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HMCTV Guide and Digest

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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: See the "Showing Appreciation" article in the Community News section for details.

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Hershey's Mill Developer Passing

Robert H. Wooldridge 1943-2020

We were saddened to learn Mr. Woolridge passed away at his home in Clear Lake, California. He is the real estate developer who made Hershey's Mill successful. Bob came to Pennsylvania in 1982 at the request of the then Fidelity Bank. He assumed responsibility for the Bank's troubled asset, Hershey's Mill, that had two completed villages, Ashton and Brighton, and two that were partially completed, Chatham and Devonshire. There was a mountain of debt and a host of problems, and Bob went to work bringing in a whole new construction

team, but keeping most of the club, office, and support staff. Within a few years, he had turned around the asset such that the Bank was forced to sell Hershey's Mill to Bob's company – and the rest is history.

Our condolences go out to his wife Clarita and his children Berto, Heather and Robyn.



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Karl Grentz | MA President

QUESTION: Why can't the woodshop build a decent enclosure for the dumpster across from Jefferson? It is an eyesore.

ANSWER: The Woodshop would very much like to enclose the dumpster, but such a move would not be practical. If a wooden barrier was built it would have to encroach on a much-needed Woodshop parking space and it would require two doors for access by a dump truck. However, as with any enclosed dumpster location, the doors are usually left open and, more importantly, dumpster trucks invariably back into the doors and their support posts rendering them unable to close or fully close.

A practical alternative would be to paint the dumpster green to blend in with the surrounding grass. However, since neither the Woodshop nor Hershey's Mill owns the dumpster, permission would be required from the owner which most likely is the current Hershey's Mill trash service provider.



QUESTION: What exactly are the duties that the individual guards are responsible to perform? The resident was told that the reason two guards had to be on duty all night is because when one has to answer a call that leaves one at the guardhouse. Since the guards can't do anything when answering a call why do they bother responding? The fire department doesn't need an escort since they are very familiar with location of all the villages?

ANSWER: We have two officers on for numerous reasons. The primary purposes of Security are:

1. Monitor vehicular access to the community.
2. Serve as a communications center (alarms, resident concerns, etc.).
3. Serve as a deterrent by providing the most visible implication of Security possible

Security officers are all First Aid certified and AED certified. In normal times, they respond to all calls, enter the home and assess the situation. If a resident is in cardiac arrest, they will use the AED to attempt resuscitation. Otherwise, they will gather information, medications, etc. to assist the ambulance personnel when they arrive.

When not being summoned to calls, the second officer is charged with patrolling the community twice each shift including going through villages, sitting at the remote gates to "be a presence" and checking on and securing Master

Association facilities. We have found each spring and summer as school lets out, local area kids and teenagers create some measure of "mischief" and our patrolling officers frequently find, confront and escort such younger persons from the property.



QUESTION: Is the Golf Club going to offer discounts on the membership fees and amenities that members were not able to use during the COVID-19 virus?

ANSWER: (Thanks to Scott Martin of the Hershey's Mill Golf Club for providing this answer.) At the time of this writing, late April, we have not discussed any discounts. We do not want to speculate as things are very fluid at the moment.

Don't depend on rumors! Submit your questions by emailing them to hmtvguide@comcast.net, by calling us at 610-436-6429, or by delivering them to the mailbox outside the Hershey's Mill Community TV building.

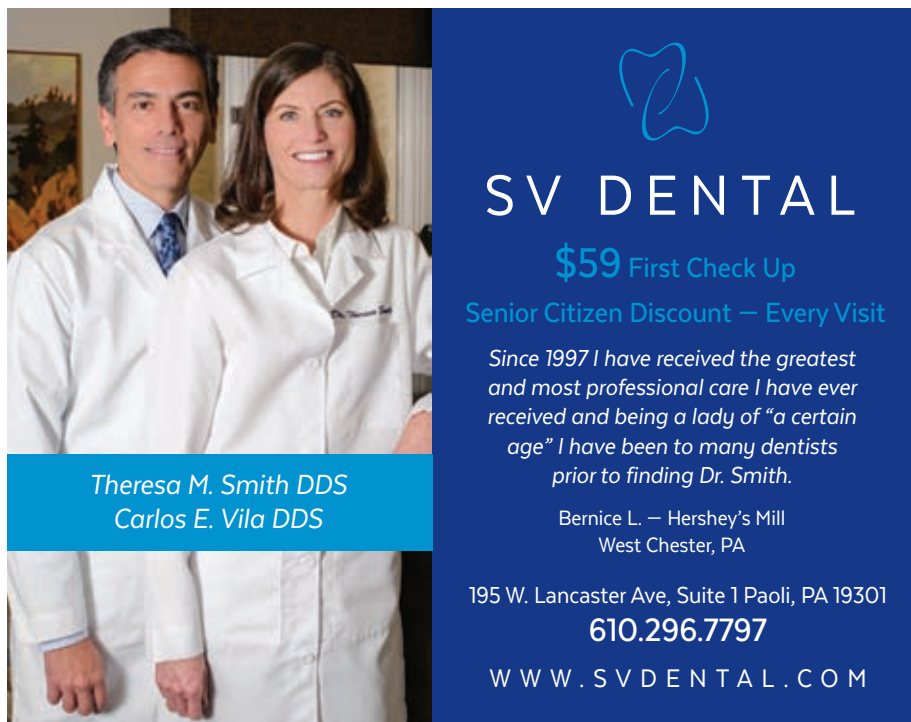


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From the Main Gate

Marc Fraser | Director of Security

When walking your dog in Hershey's Mill, please remember to always keep the dog on a leash. While your dog

may be meticulously trained, there are many people who still feel highly uncomfortable around animals; and seeing an approaching dog off its leash can be a nerve-racking experience.



Also, please remember to clean up any waste that your dog leaves behind. On numerous occasions, I have found myself offering a friendly reminder to residents who “forgot” to clean up after their dog. Nobody appreciates finding special “presents” while traversing our beautiful community.

Residents Update

Charlesworth, Debra & Evelyn & Coutant, Rory

1207 Princeton Lane

Ciancia, Anthony & Constance

413 Eaton Way

Conwell, Charles Jr. & Deirdre & Charles III

1288 Robynwood Lane
Housenick, Nancy

209 Chandler Drive

Jarrett, Richard

557 Franklin Way

MacNeal, Margaret

1290 Robynwood Lane

Makara, Phillip & Linda

913 Jefferson Way

Maresca, Philip & Marsha

1150 Newbury Lane

McNally, Kathleen

1127 Merrifield Drive

Miller, William & Rita

1294 Robynwood Lane

Oppliger, Jurg & Barbara
(updated)

343 Devon Way

Saling, John & Linda

1064 Kennett Way

Smith, Kurtz & Mary

1251 Oakmont Lane

Sophocles, George & Annette
(updated)

1554 Ulster Circle

Witmer, Kenneth & Nancy
(updated)

884 Jefferson Way

*“A house is not a home unless it contains food and fire for the mind as well as the body.”
– Benjamin Franklin*

| Programs | June 1-15 (7 p.m. show on June 15 will not be shown) | | | |
|---|--|-----------|-----------|------------|
| Penguins, Seals, Whales and Icebergs <i>with Kay Ricker</i> Traveler Jane Kline shares her photos and stories of her exciting and unusual cruise to Antarctica and nearby islands. Her adventures are colorful, educational, and often amusing. The planet's largest ice sheet has some surprises like summer temperatures of 40° - 50° and the discovery of oil and natural gas, but no mining allowed. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., and 12:45 a.m. | 10:00 a.m. | 4:00 p.m. | 7:00 p.m. | 12:00 a.m. |

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**. Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

| | |
|-----------------------------------|---|
| Movies Noon & 8:30 p.m. | June 1 to June 8, noon Les Miserables (PG 13) <i>Liam Neeson and Geoffrey Rush</i> The classic novel set in 19th century France comes to life. <i>[Run time 2h 14m]</i> |
| | June 8, 8:30 p.m. to June 15, noon Sense and Sensibility (PG) <i>Emma Thompson, Hugh Grant, and Kate Winslet</i> Based on Jane Austen's classic novel. <i>[Run time 2h 16m]</i> |



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| Programs | June 16-30 (7 p.m. show on June 30 will not be shown) | | | |
|---|---|-----------|-----------|------------|
| Madagascar - Like Nowhere Else <i>with Kay Ricker</i> Ruth Schick took a Road Scholar trip in 2016 to Madagascar, an island off the eastern coast of Africa in the Indian Ocean. It is home to various plants and animals found nowhere else on Earth. Approximately 90% of all plant and animal species found in Madagascar are endemic. Ruth shares some great pictures with us. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., and 12:45 a.m. | 10:00 a.m. | 4:00 p.m. | 7:00 p.m. | 12:00 a.m. |

| | |
|-----------------------------------|--|
| Movies Noon & 8:30 p.m. | June 15, 8:30 p.m. to June 23, noon The Mill's Got Talent The Hershey's Mill Players 2016 show. <i>[Run time 1h 30m]</i> |
| | June 23, 8:30 p.m. to June 30, noon The Mill's a' Cruisin' The Hershey's Mill Players 2018 show. <i>[Run time 1h 33m]</i> |

| | |
|--|-----------------------------|
| 24 hours/day on channel 1971 | Bulletin Board Times |
| 12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 1970 | |

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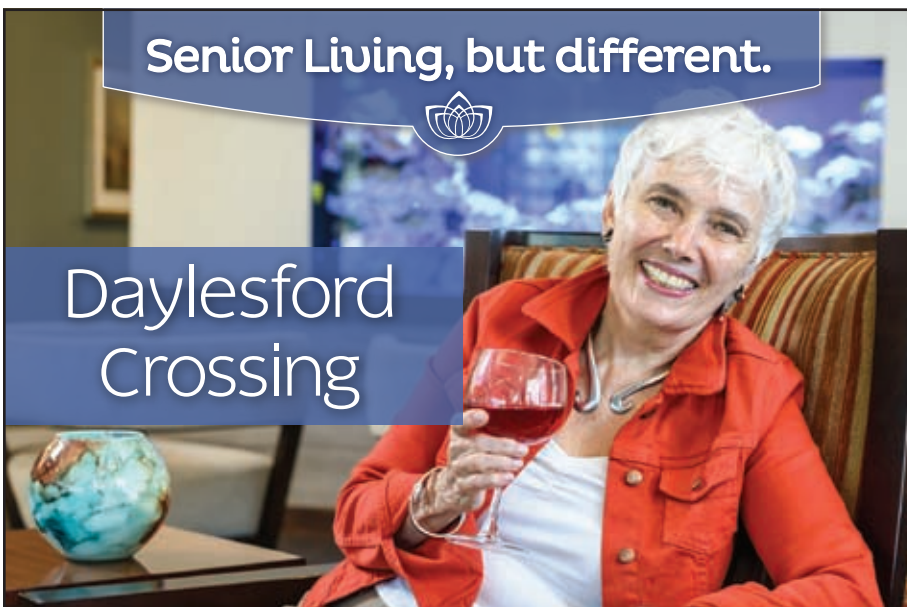
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Classifieds

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FOR SALE **Elliptical glider**, new, fully assembled, instructions included. Can be folded for storage. Asking \$75. Great deal! Call

FOR SALE **Cemetery lot** with six spaces located at Philadelphia Memorial Park in Frazer, PA. Spaces can be sold individually. Call

FOR SALE Two **barrister's cases**. Cherry veneer with glass windows. 5' x 29" x 13". Good condition, \$50 each. A 1930's **maple secretary**, in need of

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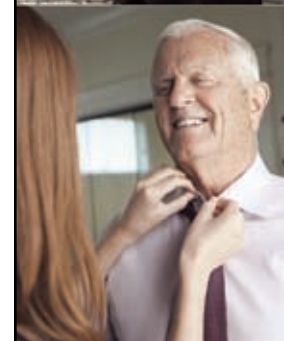
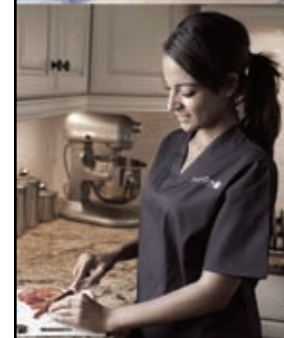
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Chuck Schilling

Since our entire community is under strict orders to shelter-in-place as we prepare our June *Guide and Digest*, we considered how to conduct a one-on-one interview without compromising the individuals involved. Lo and behold, one staff member casually mentioned that she is married to a former Boston Red Sox player. Kathy and Charlie Schilling reside in Kennett and were perfectly willing and qualified, under the circumstances, to break the six-foot barrier in order to provide insight into the life of a professional baseball player.

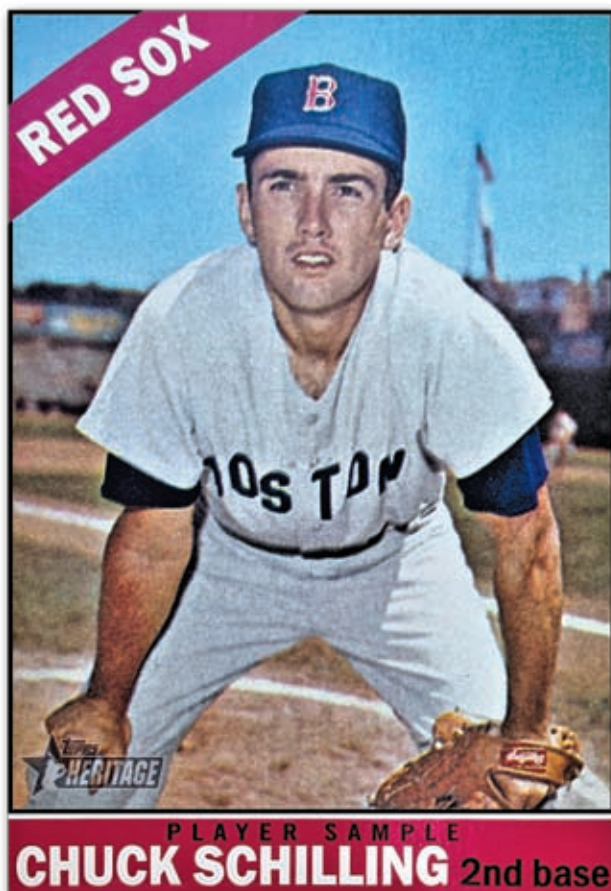
We chose the format popular on newsstands for celebrity news and inspiring stories. What follows is an interview conducted by Kathy with her husband Charlie. "She asked" and "His response" are the prompts to keep you straight.


She asked: How/when were you introduced to baseball?

His response: I was introduced by genetics! I was born into baseball. My father played on a semi-pro league out of Brooklyn—the Oneida Indians.

She asked: How does kids' backyard baseball today compare to your recollection growing up?


His response: Kids get much more organized today than in my day. Back then the fellas just rounded up a group and played. There were some summer leagues with the Catholic Youth Organization (CYO) and YMCA and I played what is now called Little





CHUCK SCHILLING
BOSTON RED SOX 2B

Ht: 5'11" Wt: 170 Bats: Right
Throws: Right Born: Oct. 25, 1937
Home: Smithtown, N. Y.



CHUCK LED THE SOPHOMORE LEAGUE IN DOUBLES IN 1959

1965 was Chuck's best season in the majors since he broke in as a Red Sox rookie in '61. As a freshman, Chuck established an A.L. mark by committing just 8 errors at 2nd base in 162 games.

COMPLETE MAJOR AND MINOR LEAGUE BATTING RECORD

| YEAR | TEAM | LEA. | G | AB | R | H | 2B | 3B | HR | RBI | AVG. |
|----------------------------|-------------|--------|---------------|------------|-------------|------------|------------|-----------|----------|-----------|-------------|
| 1959 | Raleigh | Carol. | 14 | 40 | 10 | 11 | 2 | 0 | 0 | 5 | .275 |
| 1959 | Alpine | Soph. | 95 | 374 | 111 | 127 | 34 | 7 | 13 | 90 | .340 |
| 1959 | Minneapolis | A. A. | 4 | 10 | 2 | 2 | 0 | 0 | 0 | 2 | .200 |
| 1960 | Minneapolis | A. A. | 142 | 557 | 86 | 175 | 30 | 8 | 2 | 56 | .314 |
| 1961 | Boston | A. L. | 158 | 646 | 87 | 167 | 25 | 2 | 5 | 62 | .259 |
| 1962 | Boston | A. L. | 119 | 413 | 48 | 95 | 17 | 1 | 7 | 35 | .230 |
| 1963 | Boston | A. L. | 146 | 576 | 63 | 135 | 25 | 0 | 8 | 33 | .234 |
| 1964 | Boston | A. L. | 47 | 163 | 18 | 32 | 6 | 0 | 0 | 7 | .196 |
| 1965 | Boston | A. L. | 71 | 171 | 14 | 41 | 3 | 2 | 3 | 9 | .240 |
| Major League Totals | | | 5 Yrs. | 541 | 1969 | 230 | 470 | 76 | 5 | 23 | .239 |

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League. Now there's all those "programs".

She asked: Did you realize that you were better than the other kids at age 10?

His response: Yes, I knew that I had natural ability; especially for fielding and hitting.

She asked: Did you try other positions besides second base?

His response: Yes, I tried any and all positions...but that was in my teenage "sandlot" phase. The fellows would get together and play whatever position was needed. That's when I found out I was not big enough to be a pitcher.

She asked: Did you participate in league play in high school or college?

His response: Regarding leagues, there really were no "fancy" travel teams, etc. for kids, but I played for both my high school and Manhattan College.

She asked: When did you know that you wanted to become a professional baseball player?

His response: I knew I wanted to do my thing when I was ten years old.

She asked: What was the selection process for the majors? Were you recruited?

His response: There were scouts from various teams always prowling around the high school and college games. If they saw a prospect, that boy was sent an invitation to tryout. In my case, I was offered tryouts with the NY Giants, the Phillies, and the Red Sox. The Sox offered me the most money and a chance to play in the majors after I proved myself in the minors.

She asked: What other notable players were on your Red Sox team?

His response: Carl Yastrzemski, who was my roommate and godfather of

Continued on page 21



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Getting to Know You (continued)

one of my girls; Frank Malzone, who played third base.

She asked: How did you handle the fame and recognition of playing major league baseball?

His response: (per Kathy) Charlie had a hard time answering this. His intention was never to seek or really respond to all that. But, when prodded by...guess who? He had to admit that he got a kick out of the fans and the notoriety his family received. He married and, in close succession, had four kids. Every birth made the newspapers. Charlie modeled for a sportswear spread for *Life* magazine. "I've seen it... lean but sexy!"

She asked: Aside from the Boston Red Sox, what team during your active career did you greatly admire, respect? Same question about coach.

His response: I could never shake the NY Giants and kept my allegiance as they drifted off to San Francisco. My favorite manager was Casey Stengel; Stengel was a character.

She asked: Who is your favorite baseball player, historically and currently?

His response: Of all time, I go with Willie Mays. Of course, once again, Mays played for the Giants. He could do it all. He had all the skills. (per Kathy) It was difficult for him to choose his favorite current player. Covid-19 has blurred recent memory

and also he couldn't off-hand see anything like the talent of a Babe Ruth or Ted Williams etc. But he's going with Pete Alonso.

She asked: What was his team's reaction to the curse of the Bambino?

His response: Mostly locker room joking around...until the Sox won it!

She asked: Can you imagine the impact of Covid-19 on professional sports of the future?

His response: Regarding the pandemic, there's just no way to imagine what our world is going to look like afterwards, and that includes baseball. A game with no fans in the stands? Yikes! Pitching, catching, or throwing, not to mention running, with masks? Yikes.

She asked: What is your favorite baseball story?

His response: I have the lucky and vivid memory of Roger Maris' historic 61st homerun. I was playing second base as Maris' ball flew over my head. I had a suspicion it was going to be 'the one' as the Yankee right field fence was a little short and, sure enough, that's where Maris planted it.

Charlie played for two years in the Minors and then five years with the Red Sox. He was traded to Minneapolis at the beginning of year six. No sooner had he moved himself and his tribe to that area when the powers-to-be decided to send him to the Minors. That's when he decided to cash in on baseball. Luckily he had finished his engineering degree. He had promised his dad he would do that as Charlie signed before his college graduation. After a few years of engineering, he returned to college and retrained for education. He finished his working career teaching middle school math.



Kathy Schilling | Kennett

Allan Pomerantz and his wife, Marie Knox, who live in Merrifield, have been dog lovers since their marriage 32 years ago. Allan's devotion harkens back to his youth. As the years have passed, they had many dogs but have found their love in two particular breeds: Great Pyrenees and New-foundlands. These are big dogs folks. One of their dogs weighed in at 180 pounds at his peak.

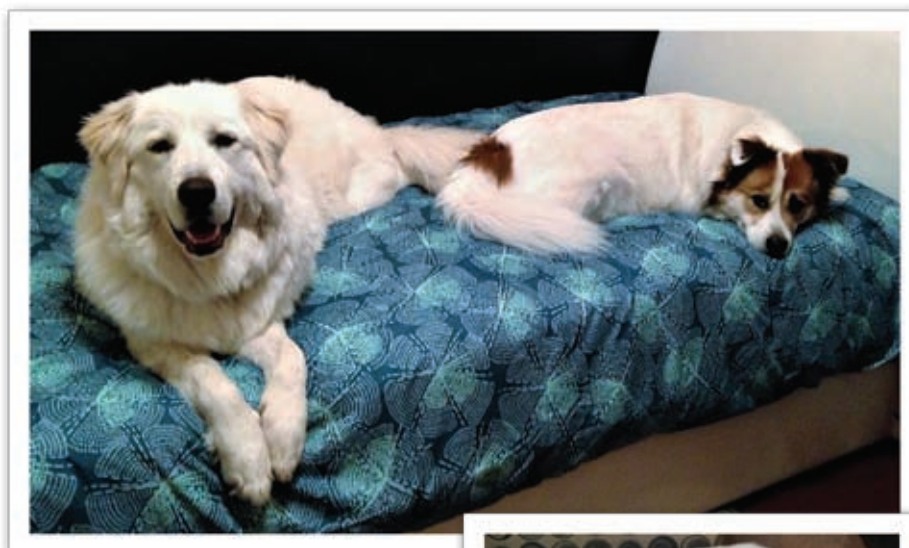
I went to visit with Allan and was greeted by two much more modestly-sized canines. Roscoe, a mix of German shepherd, chow, and Catahoula leopard dog tips the scales at 120 pounds, and Gideon, who is mostly Great Pyrenees with some Golden Retriever mix, is LARGER. He was

(At right) Roscoe and Gideon relaxing.

found on a large farm that protects all sorts of animals from kill shelters.

Roscoe was located in a way that is new to me. Have you ever heard of a virtual shelter? There is no facility, but rather a website that informs about the adoptable dog and, if interested, sends you to a "foster home". You then contact the foster home for a real life visit and hopefully some decision-making. And so Roscoe came to West Chester.

Gideon, too, is a rescue dog. Here's an interesting bit of new information, at least for me. It is suspected that Gideon is of southern heritage as his dew claws have been removed, which apparently is common in the southern states. You would never notice though



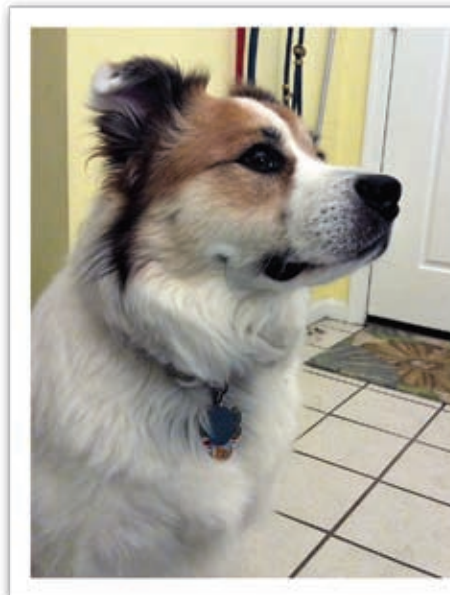
within his beautiful white coat of fluffy fur.

As a final note of praise to these two friendly animals, Allan and Marie travel to Florida for the winter months and they travel by car with their dogs in the back seat! They



(Above) Gideon on his bed, isn't this what you do in Florida, go for a walk and then nap.

(At left) Roscoe ready to go for the stroll, you said we were going so what is the wait.



have no problem maintaining calm as Gideon and Roscoe are best friends and tolerate that long trip well.

Even though we talked about your furry friends in December, we trust that your trip went well and everyone is back in The Mill enjoying the spring air.

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Stone Harbor

Tuesday, June 11, 2020

Cost: \$25 + Meals

Departs: 9 a.m.

Contact: Joan Bove

NOTE: Rain date is Thursday, June 25. Enjoy a day on your own at the beautiful seaside town of Stone Harbor. With the Intercostal Waterway to the west and the Atlantic Ocean to the east, visitors can enjoy peaceful beaches, a quaint downtown, and exceptional restaurants on this barrier island. The shopping district is home to a variety of boutiques and shops that offer sea-shore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner.

Delaware Park

Monday, June 15, 2020

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.

Delaware Park

Monday, July 20, 2020

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.

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 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

2020-2021 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$51 per show

Departs: 12:30 p.m.

Contact: Jayne Lytle (Thursdays)

Karen Smith (Saturdays)

This WST Season includes the following matinee shows:

Thursday 9/24/20 & Sat. 10/3/20
"Rocky, The Musical"

Thursday, 12/3/20 & Sat. 12/12/20
Disney's "The Little Mermaid"

Thursday 2/11/21 & Sat. 2/20/21
Noel Coward's "Blithe Spirit"

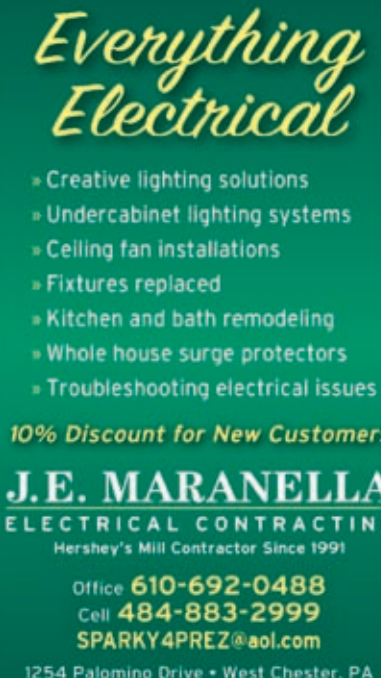
Thursday 4/8/21 & Saturday 4/17/21
Arthur Miller's "Death of A Salesman"

Thursday 6/10/21 & Sat. 6/19/21
"On Your Feet: The Story of Emilio & Gloria Estefan"

Seats are currently available, but call soon, as they are limited and fill up very quickly!



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Dining In

The Dining In Experience

Kathy Schilling | Kennett

Often life's little ironies just can't be predicted. And so it is with the inception of the *Guide and Digest's* inclusion of "Dining In".

Some months ago, it was noted that not all the folks are able to venture out to experience our magazine's "Dining Out" recommendations. How to help was the question among our staff and the answer birthed "Dining In". Now here we ALL are – dining in!

I'm wondering if most of us are longing for the same things as me; a warm, inviting ambience apart from our lovely homes, a meal made with new spices, sauces or comfort and persons who serve us with a smile. Or how about a white tablecloth that doesn't land in OUR washing machine, dishes that don't need to be scraped and cleaned, or pots that didn't get crusty and need lots of elbow grease. The list goes on and on.

One of the most difficult parts of this new dining experience at home for me is conjuring up something to present that might be new or enticing rather than the leftovers of yesterday's leftovers with a dinner of grilled cheese sandwiches to break up the monotony. And don't you love it when you've finally figured something out, gotten half way through the prep only to realize you're missing a crucial ingredient and there's only some weird substitute available? Have you ever tried to make your own buttermilk or breaded a pork chop with crumbled up rye bread? Yummy.

Now I long for the good old days when I dressed up (take that for shedding my jeans) and heading out for dinner anticipating some dim lighting, mood music, a cocktail and a choice of meals to enjoy. Somehow a dinner of crock pot chicken with Campbell's soup, served in the kitchen with a ginger ale and the Nightly News for company doesn't do it. Go away you darned virus now and forever. I am dreaming of rare rib eye steaks and soufflés.

THEREFORE, if you, too, are having similar dreams, you might try our most local and delicious option currently available—HMGC! New Executive Chef, Lenny Braxton, undaunted by the closing of the Club, suggested an abbreviated menu be emailed to members and non-members. All residents were invited to peruse the options, place their order then drive in under the canopy to pick up dinner for each Thursday, Friday or Saturday. Payment is handled online

Having sampled the meals multiple times, my report is as follows: the quality of the foods we ordered were top shelf. Smoothness of the operation was seamless, including no direct contact upon pickup. Ambiance? Well that depends. How are your kitchen; dining room; or fold-out trays holding up these days?

Charlie and I ordered the following entrees: rib eye steak, salmon with lemon sauce, salmon with a soy-based sauce, and chicken Marsala. All four were truly delicious. While the portions were perfectly cooked to order,

Continued on bottom of page 31

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Vine Talk

Old Wines

Jurg Oppliger | Devonshire

We consider wines “old” when they were made more than ten years ago, but there are some that are a hundred or more years old.

Nearly 99% of all wines are consumed within five years, when they are fine, fresh and alert. Only few wines get better when they are older, mainly red ones and some sweet white wines.

The Romans aged their Falernian wines for decades, and in the book of Luke from the Bible, scripture says “no one after drinking old wine desires new, for he says: The old is good.” (Luke 5:39)

The wines with the best chance of getting better with age are for the red ones Bordeaux, Burgundy, Cabernet Sauvignon, Merlot and Nebbiolo, and for the white Riesling and Chenin Blanc. Fortified and naturally sweet wines are good seemingly forever. In a recent tasting, a 1795 Madeira was judged excellent.

The Portuguese developed the Solera system: Every year as needed, new wine is added to a barrel of old to “refresh” it, so there is always a blend of old and new wines. There is some Solera wine that was started in 1870!

Old bottles should have a cork and be stored at a temperature below 69 degrees Fahrenheit in a dark, humid, and tranquil room. When taken out, the color should still be clear and attractive, and the level still be high.

Old wines need to stand upright for some hours and then be decanted to get rid of the sediments and to let them breathe before being enjoyed. Always sample before you serve!

You pay a higher price for old wines. The only ones found under \$20 are the Spanish Rioja Grand Reserves that are terribly overlooked. They are made from the Tempranillo grape, either alone or blended, and aged in oak barrels for several years before release.

Because old wines are relatively expensive, they are a big temptation for fraud. In 2014, a Californian dealer had to pay back more than \$28 million in restitution to his victims.

There are still thousands of bottles with wrong years on the market, and it is often difficult to recognize them, even for professionals. If you have a question, go to WineFraud.com. A friend of mine who is an authority may be reached on Vieuxvins@yahoo.co.uk.

But do not be afraid: Try some Rioja Grand Reserve or, if you can afford it, an old Bordeaux or Burgundy. And be prepared to fall in love.

Dining In (continued)

it was the various sauces that really took me over the top. They were to die for. We also ordered a small beet salad and two desserts; peach pie and NY cheesecake.

In conclusion, I say dine OUT everyone at OUR club. Enjoy a night of no pots and pans, savor a new flavor and help support our own gathering spot... until we gather together again.

Joseph S. Kennedy | Princeton

Martha Washington

During the American Revolution, George Washington's wife, Martha, spent the warm months of the year, while her husband was with the army, overseeing activities at their estate, Mount Vernon. But when the army went into winter quarters, Martha joined her husband. Thus it was that Martha Washington arrived at Valley Forge in February 1778 to join George. At the time the soldiers had suffered from shortages of food, medicine and poor shelter. "The army was on the point of dissolution."

But the appointment of Gen. Nathaniel Greene as Quartermaster General had done much to alleviate shortages in provisions for the army. "Officers and men live in huts [*sic*] and the army is as healthy as can be expected," Martha wrote. Martha, however, did not live in a "hutt". She shared a bedroom with her husband in the Isaac Potts farmhouse; the army headquarters where the staff officers lived and worked. To provide more room, Gen. Washington had a log cabin built next to the house to be used as a dining area for his wife and staff officers.

Martha's arrival seems to have cheered George up a great deal. She planned a party for his 46th birthday and was the hostess in charge of the dinner that was attended by staff officers and their wives. And it appears that, each morning, Martha gathered these wives together for a chatty session of sewing and knitting.

Contemporary accounts describe Martha as short and plump with an

agreeable manner that put both men and women at ease. Martha was nearly 47 when she came to Valley Forge with a history of fear of travel and strange places. The trip from Virginia to Pennsylvania by horse-drawn coach must have been cold and uncomfortable. And Valley Forge was hardly a winter resort. This speaks to her personal courage and devotion to her husband.

The conjecture about her role at Valley Forge began in the 19th century with stories of Martha carrying a basket of socks, garments and food, moving from one hospital site to another, distributing gifts to the sick soldiers. Another story has her praying for a dying sergeant. These stories were elevated from legend to acceptance of truth in the 20th century. It was an attempt to create a picture of what good women did during the winter encampment.

Martha and the wives of other officers are portrayed as genteel "angels of mercy patching uniforms, knitting scarves, darning stockings and preparing baskets of food and medicine for the soldiers".

Martha Dandridge, the future Martha Washington, was born in 1731 into polite society in Kent County, Virginia. By age 18 she was considered attractive and capable. She married Daniel Custis in 1749. Custis was a wealthy planter and the couple had four children, two of whom died in infancy. When Martha was 26, her husband died, leaving her a wealthy widow with two children. Her fortune gave her a



wide field of suitors but after just two visits from George Washington, he proposed marriage and was accepted.

They were married in 1759 and moved to Mount Vernon. With Martha's money, he rebuilt his home and increased his farm holdings, which made it into a prosperous plantation. The marriage worked. She was a cheerful, good-natured companion,

and he a devoted husband and a good stepfather to her daughter and son.

At the end of the war, Washington returned to Virginia and Martha. He resumed the lifestyle of family man and planter. Martha played hostess to an endless line of visitors seeking George's advice on politics and economics.

When Washington was elected president, Martha became the nation's initial First Lady and she set high standards for that position. As is often noted, Washington was "first in war, first in peace and first in the hearts of his countrymen". One would like to think that Martha was first in George's heart, too.

Martha died in 1802, three years after George, at age 71.

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
| | 1 I can do this! Got enough food and wine to last a month! | 2 6:00am Primary Election (H) | 3 When you focus on the good, the good gets better. ~Author Unknown | 4 Strawberries: Some have 210 seeds, some have 235 seeds. Who knew? | 5 I put liquor bottles in every room. Tonight I'm going bar hopping. | 6 You are the conductor of your own attitude! ~Lee Colan |
| 7 Cherish all your happy moments: they make a fine cushion for old age. ~Christopher Morley | 8 Opening my eighth bottle of wine. I fear wine supplies might not last! | 9 What you do has far greater impact than what you say. ~ Stephen Covey | 10 The world is changed by your example, not by your opinion. ~Paulo Coelho | 11 I get to take the garbage out. I'm so excited, I can't decide what to wear. | 12 The cave you most fear to enter contains the greatest treasure. ~J. Campbell | 13 The quieter you become, the more you can hear. |
| 14 Flag Day | 15 Being miserable is a habit. Being happy is a habit. The choice is yours. ~Tom Hopkins | 16 Struck up a conversation with a spider today. Seems nice. He's a Web Designer. | 17 Where focus goes, energy flows. ~Tony Robbins | 18 Removed my Day Pajamas and put on my Night Pajamas. | 19 People who shine from within don't need a spotlight. | 20 Laughing way too much at my own jokes! |
| 21 A good laugh is as good as a prayer sometimes. ~L.M.Montgomery | 22 Life is about moments. Create them, don't wait for them. | 23 If you keep a glass of wine in each hand, you can't accidentally touch your face. | 24 Today I tried to make hand sanitizer. It came out as Jell-O shots! | 25 Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3 to 1. | 26 Start each day with an attitude of gratitude. | 27 People may hear your words, but they feel your attitude. ~J.C.Maxwell |
| 28 The happiness of your life depends upon the quality of your thoughts. ~M.Aurelius | 29 Remember: Laughter is the best medicine. | 30 Life is 10% of what happens to you and 90% of how you react to it. ~C.R.Swindoll | <h1>Activities Calendar</h1> <h1>June 2020</h1> | | | |
| | | | | | | |

June is Alzheimer's Awareness Month

Kate Lindsay | Brighton

When you forget things that you believe you should have remembered, you sometimes make a joke that you are getting Alzheimer's. Well, forgetting is a part of aging and since the mission of Hershey's Mill is an active over 55 community, we all fall into that risk category. So how can we differentiate between normal aging and more serious health concerns?

Stress has an impact on our ability to remember. If you are not getting

enough sleep, feel anxious about something, or are feeling depressed, you may not be able to concentrate effectively and therefore will start to forget things. If you are taking medications that help manage an illness but may have the side effect of sedation or confusion, you may not be able to concentrate fully. When you start to forget and worry it may be something more, some of us use alcohol to relax but this may lead to forgetting. Sometimes, forgetfulness can result from having too many things to do at one time or having too many interruptions

which prevents full attention to the task at hand. So, when forgetting starts to bother you, try to relax and evaluate the concern. And most importantly, talk to your primary care provider about the concerns for yourself or loved one.

The word Dementia is a broad term for symptoms related to memory loss. Alzheimer's is a specific condition that has memory loss as one of the symptoms. As memory loss becomes disruptive to your life, you need to contact your PCP to discuss concerns. Sometimes other illnesses can contribute to memory loss. Be aware, that if you or your loved one has another health condition such as low functioning Thyroid, Depression, or Parkinson's disease, etc., you may experience memory impairment. But when you get help to managing these illnesses, you could experience a decrease in your memory loss symptoms.

Alzheimer's is a frightening condition for the family and the person. We all know it can slowly rob someone of their ability to take care of themselves. As the person goes through the stages, sometimes it is only someone close that recognizes the changes. Generally, the person starts to have difficulty with everyday tasks and needs more reminders to do things that have been easier to accomplish in the past. Sometimes this sneaks up on both the person and loved one and you have adjusted to the new experience with reminders on calendars because we have so many things to do and we all forget at times. But then, the loved one may start wondering why the person is starting to drink tea instead of making coffee, or has forgotten to make their usual breakfast, and said they are waiting for you. These are tasks that

seem simple but if you count all the steps involved, you can see why some things are changing because they may have become too complicated to accomplish. Remember, sometimes they want to change to tea instead of coffee but listen to your inner voice when you feel uncomfortable with the change in behavior.

Sometimes we are so afraid that a person or we may be developing Alzheimer's that we do not talk about our concerns. We need to understand that early intervention could have a positive impact on the trajectory of the illness.

Not only is your PCP a good resource but the Hershey's Mill Caregiver Support Group that meets on the first Thursday of the month can provide support and information.

Kitchen Exercises

Bonalyn Mosteller | Inverness

Gabe Kresge, PT, DPT of Kinetic Physical Therapy was kind enough to share this information with us. As the COVID-19 crisis forces people to stay inside their homes, concerns over physical and mental health continue to grow. For those with conditions such as diabetes, heart disease and hypertension, reduction in activity level can exacerbate these conditions and lead to medical emergencies. Staying active during this uncertain time is crucial!

A few of the exercises that can be performed while at home, even while waiting for water to boil when cooking, are: Squats, Lunges, Heel raises, Stationary marching, Hamstring curls,

and/or Single-leg step-ups on the stairs. Alternatively, dancing to your favorite music, briskly walking around the house, and gardening/lawn work are great ways to work on your aerobic capacity.

Compared to being sedentary, moderate-intensity physical activity is associated with increased immune function. Likewise, regular physical activity is associated with lower levels of anxiety and perceived stress. The Physical Activity Guidelines for Americans recommend 150-300 minutes of moderate-intensity aerobic activity per week, with 2 sessions of strength training. Every active minute counts, so fitting in 2, 5, 10 or 20 minutes every day is important.



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Technology Committee

PECO Electric Bill

Electric Sub-Committee

Your electric bill from PECO contains two rates; a rate you pay for generation of electricity and a transmission rate that PECO charges for the use of their delivery infrastructure. Several years ago Pennsylvania allowed residents to switch their electricity generation supplier under a Program called PAPowerSwitch. This means that you can switch to any supplier that offers the lowest price, or provide a specific service you want, such as green energy. The idea was that competition would reduce such generation rates.

Many Hershey's Mill residents switched. For those using an Alternate Generation Supplier of electricity, it is very important to know the details of the contract, especially its expiration date and early Termination penalty, if any. Your PECO monthly statement shows your Generation Supplier and phone number. You should call your Generation Supplier directly and get the information if you don't already know it. Look up your annual usage on your statement.

When your contract expiration is near, you have many choices, each of which means you have to contact your Generation Supplier. Go to PAPowerSwitch website, www.papowerswitch.com, to see competitive offers. Pay specific attention to the rate PECO now offers. It is called the Rate To Compare ("RTC"). PECO is required to calculate the RTC every month applicable for the next three months. This website describes what you need to do to change suppliers or

choose to return to PECO at no fee. Remember PECO's rate fluctuates and needs PA approval. Another option is to renew with your supplier at published rates or you can always negotiate a new lower rate.

Be aware, if you do not do something at the end of your Alternate Generation Contract's term, your Contracted Supplier may automatically renew your contract at an exorbitant new rate and longer new term.

Note: You also can make an offer to your Supplier *now* before the end of term if you are paying more than the RTC. Typically you will need to extend your term.

PECO's rates have been trending down in recent months and are competitive *today*. Generation rates are ever-changing. PECO has converted coal burning plants to natural gas which is abundant and cheap in PA. As of this writing, PECO has asked PA to allow them to close expensive nuclear plants. Environmentalists want them to remain open since they produce "clean" electricity. If the nuclear plants do not close, PECO's rates will go up.

SUMMARY:

The current RTC is \$0.065950.

Residents who have an alternate provider need to be diligent about managing their contract.

Residents who use our default provider, PECO, should periodically check the website for substantial savings.

CONCERT

We are sorry to report that due to the covid-19 virus, we must cancel the June concert.



SHOWING APPRECIATION

On Saturday, April 19th, Wagner Real Estate, showed their appreciation to the hospital's staff for their service to the community during the covid-19 crisis, by donating boxed meals to Bryn Mawr Hospital and Paoli Hospital. The meals were graciously accepted and very much appreciated. **Felt good to Give Back!** Agents giving out boxed meals at Paoli were: Clay Wagner and two of our own residents, Lynne Carter and Brenda Smith.

HELPING HANDS

A group of Hershey's Mill residents are busy making masks for residents that are in need.

(At left and below, and on cover)
"Showing Appreciation" photographs that include Hershey's Mill residents.



This group of concerned residents will also deliver groceries, medicines and meals from the local restaurants and businesses. Their phone number is 610-430-1277, and their email is helpinghandshmill@gmail.com. There is no charge for their service.

ELECTION DAY CHANGED TO JUNE 2

Kate Lindsay | Brighton

On June 2, the polls will be open from 7 a.m. to 8 p.m. and you will vote in the same places as stated in the previous article in the April *Guide and Digest*. I hope some of you have been able to take advantage of the Mail-In-Ballot option which is new in Pennsylvania. By the time you are reading this, the deadline for the Primary Election will have passed, but you can apply for the general election Mail-in-Ballot because you have plenty of time.

When you apply for a Mail-in-Ballot online, you will be notified by your county election office if the application was accepted.

HERSHEY'S MILL PLAYERS

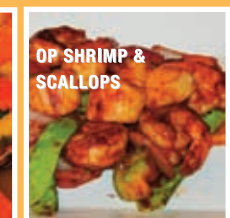
Terese Judkins | Chatham

The show must go on! Players, as you know, the June 2020 show, *Murder at Hotel DeMill*, has been delayed till June 2021 because of coronavirus concerns. But fortunately, there will be two Players' shows to watch on HMCTV in late June. Our 2016 show, *The Mill's Got Talent*, and our 2018 show, *The Mill's A'Cruisin'*, will be broadcast. Check the broadcast schedule in the June *Guide and Digest* for dates and times. So grab your popcorn and enjoy watching these two great shows from the past. Tell your

Continued on next page

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HM friends and neighbors to watch. They will thank you!

COMMUNITY GARDENS

Ed Sweeney | Yardley

Spring is finally here and most welcomed! This spring working in our gardens has been unusually challenging as we had to adapt to physical distancing. Nevertheless, we have met and overcome most of the corona obstacles thanks to Jim DiCarlo and yours truly. The garden sheds were locked and most of the garden tools were placed outside and sanitized for safe gardening.

We are happy to announce that our gardens have two new enhancements. First of all, we



(At left) Let's call this the *before* shot of the butterfly garden!



(Above) The garden crew situating the new cart.

(At left) Many garden hands contributed to this gorgeous arrangement.

now have a handsome garden cart, donated to us by Julie Blank, situated in our garden circle. The cart and area were decorated by the following gardeners: Michelle Cohen, Jeff Sebastian, Bill Romano and Bill Reynolds. Many thanks for a great job! The second enhancement is the resurrection of our butterfly garden under the direction of Bill Reynolds. At this point, the bed has been prepared and plants are slowly being added by our gardeners as the weather warms up. Both of

these improvements will provide a wealth of enjoyment.

Jim and I want to thank everyone for their help and efforts in obeying the guidelines imposed by Covid-19.

Happy Gardening!

IGC JEWELERS

If the Community Center is open in June, we will be there on Thursday, June 18 from 8 a.m. to 4 p.m. providing a wide range of jewelry services. IGC will be there to purchase gold, silver or platinum items including watches. Minor repairs while you wait. Complimentary coffee and doughnuts will be served. For additional information please call 610-876-6638.



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John Clarke
Mr. Hershey's Mill LLC
481 Eaton Way
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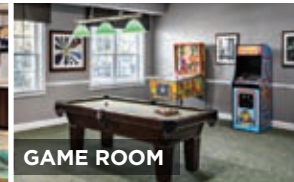
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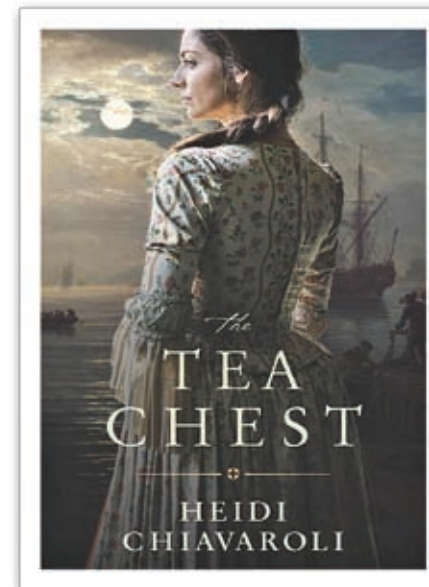
Hershey's Mill Library

Hopefully the library will be open and back to normal by the time this article is published. We are fortunate to have new selections which were purchased just days before our closure. The new acquisitions are all processed and ready for your reading pleasure. Enjoy some of the paperback books available for you at the entrance to the building by the library. We look forward to our reopening and seeing all of you.

For your Consideration

The Tea Chest by Heidi Chiavaroli

This is a beautifully engaged novel that intertwines the stories of two different time periods and two different heroines. Emma has strong British roots yet a handsome patriot steals her heart. Fast forward to Lieutenant Haley Ashworth, whose loyalty to the US Navy prompts her to do what no other woman has done—seeking induction into the Navy Seals. Emma and Haley's lives become intertwined when Haley is gifted with an antique



Mon. to Fri. 10 a.m. – 2 p.m.
Saturday 10 a.m. – Noon

HM Library contact:
Angela Linden 610-696-5374

www.hmlibrary.com

tea box. While they live centuries apart, they are brought together by a tea chest allowing the woman who came later to find strength from the woman who came before her.

The Night Watchman by Louise Erdrich

This is an exciting new novel by an award-winning author, Louise Erdrich, who over the last several years abandoned several manuscripts. Fortunately she began reading letters written by her grandfather who had been chairman of the Turtle Mountain of Chippewa Advisory Committee.

Thomas Wazhashk and his niece Patrice (Pixie) both live in an impoverished reservation community in rural North Dakota and work at a jewel-bearing plant. Thomas is also chairman of Turtle Mountain's Board of Chippewa. He works hard at disrupting Senator Arthur Watkins from reneging on long-held treaties between Native Americans and the federal government. Patrice leaves her mother, brother and her alcoholic father to search for her sister who has disappeared to Minnesota. She encounters unfortunate adventures.

Louise Erdrich fans truly love her novels and always look forward to her new ones. First timers reading this author will certainly go back for more of her novels.

Featured Club

Chester County and Paoli Hospital Auxiliary

Kate Lindsay | Brighton

The Auxiliary for hospitals in the Southeast Pennsylvania area has a long tradition dating back to the late 1700s. These groups were comprised of women who worked to support the mission of their community hospital. The Chester County Hospital Auxiliary has been in existence for over 125 years and the Paoli Hospital Auxiliary was started in 1913. Hershey's Mill residents have been active in both auxiliaries for many years. Each group works to support their respective hospitals through fundraising events and volunteer activities. The Auxiliary welcomes people to the hospital and helps them find the correct department, as well as supporting staff which they are trying to continue but the pandemic creates a new way to accomplish this task. The pandemic lockdown has disrupted their ability to engage in normal day to day life. The volunteers have not been able to enter the hospitals and the fundraising activities of each group has been cancelled into the foreseeable future. Many of you attend these community fundraisers throughout the spring and summer. We will keep you informed about any change in activities.

Book Club

Carol Barkovsky | Eaton

We will conclude this season with a moving portrait of retired couple Gerry and Stella Gilmore's marriage in crisis throughout *Midwinter Break*, by Bernard MacLavery. This 208-page book was short listed for the Booker

Prize and will remind any reader why the author is regarded as one of the greatest living Irish writers. Do we agree with his critics that he delivers his stories through accurate, compassionate observation and effortlessly elegant writing?

Martha Hanson facilitates the group's interpretation of how MacLavery reveals the long-unspoken insecurities that exist between Gerry and Stella over their four-day holiday in Amsterdam, crafting a profound examination of human love. If possible, we will meet on **June 11** in the Sullivan House at 2 p.m. More likely, however, we will gather online for another successful Zoom book discussion.

Meanwhile, prior to the meeting, Jean Gaul will email the group with the suggested books for next season (September to June). *If you hustle, you may still have time to email Jean with your books for consideration.* Voting will occur online so that before we close our meeting, Jean will announce the final reading list.

We'd love to have you join us! *If this is your first time*, contact Jean at

to have your email added to the Zoom invitation list.

Apple and Mac Connection

Rene McNally | Devon

Check the website www.mlmug.org for information about the regular **fourth Saturday** Newer User's Mac Group which will hopefully meet in the Paoli Room of the Community Center from 10 a.m. to noon on **June 27**. Our April and May meetings were held by teleconference on Zoom. If we have to utilize Zoom in June, I will send out the access information for the meeting to

those on my email list. Contact Carol Campanelli at carcamp1@comcast.net if you wish to be included on the list.

Knitting Circle

Ruth Schick | Chatham

At the time of this writing, our Circle is not meeting due to the Coronavirus and the closing of the Community Center. As soon as the building reopens we will resume our regular meetings. Beginning after Labor Day through early June, we meet on **Thursdays** from 1-3 p.m. in the Community Center's Paoli Room. During the summer we meet at the pool during that same time. However, if the weather is inclement, we return to the Paoli Room. We are a group of handcrafters, mostly knitters and crocheters. We enjoy helping each other with projects and welcome knitters and crocheters whether they are beginners or experienced in their crafts. We are very happy to assist people with projects and techniques to the best of our abilities. For more information, contact Ruth Schick at

Thoughts from Some Club Members During the Pandemic Lockdown:

Caregiver Support Group

Sue Staas | Kennett

I do miss the Scrabble Group, Caregivers' Support Group since my husband has late stage Parkinson's, the bus rides to the orchestra, SOAR, and the larger meetings such as our village meetings at the Community Center. Since we are fairly recent residents, we are still meeting new folk and all of these activities help. I feel lucky because I am a gardening nut and I have a community garden. This is a great way to be in touch at a distance. The opportunity to monitor some

of the bird boxes in HM is another release! And finally, I moved here from a neighborhood with few houses that were all spread out. Here in HM, when my husband and I go walking, we see people (and pets!) and have a chance to talk, at a distance. So there are advantages to HM and we will all get through this, I am sure.

Art Group

Sara Hamilton | Heatherton

We (our club members) are doing well through the stay at home time. We have a Zoom meeting weekly to share what we are working on. We also miss each other because interacting is as important as doing our art. We are still looking forward to when we can get back together and want to have an art reception when the Community Center reopens.

Bridge

Bray LeBrocq | Jefferson

One of the reasons we live here in HM is because of the activities and we cannot wait to get back to them

Knitting Circle

Ruth Schick | Chatham

Our members are trying to keep in contact through email. We are still knitting and trying to complete our projects.

Mah Jongg

Sheila Santoro | Eaton

Everyone misses the interaction, so it is very boring. It is also very sad not to be able to be with everyone. We are trying to keep our skills sharp by using an online site which has increased the free games to eight-a-day. I may investigate it if it is possible to have a private table through this program and continue with some of the HM group.



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Tech Tips

Comcast Email–Spam

Don Trauger | Kennett

Many of us continued with Comcast email after the transition to Verizon. Using it has been satisfactory for the most part. However, Comcast's Spam filter, at best, is a lukewarm operation. Yes, it will filter out some Spam emails but for the most part it lets the bulk of those emails through to your Inbox.

Here's what you can do to beef up the filtering of Spam emails. First sign in to your Comcast email account as you usually do and open your Inbox. Next click the **gear** (Settings) on the far upper right of the page. Click **Settings** in the drop down menu. Then click **Advance Settings** on the left. Scroll down to **Spam Filtering** and put check-marks in **Enable spam filtering** and also **Save a copy of emails marked as spam**. Click **Mail** at the top left to return to your Inbox. You have now set up the Spam filter properly. Next is the procedure to train the Spam filter to work more aggressively in filtering out those annoying and repetitive Spam emails.

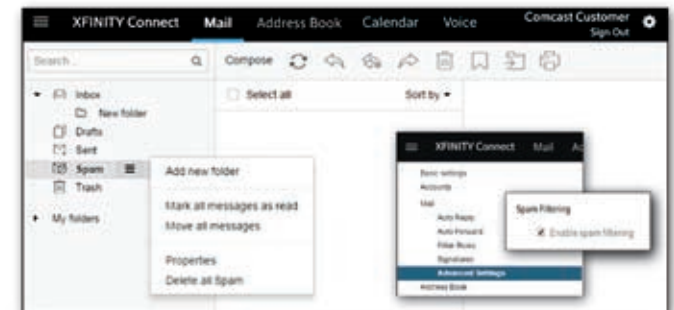
Looking at your Inbox emails, determine a Spam email and put a check-mark in the box at the far left of the Spam email. You can usually tell Spam by whom it from or by the subject matter. At the top of the page click the icon that has an arrow pointing to the right, which is the **Move** icon. When the Move

window opens click **Spam**, then at the lower left click **Create filter rule**. The latter is the key to making the Spam filter work better. A message will appear at the bottom that says, "All future messages from the sender will be moved to the selected folder". Click the **Move** button. In the last window click the **Save** button.

Now you have to train the filter to make it work efficiently. I recommend that you continue through your Inbox emails clicking the Spam emails and by following the preceding procedure. It's best that you go back 4 weeks in time to get the best results.

After you go through the procedure you should find 90% of your Spam emails will not appear in your Inbox. As with any Spam filter it's best to review the Spam folder's content frequently for any good emails that may have ended up there.

The good news is that I have only done this procedure once through the previous 4 weeks of my emails. It seems that the majority of Spam emails are sent by just a few bulk e-mailers. I've only added a few single ones in a month's time.



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For the Love of ...

Rosie Taylor | Princeton

Curbside Service

Jeff and I pulled into the parking lot and parked next to the wrought-iron fence and waited. All of a sudden, the door opened. Finally, we were going to be helped. If you think hamburgers, fries, and chocolate milkshakes were being delivered, you would be mistaken. Coming out of the door was a young woman wearing a blue smock, matching rubber gloves and a fashionable white face mask. Our dental hygienist. This was curbside service taken to an extreme. You see, Jeff's 96-year-old Dad had been with us for three weeks, while his brother and wife, with whom Dad lives, were in Arizona celebrating their son's 50th birthday. A few days before, Dad started to complain about his gums being sore. We removed his dentures and examined his lower gums—they were a bit red and a little swollen. We didn't want to take a chance of an infection, so we called our dentist. Because of the COVID-19 fear, their mode of operation had drastically changed and both Dr. Randy and his son, Dr. Philip were only seeing emergency patients. Swollen gums didn't really qualify as an ordinary emergency. But then again, the Eckmans aren't your ordinary, run-of-the-mill dentists. They are exceptional people and excellent dentists—probably why we've been their patients for over 30 years. On the phone, Dr. Philip thought for a minute and said, "Bring him in around 1:30 and park outside the front door. I'll come out to the car and check him". He and his hygienist did just that. Suited up in protec-

tive gear, they shuttled between the car and their lab checking and fixing the denture that turned out to be the cause of Dad's distress. After giving him instructions, a sample tube of denture cream and thanking him for his service, you see, Dad's a WWII vet, we pulled out of the parking lot while they went back into the office, disinfecting as they walked.

'Thank you for your service' is a common phrase spoken to servicemen and women you meet in the airport, railway station, restaurants or just walking down the sidewalk. Perhaps what we need during these pressing times for all those 'stepping up to the plate' are 'moments of gratitude'; words, phrases and actions that let them know WE ARE GRATEFUL to you for putting me before you, and going to work every day while many of us are sequestered at home. 'Thank you for your service', thank you for being here' or just plain THANKS may mean little to us but may be just the right words, at the right time, for these heroes of the hour.

Lastly, when '19' is a faded memory and we're out and about again and we're touching without fear and not glued to our TVs watching the stock market in panic mode, let's remember the sacrifices of those who got us through. Let's be kinder, more patient, tip better, smile more, complain less and every day, EVERY SINGLE DAY, be grateful for all we have. *Gratitude changes everything.*



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From a HM Boomer

Survival Strategies

Scott Burkhart | Inverness

Hurricanes, tornadoes, floods, fires and now the coronavirus. I don't know what we did to make the Big Guy mad, but I'm waiting for locust swarms to appear next. As I write this, March is drawing to a close and we are all holed up in our homes washing our hands. I hope that by the time you read this, the coronavirus will just be a memory. In my 71 years, I have never experienced anything like this and I'm sure you haven't either. Let's use this as a learning experience on how to prepare for future disasters.

Remember when you wouldn't touch him or her with a ten foot pole? You can now cut off four feet and use a six foot pole to be safe.

You should now add toilet paper to your emergency provisions of eggs, milk, and bread. The coronavirus is not an intestinal virus, but the 24/7 updates and warnings must be scaring the crap out of everybody.

Make sure you have Netflix or other premium channels that provide you with movies and shows that have multiple seasons to binge watch. You will be thankful for this diversion after spending a couple of days with only your spouse or pet to talk to.

Try to accomplish something every day. I make my bed and take a shower. After those accomplishments, I don't feel guilty about binge watching Netflix the rest of the day.

While gyms and other sports venues are closed, take advantage of sunny days to get out and walk, run, or bike. Hershey's Mill is perfect for these activities. Just remember to take along a six foot walking stick.



Shower? Yes. Duckies? Optional!

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Peggy McCall | Quaker

Dominos at the Woodshop

People think of different things when they hear the word “dominos”. Some think pizza, others remember a board game with rectangular playing pieces.

Woodworkers have their own take on dominos and it can be a game-changer. The Hershey’s Mill Woodshop has owned a Festool Domino Joiner DF 500 for about two years, but it wasn’t getting much attention. No one seemed to be an expert in its use. Then along came Woodshop member Gary Collins, who has progressed at the Woodshop from a novice woodworker to a craftsman making beautiful pieces of furniture. Recognizing its potential, Gary set about teaching himself how to use the Domino machine. Starting with the basics using online resources, Gary honed his expertise through

actual practice, building everything from wine racks and trays, through bookcases and end tables, culminating in a kitchen table and a writing desk! Gary is now an expert on Festool Domino Joiner.

Woodshop committee member Bob Coldwell, always looking for educational opportunities for woodshop members, noted Gary’s mastery of the machine and asked if he would be willing to offer a class to share his knowledge with interested woodworkers. Gary was happy to help! Five woodworkers quickly signed up for Gary’s first class held in late February. The small class size allowed valuable hands-on experience for all participants. Gary had a second class planned but was preempted by

COVID-19. He’s looking forward to rescheduling as soon as social distancing is behind us.

What exactly was Gary teaching?

What value does the domino machine bring to woodworkers?

In short, the Festool machine is a joiner. It drills a flattened oval hole (mortise) that accepts a corresponding rectangular domino (tenon) that, with a little glue, secures the joint. There are lots of systems out there for joining pieces of wood, each with its pros and cons. According to Gary, the domino machine has two specific features that make it superior. First, because of the rectangular shape of the dominos and the corresponding insertion points, a more precise and stable joint is achieved. There is no

play at the joint as there can be with a biscuit system. Second, the domino joint is stronger. One anecdotal report of strength testing demonstrated the domino joint was stronger than even a screw-based Kreg system joint. Ease of use, though, is Gary’s favorite feature of this system. In experienced hands, the same result can be achieved consistently in a fraction of the time as when using hand tools. In summary, the Festool Domino machine is efficient, it’s fast, and results are precise and reliably reproduced.

As with all woodworking tools, training and experience are the keys to success. If you are a Woodshop member interested in learning how to take your wood joining to the next level, watch for Gary’s next class when the Woodshop reopens.



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HMSG'S PRESIDENT'S MESSAGE

John DeVol | Princeton

"I have a Dream". This message is being written on the April 16, roughly six weeks before you will be reading the June issue of the *Guide and Digest*. My dream is to see the Memorial Day weekend celebration that is legendary at The Mill. Where 100-plus Millers come out to enjoy each other by playing pickleball, tennis, bocce, horse-shoes and shuffleboard. But, impacted by a new norm this season, residents of our community will remember not playing sports, but rather a special day we dedicated our thoughts and thanks to our active military and veterans, and numbers of health care workers and professionals who risked their lives, many dying, in service to others. May 25, 2020 will truly be for all of us a *Memorable Day*.

BIKE CLUB

Jeff Smith | Princeton

When public health officials and the Governor feel it is safe to relax the social distancing restrictions, the HM Bike Club will resume riding. It appears there will be a gradual lifting of the restrictions, so we'll start the season with some local rides where carpooling won't be necessary. We have a full slate of rides planned that include some of the more popular ones from last year's schedule, as well as several new ones. Meanwhile, please perform any necessary maintenance on your bike. Check tires for proper inflation, brakes and derailleurs may require adjustments and the chain should be lubricated. If you don't perform your own

maintenance, Dave Law of Easy Rider Repair Company, 610-744-2539, offers reasonable repair rates with pick-up and delivery service.

BOCCE

Joe Carrone | Inverness

When the HMSG rules are relaxed, we will send out emails to everybody on the bocce mailing list with our plans for the 2020 season. If you were not in the league in 2018 and want to register for the list, Email Joe Carrone at . You can also look for any updates on the HMSG website or the bocce bulletin board under the pavilion next to the bocce courts.

CPR/AED/CHOKING CERTIFICATION

Barbara Trimble | Ashton

"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, work or in public rather than at a hospital. For both types of emergency, a bystander help can be the difference between life and death."

HMSG has been providing CPR/AED/Choking classes for several years at reduced rates to residents of The Mill. We will be introducing another class sometime in the late summer or fall.

CPR Cardiopulmonary resuscitation is a **life-saving** technique that helps maintain blood flow to the brain and heart in an emergency situation.

CPR Training can save your life, your children's lives, your partner's life or, a stranger's life.



(At left) Onlookers waiting for the big bocce match to begin. To view this photo much larger, see page 60 in the April 2020 magazine.

Choking occurs when a foreign object lodges in the throat or windpipe blocking the flow of oxygen to the brain.

Choking Emergency Training provides lifesaving techniques and are easy to learn.

AED Automated external defibrillator is a portable electronic device that automatically diagnoses the life threatening heartbeat (or lack of) and can, by application of electricity, correct it. Being trained to use this device is an integral component of **CPR**.

CPR training, Choking intervention and use of the AED are all important life-saving skills that you can easily master. Any questions, please Email Barbara Trimble,

HORSESHOES

Don Evons | Princeton

This club news was written at the beginning of April, in the middle of the coronavirus crisis. The point being made is that we still have no idea what to expect two months from now. Hopefully everything will be back to normal. If so, let's plan to meet **Saturdays** at 11 a.m. and toss some shoes. At this point, we are still in South Carolina and will not return until both states are back to normal. Everybody, and I mean *everybody*, will be wel-

come. Come and just "have fun". Watch your Email for updates and feel free to contact John DeVol or me.

Continued on next page



(At left) Carolyn Pizzuto (wearing the white shirt) and Barb DuBoise are deciding whose 'shoe' won that toss.

PICKLEBALL

Tom Fant | Yardley

"If memory serves me" is an idiom that maybe mostly used by us super seniors as it predates WWI. However, we like to turn it on its ear in The PickleBall Nation with "PICKLEBALL SERVES MEMORY"...a hidden benefit. Even our more experienced players get an almost daily memory work out by the 3-way scoring system: (a) keeping track of four servers; (b) knowing when to allow the ball to bounce; (c) calling off your partner on a near center shot; and (d) how to navigate the tricky "kitchen" or no-volley zone.

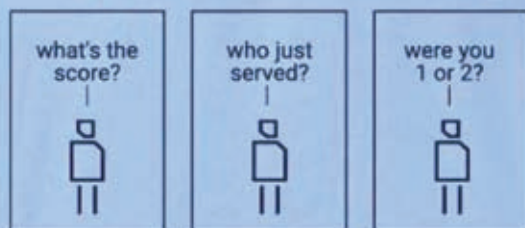
Defending is also important as you only score when serving. The under-hand requirement makes pickleball serves less than lethal, but return of serve needs special effort to

(Below) A jolly group on the pickleball courts improving their memory!

be competitive. Close line calls are another part of pickleball that we give extra effort to. In general, the motto is "if both receiving partners aren't sure it's out, the shot is good". At The Mill, your opponent always gets the benefit of the doubt.

This time of year, we are delighted to pick up a group of new players. Their enthusiasm really gives HM Pickleball a lift. It turns our game into a spectator sport part of the time, particularly when the "Fast PickleBall Group" is on the court.

Playing Pickleball Improves Memory



(Above) Shuffleboard draws a good crowd.

As it turns out, it's a good time to be joining us as the HM Sports Group, in cooperation with overall management, is making several neat improvements including expanding our number of permanent courts from four to eight. The socializing side of things has improved as well with our "PickleBall and Pizza" nights increasing to five Wednesdays. We have weatherproofed these P and P nights reserving the Cove.

Lastly, we have added THE TUDOR PLUS, the 110 practice-ball machine that can fire in your direction at up to 65 miles per hour. Believe me, this is fast enough to give your paddle skills a workout. Mix in lobs, drives, dinks and even serves, plus set it for topspin or backspin, and you can't help but increase your skill level.

Two months ago, the PB Nation got a boost when one of our fine new players, Scott Burkhart, wrote into the *Guide and Digest* with his take on pickleball enthusiasm and the infectious leadership of Jack Hamilton. Jack is one of our special assets and helps to make the game work at all levels here at The Mill. Thanks Scott.

Don't forget where to find us..."just off North Chandler Drive between tennis and the pool with a little bocce on the side."

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What's an easily-made, portion-controlled, shareable treat with many delicious kinds? That would be cookies – if there was flour available to buy! But it turns out we can still buy cake mixes, so we're now making fantastic cookies from those. All recipes use 15.25 to 16-ounce boxed mixes (any brand), and we've used a variety of cake flavors. You likely have time for drop cookies now, but a bar recipe is provided as well. Low on eggs? We've got eggless. Have only unsalted butter? Use it, and add a bit of salt. Need to make other substitutions? Go for it! After all, substitutions are how we ended up with these. Enjoy cooking, eating, and sharing these, and be safe!

Cake-Mix Cookies

Triple Chocolate Cookies

Chocolate chip cookies for chocolate lovers! These drop cookies use mayonnaise instead of fresh eggs; which also provides the fat (oil). Makes 4 dozen.

- 1 box chocolate cake mix
- 2 boxes chocolate pudding mix
- 1½ cup mayonnaise (not reduced fat)
- 1 package semisweet chocolate chips
- 1 cup chopped walnuts or pecans

Preheat oven to 350°F. Using an electric mixer, blend dry mixes and mayonnaise for 90 seconds, then stir in chips and nuts. On greased baking sheets, drop dough by tablespoonfuls about 2" apart. Bake until edges are barely set, 9-10 minutes, then remove and let cool 6 minutes on sheets (where cookies will continue to cook and firm), then remove to cooling rack.

Better Butter Cookies

These gooey cookies include cream cheese for rich flavor! Makes 3 dozen.

- 1 box white cake mix
- 1 package cream cheese
- 1 stick salted butter
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup powdered sugar

Preheat oven to 350°F. Using an electric mixer, blend dry mix, softened cheese and butter, egg, and extract for 2 minutes, then roll dough into 1" balls. Roll

balls in bowl of sugar, then place 2" apart on ungreased baking sheets. Bake until centers are barely set, 10-11 minutes, then remove and let cool 1 minute on sheets, then remove to cooling rack.

Chocolate Coconut Cookies

German chocolate with extra coconut and a chocolate drizzle – a chewy, and fancy, delight! Makes 3½ dozen.

- 1 box German chocolate cake mix
- 1 bag sweetened flake coconut
- 1 can sweetened condensed milk
- ½ cup whole milk (or reduced fat)
- 1 cup milk chocolate chips
- 1 tablespoon salted butter

Using an electric mixer, blend dry mix, coconut, and milks for 1 minute, then cover and refrigerate for 2 hours. Preheat oven to 375°F. On ungreased baking sheets, drop dough by tablespoonfuls about 2" apart. Bake until centers are barely set, 11-13 minutes, then remove and let cool 5 minutes on sheets, then remove to cooling rack. Microwave chips and butter for about 1 minute, stirring at 30 seconds, until melted and smooth. Drizzle over cooled cookies, and refrigerate 5-10 minutes to set.

Peanut Butter Cookies

A new "old favorite"! Makes 4 dozen.

- 1 box yellow cake mix
- 1 cup creamy peanut butter

- ½ cup whole milk (or reduced fat)
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup granulated sugar

Preheat oven to 375°F. Using an electric mixer, blend all but sugar for 1 minute, then drop dough by tablespoonfuls about 2" apart on greased baking sheets. Using a fork, gently press a crisscross pattern into cookies, then sprinkle them with sugar. Bake until edges are just firm, 9-11 minutes, then remove and let cool 3 minutes on sheets, then remove to cooling rack.

Iced "Something" Cookies

Three recipes in one! Use the first of each mix, dairy, extract, and topping to make option one, or the same with two and three for the other delightful cookies. Makes 4 dozen.

- 1 box white/yellow/spice cake mix
- 7 ounces sour cream/vanilla yogurt/plain yogurt
- 1 stick salted butter
- 2 large eggs
- 1 teaspoon almond/peppermint/rum extract
- 2 cups powdered sugar
- 2 tablespoons light cream
- ½ cup slivered almonds/crushed mint candies/diced dried pineapple

Preheat oven to 350°F. Using an electric mixer, blend mix, cream/yogurt, butter,

eggs, and half the extract for 1 minute, then drop dough by tablespoonfuls about 2" apart on greased baking sheets. Bake until edges are just firm, 9-11 minutes, then remove and let cool 2 minutes on sheets, then remove to cooling rack. Whisk remaining extract with sugar and light cream, then use to frost cookies. Sprinkle with toppings before icing sets.

Date Bar Cookies

Developed for dates, but also delicious made with plums! Makes 3 dozen.

- 3 cups chopped dates
- 2½ cups water and ½ cup lemon juice
- 1 box yellow cake mix
- 2 sticks salted butter, melted
- 1 teaspoon ground cinnamon
- 2¼ cups quick-cooking oats

In a saucepan, bring dates, water, and juice to a boil, then reduce heat and simmer until very soft and thick; about 10 minutes; then let cool completely. Preheat oven to 350°F. Using an electric mixer, blend dry mix, butter, and cinnamon for 90 seconds, then stir in oats. Press half this mixture as a layer into a greased 13" × 9" baking dish, then spread the date mixture over this, then sprinkling remaining mixture evenly in small bits. Bake until topping is firm, 30-40 minutes. Cool completely before cutting into bars.



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| Baby Boomers..... | hmboomers@gmail.com |
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| Book Discussion Group | Carol Barkovsky |
| Bowling (Oct-Apr)..... | Ed Isselmann |
| Bridge Groups: | |
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| Golf Club Friday Bridge..... | John Marks |
| HM Duplicate Bridge, Mondays at 12:30pm..... | Bray LeBrocq |
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| Talking Bridge | Lisa Groff |
| Card Games | Penny Adolf..... |
| Caregivers Support Group | Sue Staas |
| Chester County Hospital Auxiliary..... | Helen Adair |
| Computer Club (PC)..... | Don Trauger |
| Cradle Stitchers | Donna Faunce |
| Dominoes (Mexican Train)..... | Sheila Di Croce |
| Exercise to DVDs..... | Barbara Scott..... |
| Gardens (Community)..... | Jim DiCarlo..... |
| Hand and Foot Card Group..... | Agnes O'Leary |
| Knitting Circle | Ruth Schick..... |
| Mah Jongg (Groff) | Lisa Groff |
| Men's Bible Study..... | Ken Mertz..... |
| Mermaid Book Club..... | Marrie Truskey |
| Monday Night at the Movies | Lynne Urian..... |
| Paoli Hospital Auxiliary..... | Betsy Carlin |
| Photography Club | Carol Poling..... |
| Pinochle Club | Erna Graham..... |
| Poker Club | Mike Brindisi |
| Quilters..... | Diane King |
| Scrabble..... | Marie Knox..... |
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| Singers (Hershey's Mill Singers) | Dolores Manion |
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