjustments to clean them up. These are all beef recipes, a "go to" protein for many mothers back in the day. So we're proud to say these are our (and many others) Mother's casseroles, and hope that you enjoy them as much as we do!

This is your mother's casserole!

Beef Stroganoff Casserole

2 teaspoons vegetable oil
1 pound round steak, cubed
1 large onion, chopped
1 large bell pepper, chopped
½ teaspoon each salt and pepper
1 can mushroom soup
1 cup sour cream

1 8-oz. package macaroni, cooked
In a skillet, brown beef and onions in the oil. Add pepper and seasonings and cook a few minutes more. Add mushroom soup and simmer for 10 minutes. Remove from heat, mix in sour cream, then mix in macaroni, then place into a greased casserole dish. Bake at 350°F for about 45 minutes and until browned; timing will depend on dish shape and capacity.

Sirloin & Mushroom Casserole

1 cup butter
2 pounds sirloin tip, cubed
3 tablespoons minced onion
1 cup vegetable broth
2 teaspoons Worcestershire sauce
1 bay leaf
1¼ cups chopped fresh mushrooms
2 cups wide noodles, cooked
½ cup evaporated milk
½ cup milk
1 teaspoon each salt and pepper
⅓ cup cheddar cheese
1 cup croutons
2 tablespoons chopped pimentos

In a skillet, brown beef and onion in 1 tablespoon of the butter. Add broth, Worcestershire, and bay leaf and simmer, covered, about 30 minutes; until beef is tender. Remove bay leaf, then mix in remaining butter, mushrooms, noodles, milks, and seasonings. Place into a greased casserole dish, and sprinkle on cheese and croutons. Bake at 325°F for about 1 hour and until browned; timing will depend on dish shape and capacity. Garnish with chopped pimentos.

Company Casserole

5 tablespoons butter
1 pound ground beef
2 8-oz. cans tomato sauce
1 teaspoon each salt and pepper
1 cup cottage cheese
½ cup sour cream
1 8-oz. package cream cheese
½ cup chopped green onions
2 tablespoons chopped bell pepper
1 8-oz package egg noodles, cooked
In a skillet, brown beef in 3 tablespoons of the butter, then stir in tomato sauce and seasonings and remove from heat. In a bowl, combine cottage, sour, and cream cheeses, and onions and bell pepper. Spread half the noodles in a greased casserole dish, cover with cheese mixture, then top with remaining noodles and remaining

Continued on next page

Recipes (continued)

butter. Place meat sauce over top, and bake at 350°F for 30 minutes.

Beef & Wild Rice Casserole

½ cup each wild rice and brown rice
3 cups boiling water
4 tablespoons bacon fat
6 tablespoons chopped onion
1½ pounds ground beef
2 cans cream of chicken soup
1 cup sliced fresh mushrooms
1½ cups vegetable broth
1 teaspoon each celery, onion, and garlic salts, paprika, and pepper
1 dried bay leaf, finely crumbled
½ cup chopped fresh parsley, plus more for garnish if desired

Pour boiling water over rice, let stand 15 minutes, then drain. In a skillet, brown beef and onions in the bacon fat. In a greased casserole dish, combine all ingredients, cover tightly, and

refrigerate overnight. Remove casserole to counter 30 minutes before cooking, and bake at 325°F for 1 hour and 30 minutes.

Beef, Chili, & Chips Casserole

2 teaspoons corn oil
1 pound ground beef
½ cup chopped onion
¼ cup diced celery
½ teaspoon each salt and pepper
1 16-oz. can chili with beans
2 cups corn chips
1 cup shredded pepper-jack cheese

In a skillet, brown beef in oil, then add onion and celery and cook until tender. Mix in seasonings and chili. In a greased casserole dish, make multiple layers of chips, beef/chili mix, and cheese, with chips on both the bottom and top layers. Bake at 350°F for about 10 minutes and until browned.

Hamburger Pie Casserole

2 teaspoons vegetable oil
1 pound ground beef
1 large onion, chopped
1 tablespoon steak sauce
1 teaspoon each salt and pepper
2¼ cups cooked green beans (1½")
1 can tomato soup
5 medium russet potatoes, cooked
½ cup whole milk
1 egg, beaten
1 cup grated cheddar cheese

In a skillet, brown beef and onion in oil, then mix in steak sauce, half the seasonings, beans, and soup. Place into a greased casserole dish. In a bowl, mash the potatoes with milk, egg, and remaining seasonings. Spread potatoes over the meat in dish, top with the cheese, and bake at 350°F for about 30 minutes and until browned.

Beef & Eggplant Casserole

1 tablespoon butter, melted
¾ cup soft bread crumbs
3 tablespoons vegetable oil
1 pound ground chuck
¼ cup shredded onion
1 clove garlic, mashed
2 medium eggplants, pared & cubed
2 teaspoons salt
¼ teaspoon each pepper and thyme
1 can tomato paste
1 can evaporated milk
1 cup condensed tomato soup

In a bowl, toss butter and crumbs together. In a skillet, brown beef, onion, and garlic in oil, then add eggplant and seasonings and cook until tender. Stir in tomato paste, milk, and soup, then place into a greased casserole dish and top with buttered crumbs. Bake at 375°F for about 30 minutes and until browned.

Layered Enchilada Casserole

1 can evaporated milk
1 pound processed cheese, cubed
2 teaspoons vegetable oil
1 pound ground beef
1 teaspoon each salt and garlic salt
1 can pinto beans
Shortening
1 package corn tortillas
1 can chopped green chili peppers
¾ cup chopped onion

In a saucepan, melt cheese into milk. In a skillet, brown beef in the oil with seasonings, add beans and mash a bit, then remove to a bowl. In the skillet, fry tortillas in shortening, each side, until soft and colored. In a greased casserole dish, make multiple layers of tortillas, meat/bean mix, and peppers and onion, then pour cheese sauce over. Cover and bake at 350°F for about 25 minutes, then uncover and bake 5 minutes more until browned.



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