

FEBRUARY 2021

GUIDE — AND — DIGEST



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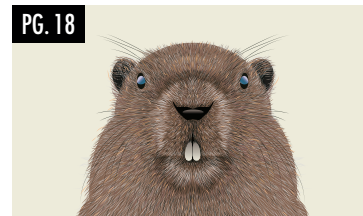
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PG. 18



PG. 27



PG. 33



PG. 50



PG. 54



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From the Main Gate

Marc Fraser | Director of Security

MID-WINTER WARNING

Please be VERY aware of "black ice." This almost-transparent form of ice can be very treacherous for walkers and drivers, as it accumulates on outdoor surfaces, such as roadways and sidewalks, and is extremely difficult to detect. During this time of year, the Security department responds to a high number of emergencies that are the result of a person slipping and falling on black ice. Storing Ice Melt or Salt in the house is an excellent idea, as slippery walkways can be treated without having to first use those walkways to access the Ice Melt or Salt in your garage.

Because the villages use several different snow removal companies, residents with concerns about the condition of the walkways or roadways within your village should contact your respective management company rather than Security. Security does not have the authority to request snow removal services within a village.

In addition, for the safety of other drivers and pedestrians, please remember to clean all snow and ice from your vehicle before driving. It is also important to follow the speed limit of 27 MPH.



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Residents Update

Please pull out this page and place it in your yearly directory so you have up-to-date information.

New Residents to the Community

DeStefano, John
& Carol

1315 Robynwood Lane

Feehery, Robert
& Teresa

216 Chandler Drive

Maddox, Fredda

8 Hershey's Drive

Markey, Gale

695 Inverness Drive

McCloskey, Richard
& Rosemarie

352 Devon Way

Mussari, Anthony
& Florence

308 Devon Lane

Nathans, Stu & Marlene

1670 Yardley Drive

Tosi, Gino

281 Devon Way

Wang, April

852 Jefferson Way

Change of Contact Information for Current Residents

Deckman, Ingrid
(Updated)

252 Chatham Way

Dooner, Michael
& Joanne (Updated)

1073 Kennett Way

Shafer, Glenn
& Dorothy (Updated)

1258 Oakmont Court



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HOW DO I DISPOSE OF A U.S. FLAG?

Any U.S. Flag that is torn or faded and needs to be disposed of properly can be dropped off at the East Goshen Township Building, 1580 Paoli Pike, West Chester, PA 19380-6199, Phone: 610 692-7171, for a proper retirement. The local VFW will conduct a proper flag retirement ceremony to dispose of it. Administration office hours are from 8 a.m. to 5p.m.

UNDERSTANDING THE MASTER ASSOCIATION BUDGET

The Master Association Budget is the largest line item in Village budgets so this article is intended to help Hershey’s Mill residents understand what is behind the Master Association numbers. What does the \$186.66 per month cover?

Cable and Sewer

These are two items where a direct comparison can be made to what others in the immediate area pay for comparable service. In both cases, HM rates are at least half of what other local residents pay for similar service in the area.

Buildings and Reserves

This is where monies are set aside for future expenditures of a capital nature. Some of the items that are reserved are: roadways, pavements and walking trails, walls, fences, barriers, buildings, and fountains.

Grounds Maintenance

HM’s excellent grounds maintenance, especially the landscaping, sets us apart from other Active Adult com-

munities and is one of the key features that new residents identify as a reason they selected The Mill.

Amenities

These include facilities such as sports venues and buildings that are here for the use and enjoyment of all residents. This is another area that sets HM apart from our competition.

Security

This consists largely of personnel expenses for our 24/7 gated community, but includes the central monitoring for fire and smoke, as well as the operation and maintenance of the computerized Gate Entry System. It also gives us the “Lock and Leave” capability that enables us to have worry free time when we are away for extended periods.

Administration

This covers the items that are listed and is self-explanatory.

Understanding the items that are part of your village budget is also important in order to appreciate the full value we all receive for our monthly assessment. It is also important to be able to explain the Master Association Budget and the village budget to our friends who are considering Hershey’s Mill as their future home. The two Open Community Days held in past years revealed that monthly fees, and what is included in those fees, are two of the major questions visitors had, as well as questions about local taxes.

There is a Value Statement that is used in discussions with visitors which you can view at the website Hersheysmill55plus.com and the Homes For Sale section.

	Annual Cost	Per Unit/Month
Building Maintenance and Reserves	\$468,124	\$22.68
Grounds Maintenance	\$461,110	\$22.34
<i>(Landscape, Snow, Storm water, Fire Hydrants)</i>		
Amenities	\$197,250	\$9.56
<i>(Community Center, Sullivan House, Woodshop, Library, Sports Complex, Bus, Gardens, Walking Trails)</i>		
Telecommunications		
<i>(Cable, Phone and Internet) (1)</i>	<i>\$1,486,080</i>	<i>\$72.00</i>
Security	\$627,810	\$30.42
Administration	\$231,038	\$11.19
<i>(Management, Insurance, Audit, Health, Misc.)</i>		
Green Hill Sewer (2)	\$456,350	\$22.11
TOTAL	\$3,852,762	\$186.66

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Programs	February 2-15 (7 p.m. show on February 15 will not be shown)			
Funding Hershey's Mill Amenities <i>with Bob Bronner,</i> <i>Master Association Treasurer</i> Bob provides information about the revenue sources for all of the Hershey's Mill amenities. This includes Vision Quest, the Capital Improvement Fund, and Contingent Reserves. He also shows us how the Community Center expansion will be funded.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Smart Bulbs <i>with Edie Taylor and Don Thompson</i> We have come a long way since candles. There have been more changes in light bulbs in the last 5 years than in the previous 140 years. Smart bulbs offer convenience, energy savings and can make life easier. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies Noon & 8:30 p.m.	February 1 to February 8, noon The Secret Garden (G) <i>Kate Maberly and Maggie Smith</i> It's a special garden where friendships blossom, illnesses fade away and sorrows flee. [Run time 1h41m]
	February 8, 8:30 p.m. to February 15, noon Mansfield Park (PG 13) <i>Jonny Lee Miller and Frances O'Connor</i> Fanny Price, a poor relation, is sent to live with a privileged family involved in slave trade. [Run time 1h52m]

24 hours/day channel 971	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. channel 970	

Programs	February 16 – March 1 (7 p.m. show on March 1 will not be shown)			
Lands of the Midnight Sun <i>with Lynn Mander and Kay Ricker</i> Take a photographic journey with Kay, interviewed by Lynn, about a recent summer cruise with no dark nights. They went from Dublin, Ireland to the Shetland Islands, north up the coast of Norway, through the largest fjord in Norway, over the Arctic Circle to remote areas of northwest Russia. The cruise ended in Copenhagen with a bonus day in Iceland. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 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.	February 15, 8:30 p.m. to February 22, noon Desperately Seeking Susan (PG 13) <i>Rosanna Arquette and Madonna</i> A bored New Jersey housewife decides to spy on the free spirited Susan. [Run time 1h45m]
	February 22, 8:30 p.m. to March 1, noon Man in the White Suit (PG) <i>Alec Guinness and Joan Greenwood</i> In this sly satire, a company chemist invents a fabric that resists wear and stain. [Run time 1h25m]

For **Programs and Movies**, go to NEW channel numbers **970 & 971** (Bulletin Board information appears only if neither is currently airing). 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.

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. ©2020 HMCTV

Gail Habbersett | Eaton

Jack Keeley



How often do you ask a friend or colleague the type of questions we pose the residents of our GTKY articles? Seldom, I suspect, do you jump right in and ask about someone's childhood, education or military service. So, having the opportunity to do this with both a friend and HM colleague, was a rare pleasure for me.

Let's start at the beginning. Jack was born and grew up in Cleveland Heights, Ohio and is the eldest of three brothers. Like many boys, the Keeley kids participated in Little League. Raised in a Catholic home, they all attended Catholic schools followed by Jesuit high schools and colleges. His upbringing, he mused, was quite satisfactory and unremarkable. After graduation, Jack chose John Carroll University and enrolled in their five-year business program.

At college, he joined the Army ROTC program until the draft became a force to be reckoned with. He, as well as some of his ROTC buddies at Carroll, dropped out of the program in 1968 with Vietnam unrest looming, and instead joined the reserves. As it turned out, Jack's unit was the only reserve unit, out of 100,000 men, called up for active duty that actually ended up in Vietnam in 1968. Thankfully, he survived this experience in Phu Bai and recanted one humorous story. It seems his unit was not well-received initially when the others heard about their efforts to beat the draft. To express their disapproval, the "regulars" would throw tear gas under their hootches late at night forcing Jack and the others to sleep wearing their gas masks! Not to be outdone, Jack's unit, assigned to run a direct supply outfit, including food services, countered by substituting their weekly usual steak rations for ground beef. The tear gassing stopped soon after. Coincidentally, Jack discovered many years later that fellow HM resident, Norm Ricker, was also stationed there in 1968-69 while in the Navy.

Clearly, college was interrupted when Staff Sergeant Keeley reported for active duty. But also impacted was his wedding! He and Julie, who met in college, had already made wedding arrangements but, needless to say, the impending departure to Vietnam was not in the plan. On the Saturday before his deployment, they went ahead with the wedding. The only disappointment was limiting their honeymoon to only their wedding night in Detroit before he reported for duty Monday morning.

To move his and Julie's futures along, Jack opted to reenroll at John Carroll, redirecting his studies to the four-year political science program. This strategy not only earned him an abbreviated term in Vietnam, but also maximum opportunities to work during the day and finish his education while attending college year round at night. This he accomplished frugally using his bike as primary transportation since they bought a home within blocks of the university.

Back in Cleveland after his military stint, Jack was rehired by Pella Windows. He began his career there in the service department. After a few years, his knowledge of their products led to being promoted to training sales people. Next, he grabbed a sales position in Cleveland. His performance and reputation in that area led to his promotion to General Manager of the Philadelphia division in 1983.

These successes were helpful in providing for their growing family. In 1973, before moving to the Philadelphia area, their daughter was born and two years later their identical twin sons were born. So Jack, Julie and the children made the journey together from Cleveland to settle in Berwyn.

Jack and Julie chose that area primarily for the school district and remained there until Jack retired after 46 years at Pella. As the years rolled along, all three young adults attended different colleges out of state. To Jack's delight, the boys got nice jobs so that their companies paid for

their master degrees after graduation. Both have homes less than an hour away. Their daughter is a stay-at-home mom while her husband commutes by boat from Rumson, NJ to Wall Street. Jack and Julie love crabbing and fishing with the three Jersey grandkids in the summertime.

With the approach of Jack's pending retirement in 2009, their search for a desirable area for their next home began. They narrowed the location to Hershey's Mill because of the privacy aspect of the homes, the security, beauty and varied amenities. The spacious floor plan of the Marlborough model caught Julie's fancy so they waited patiently for one with a walk-out basement to go on the market. Happily, after about two years, their home in Franklin became available.

At the onset of his retirement, Jack and Julie began quite an odyssey of

continued



Jack and Julie during their Vietnam trip 6-7 years ago



After a day of diving the Great Barrier Reef 30 miles off the coast of Australia

traveling. In fact, they took 13 trips “all across the pond” during the first nine years. In December 2020, Channel 970 aired Jack’s travelogue of their trip to North and South Vietnam, Cambodia and Thailand. That kind of traveling requires stamina and agility which the Keeley’s developed over years of golfing and playing tennis at Waynesborough Country Club just up the street from their Berwyn home. Jack also played racquetball for 50 years and has recently picked up pickle ball.

During the spring and summer, Jack tends a small plot in the Community Gardens where he concentrates on nurturing flowers for Julie. She

enjoys “always having fresh flowers in the house”. Tomatoes are the staple veggie and Jack makes a point of planting them later than most gardeners.

Jack believes that staying physically and mentally active after retirement is key to a longer life; thus his many volunteer roles. Soon after moving in, he volunteered to handle the Concerts in the Park series for what was then called Channel 20. He hired bands for free Sunday night summer concerts. Next he got involved handling the advertising for the *Guide and Digest*. From that, came the opportunity to handle marketing for The Mill. In

the beginning up to 90 homes were for sale at any given time and homes were selling slowly. Through targeted ads in newspapers, magazines, etc., the marketing committee increased the awareness of The Mill. Now the average of home listings are a quarter or less of what they used to be, with many homes selling quickly and some with multiple bids. Jack has been President of Franklin about ten years and serves as their landscape liaison. He is a member of the HM Master Association and Vice President of the Estero Island, FL Homeowners Association where they own a home.

It’s no surprise to learn that Jack enjoys and is committed to making The Mill a better place to live.



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A Visit with Punxsutawney Phil

Rosie Taylor | Princeton

"I remember it as if it were yesterday," said Punxsutawney Phil. Just after the New Year in 1887, a gentleman by the name of Clymer Freas, a local newspaper editor, asked me if I would participate in what the Punxsutawney Groundhog Club were calling Groundhog Day. This event would be held at Gobbler's Knob in my hometown of Punxsutawney, PA. "What would I have to do?" I asked. Mr. Freas's answer was rather simple. On the morning of February 2, I would need to go outside and look to see if my shadow appears or not. I have to admit, I was a little suspicious until he told me that this was a custom brought by German immigrants to Pennsylvania in the 18th and 19th centuries. "Why would seeing my shadow matter I asked?" He answered, "Seeing your shadow or not seeing your shadow is a predictor of whether or not there will be an early spring or 6 more weeks of winter." Well, for many people, especially the farmers, this is important, so I agreed to do it.

So for the last 134 years, every February 2 a group of local dignitaries known as the 'Inner Circle', don their top hats and preside over a multitude of festivities of which I am the 'star'. It brings tens of thousands of visitors to Punxsutawney that

is only a small borough to about 6,000 people.

Who would have thought that Clymer's idea would catch on and Groundhog Day would become so popular! It's even celebrated in other countries like Canada and Russia! Since I can only be at one place at a time, several of my relatives do the honors in other places. There's Milltown Mel in Milltown, NJ; Buckeye Chuck in Marion, Ohio; Staten Island

happy
groundhog
day!



Chuck in NY; Potomac Phil in D.C. but he doesn't really count because he's stuffed or a taxidermic specimen as they call him; General Beauregard Lee in Liburn, Georgia; and Jimmy the Groundhog in Sun Prairie, Wisconsin. These are just a couple I can think of off the top of my head. All of these events bring crowds to each location and a good amount of positive publicity - except for the one year when Jimmy the Groundhog bit the ear of the Mayor! But that's another story.

In 1993, I was even immortalized in a Hollywood movie called *Groundhog Day*. It starred Bill Murray and was quite funny. Even though it was filmed in Woodstock, Illinois, in the years following its release it brought

crowds numbering as high as 30,000 to Gobbler's Knob.

Another question I frequently get asked is about the accuracy of my 'shadow predications'. Well, folks who keep statistics say that I've been right approximately 39% of the time having seen my shadow 97 times, didn't see it 15 times, and for some reason, 9 years are unaccounted for.

Before I go and in case you're wondering about what I do for the rest of the year, well, my wife Phyllis and I live in the Punxsutawney Library and are well taken care of by the "Inner Circle". Regardless of an early spring or 6 more weeks of winter, may the year bring you and your readers in Hershey's Mill health, happiness, and more blessings than they could count.

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Rosie Taylor | Princeton

Roses, Chocolates, Love Knots, Cupid, Love Birds, Laces, Frills and Ribbons – must be Valentine's Day! Test your 'sweet' knowledge.

1. Dom Perignon, inventor of champagne was a:
 - a. Vintner or wine-maker
 - b. Benedictine monk
 - c. Food & Wine connoisseur
2. Shakespeare's most romantic couple:
 - a. Romeo and Julie
 - b. Anthony & Cleopatra
 - c. Beatrice & Benedick
3. Flowers traditionally given to symbolize love:
 - a. White roses
 - b. Red roses
 - c. Yellow roses
4. Gift sometimes given with or in lieu of flowers:
 - a. Jewelry
 - b. An expensive meal
 - c. Chocolates
5. "Valentine" was the name given to which kind of early Christian?
 - a. Martyrs
 - b. Saints
 - c. Romantics
6. Occupation St Valentine is believed to be the patron of:
 - a. Beekeepers
 - b. Lace-makers
 - c. Tailors
7. St. Valentine is believed to be the patron saint of those suffering from:
 - a. The Plague
 - b. Epilepsy
 - c. Eclampsia

8. Reason St Valentine was executed:
 - a. Performing marriages in secret
 - b. Praying in public
 - c. Speaking against the emperor
9. Today, we associate love with the heart. In medieval times, it was the:
 - a. Stomach
 - b. Pancreas
 - c. Liver
10. Which Roman goddess was Cupid's mother?
 - a. Venus
 - b. Flora
 - c. Juno
11. In Japan, what do women give men on Valentine's Day?
 - a. A massage
 - b. Chocolates
 - c. A stalk of bamboo
12. What is the approximate year of the first Valentine ever sent?
 - a. 1415
 - b. 1319
 - c. 1517

Answers on page 58



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Club News

Book Club

Carol Barkovsky | Eaton

On February 11, we will virtually gather via Zoom. Be sure to provide Martha Hanson, tonmar4@yahoo.com, with your email address if you are new to the group and would like to be included. This month, Sandra Harrelson will engage members in a conversation about Jeanine Cummins' book entitled *American Dirt*.

To whet your appetite for March, pick up a copy of *Olive Again* by Elizabeth Strout. Gail Habbersett leads the discussion about this novel-in-stories. Prickly, wry, resistant to change yet ruthlessly honest and deeply empathetic, Olive Kitteridge is "a compelling life force" (San Francisco Chronicle). The New Yorker has said that Elizabeth Strout "animates the ordinary with an astonishing force," and she has never done so more clearly than in these pages, where the iconic Olive struggles to understand not only herself and her own life but the lives of those around her in the town of Crosby, Maine. Whether with a teenager coming to terms with the loss of her father, a young woman about to give birth during a hilariously inopportune moment, a nurse who confesses a secret high school crush, or a lawyer who struggles with an inheritance she does not want to accept, the unforgettable Olive will continue to startle us, to move us, and to inspire us-in Strout's words-"to bear the burden of the mystery with as much grace as we can".

Fourth Saturday Newer Users

Mac Help

Saturday, February 27, the Newer Users Mac Group will meet from

10 a.m. to noon on zoom. The main Mac group is also meeting on Zoom on the second Saturday of each month from 9 a.m. to noon, with a question and answer period from 9 a.m. to 10:15 a.m. Both meetings are excellent and free opportunities to learn about your computer, iPad and iPhone. If you wish to be included for meeting reminders and receive information about connecting on Zoom, contact Carol Campanelli at

Hershey's Mill Knitting Circle

Ruth Schick | Chatham

The Hershey's Mill Knitting Circle is a group of handicrafters who enjoy each other's company while working on our projects. Liz recently gave Eileen a crocheted lap blanket to donate to Hospice while Eileen is also crocheting a blanket for them. Mary completed her sweater and Ruth is knitting a shawl. Our group is happy to help each other with projects and techniques to the best of our abilities and welcome knitters, crocheters and embroiderers. We meet on Thursdays from 1 - 3 p.m. in The Cove. Masks are required during our meetings. For information about the Knitting Circle, contact Ruth Schick,

HM Nature Group (HMNG)

Christine McCormick | Ashton

The Hershey's Mill Nature Group completed its first year with the election of officers and a survey seeking input to guide future activities. The membership gave a vote of confidence for the acting officers to continue

continued


in their positions: Wilbur Amand VMD, President; Christine McCormick, PhD, Secretary; and Jado Foot, Treasurer. As we are in the depths of winter, maintain your birdfeeders including providing unfrozen water. Be a Citizen Scientist and continue to report sightings to HersheysMillNature@gmail.com. The Photo Contest judges are busy appreciating the well over 100 entries showcasing nature in our community. We look forward to sharing them on the HMNG website and in the *Guide and Digest* in the coming months. For more winter enjoyment, Zoom lectures are scheduled for 7 pm on February 11 *Purple Martins*; March 10 *Hawk Identification for Beginners*; and April 21 *The Ecology and Management of the Eastern Bluebird*. Mark your calendars to get prepared to better enjoy the spring migration and nesting seasons.

More information about these activities can be found on the HMNG website (HersheysMill.org; Activities: HMNG). In addition to resources describing HM nature, the site contains regularly updated *Nature News* and *Spotlight* items. Have you seen a news item that may be of interest to the community or have a burning question? That's right – submit it to HersheysMillNature@gmail.com,
or

Photos, top to bottom:

Wilbur Amand, *President, Inverness*
Christine McCormick, *Secretary, Ashton*
Jado Foot, *Treasurer, Jefferson*





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Recipes

Heart Healthy

From land, sea and garden, try these heart healthy recipes to celebrate the month of February.

Rosie Taylor | Princeton



LAND: Balsamic Chicken with Apple & Spinach Salad

Servings: 4

Ingredients

- 3 tablespoons olive oil
- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 2 tablespoons balsamic vinegar
- 2 scallions
- 1 green apple
- 1 stalk celery
- 2 tablespoons lemon juice
- 2 cups baby spinach
- 1/2 cup parsley (optional)

Instructions

Heat 1 tablespoon oil in a large skillet over medium heat. Season the chicken with 1/2 teaspoon each salt and pepper and cook until golden brown and cooked through, 8 to 10 minutes per side. Remove from heat and add the vinegar. Turn the chicken to coat. In a large bowl, toss the scallions, apple, celery, lemon juice, remaining 2 tablespoons oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Fold in the spinach and parsley (if using). Serve with the chicken.

SEA: Glazed Salmon with Orange Almond Rice

Servings: 4

Ingredients

- 1 cup long-grain white rice
- 1/2 cup sliced almonds
- 2 navel oranges

continued

Recipes (continued)

- 1/2 cup hot pepper jelly
- 4 salmon steaks or skinless pieces salmon fillet
- Salt and pepper – to taste
- 1/4 cup chopped fresh parsley

Instructions

Heat oven to 400 degrees F. Cook the rice according to package directions. Spread the almonds on a rimmed baking sheet and roast until light golden brown, 4 to 6 minutes; transfer to a bowl. Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil. Squeeze the juice from half an orange into a small bowl (about 2 tablespoons of juice). Add the jelly and whisk to combine. Place the salmon on the baking sheet, season with 1/2 teaspoon each salt and pepper, and broil for 5 minutes. Spoon half the jelly mixture over the salmon and broil until the salmon is opaque throughout, 2 to 5 minutes more. Cut away the peel and pith of the remaining 1 1/2 oranges. Cut the oranges into 1/2-inch pieces. Fold the oranges, almonds, and parsley into the rice. Serve with the salmon and the remaining jelly mixture.

GARDEN: Snap Pea and Radish Salad

Servings: 6

Ingredients

- 1 lb. sugar snap peas
- 12 small radishes
- 1/2 medium ripe avocado
- 2 tablespoon apple-cider vinegar
- 1 tablespoon lemon juice – fresh is best
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon ground coriander
- 1/4 cup olive oil



Instructions

In a large bowl, combine sugar snap peas and radishes. Set aside. In a blender or the bowl of a food processor, combine avocado, vinegar, lemon juice, mustard, salt, pepper, and coriander. With machine running, gradually add oil, blending until mixture is a smooth purée. As needed, gradually add up to 1/4 cup water to reach desired consistency. Toss salad with dressing to coat and serve immediately.

NOT QUITE HEART HEALTHY:

Cinnamon Baked Peaches

Ingredients

- 5 freestone peaches
- 10 teaspoons brown sugar
- 5 tablespoons butter
- 1 teaspoons cinnamon
- 2 tablespoons sugar

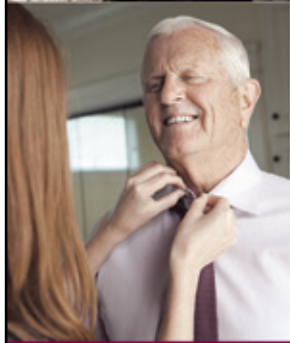


Instructions

Preheat oven to 375. Split peaches in half and remove stones. Place peach halves in 9x13" dish. Fill each with 1 teaspoon of brown sugar. Cut butter into 1/2 tablespoon pats and place on top of each peach half. In a small dish combine cinnamon and sugar and mix well. Sprinkle each with cinnamon sugar mixture. Bake for 30 minutes.

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Dining Out

Kathy Schilling | Kennett

Gerry and I dropped into Toninos in search of gift certificates and Valentine Day ideas. The certificates were easy to come by, but no Valentine Day ideas were to be had. Lucy informed us they had just received notice (early December) there can be no dining in due to the Covid virus starting the following day. They have no idea how long this will last, so it's probably time to go through our favorite recipes and pick out something special for Valentine's Day. Since we have time on our hands right now we could also do some special table decorations.

Since we were at Toninos, it seemed like a good time to have one last dinner out before the shutdown. It was easy to social distance since there was only one other couple in the restaurant. There were three specials on the menu, one being bronzino in a lemon butter sauce with capers and black olives served with a side of rice and asparagus. That was my choice and a great one. Gerry ordered the eggplant parmigiana, his go to entrée and a safe choice.

It was sad to see the restaurant so empty and increased our desire to get back to the good old days when you stopped in to have dinner with old friends and possibly make new friends.

On the bright side, it was great to see how healthy Lucy and Biaggio (Benny) looked. When queried, they explained with the business being slower it gave them more time for themselves. They decided to use this additional time to plan and eat healthier. The results are

evident and I am envious. Maybe we could all follow their example and turn a negative into a positive.

We should be mindful of the difficulty our neighborhood establishments are having and try to support them by ordering pick up during shut down periods. We want them to still be there when we get back to normal.



Joe Kennedy | Princeton

On the night of Dec. 14, 1820, four white men from Maryland tried to break into the home of John Reed, an African American living in Kennett Township, Chester County. Reed alleged that he was a freed slave and that the white men were going to return him to slavery in Maryland; the intruders claimed that he was a runaway slave and that they were entitled to take him back.

Two of the men, Samuel Griffith and Peter Shipley, took the door off its hinges and entered the house. Reed shot Griffith with a pistol and clubbed Shipley. Both men died. After an investigation, Reed was indicted for the separate murders of Griffith and Shipley.

Congress had enacted a fugitive slave law in 1793, which required states to return escaped slaves. Some Northern states, including Pennsylvania, were lax in enforcing the law. Although importing slaves into the United States had been outlawed in 1808, the westward growth of the country and the opening up of new farmland created a demand for more slaves, and thus raised their price. As slaves became more valuable, slave owners grew more aggressive about trying to recapture those who escaped to the North.

After the attempt to kidnap Reed, a local investigation revealed that he had been known as "Thomas" when he was a slave in Maryland. Reed said it was his understanding that upon the death of his owner, Frances Garretson, he was to receive his freedom. The heirs of Samuel Griffith maintained

that Griffith had bought Reed upon Garretson's death in 1817.

During the two trials, no proof was introduced that Reed's owner had freed him. However, at the end of the Shipley trial, an administrator representing Griffith's heirs gave proof of a transfer of slave Thomas to Griffith, and he charged that John Reed "absconded from Samuel G. Griffith...in October 1817." Reed did in fact come to Pennsylvania around 1817, where he married and had one child. His wife and child were not at home on the night of the break-in. Griffith accompanied by Shipley, his overseer of slaves, and two other men, William Miner and Richard Pearson, were there to take Reed back into slavery. Reed fully admitted that he shot Griffith and used a wooden club to beat Shipley. He said he feared the four Maryland men were going to kidnap him.

The case of Commonwealth vs. John Reed, in the murder of Griffith, was heard in West Chester in May 1821, with Judge Ross presiding. From accounts in a local newspaper, the Village Record, it appears that Reed was well defended by three court-appointed attorneys.

The principal points in dispute were "whether Griffith intended to take Reed out of the state without taking him before a judge, in violation of the act of the Assembly; whether Reed knew his master (Griffith), and whether "Reed, as a slave, (could) have acquired the right of self-defense in Pennsylvania." As to the first point, Pennsylvania law required a hear-

continued

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Local History (continued)

ing before an escaped slave could be returned to an owner. Though Judge Ross, in delivering the final instructions to the jury, made “it apparent that he had no doubt of the prisoner's guilt,” the jury returned a verdict of “not guilty.”

The trial in the death of Peter Shipley was heard in November 1821, with Judge Darlington presiding. During the trial, a witness testified that after being clubbed, Shipley stumbled out of the house and collapsed near a fence. He said Reed had told him he followed Shipley out to the fence, where Reed struck him again. Neighbors carried Shipley to a house where he died seven days later.

In Judge Darlington's instructions to the jury, he indicated that the person who testified about Reed striking Shipley at the fence “was mistaken.” Nevertheless, the jury found Reed guilty of manslaughter; he was sentenced to nine years in prison.

There is some evidence that Reed may have escaped from prison but was captured and returned. It is not known what eventually became of him.

The Reed case was a storm warning, foreshadowing far greater troubles to come. In the late 1820s, the Underground Railroad began, with abolitionists actively helping slaves escape. As antislavery feeling grew more intense in parts of the North, resent-

The Reed case was a storm warning, foreshadowing far greater troubles to come. In the late 1820s, the Underground Railroad began, with abolitionists actively helping slaves escape.

ment built in the South. Fighting broke out between slave owners and abolitionists in Kansas, and in 1859 John Brown tried, unsuccessfully, to touch off an armed uprising by slaves at Harper's Ferry, VA. Soon the Civil War was upon the nation.

Reprinted from February 2008 HM TV Guide & Digest



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	Feb 1	2	3	4	5	6
	<i>Appreciate the many things that make your life so valuable.</i>	<i>Your eyes are the windows of your soul.</i>	9:00am Art Group <i>What sunshine is to flowers, smiles are to humanity.</i>	10:00am Caregiver Support Group 1:00pm Knitting Circle <i>Instead of loving your enemies, treat your friends a little better.</i>	10:00am Quilters <i>Forget a wrong, remember a kindness.</i>	<i>Life is the greatest bargain: we get it for nothing.</i>
7	8	9	10	11	12	13
<i>Love is the way to capture meaning in life.</i>	<i>Don't wait for the ideal time to begin something.</i>	<i>Use your memory to make your life more enjoyable.</i>	9:00am Art Group <i>Cut in half the number of things you have to do each day.</i>	11:30am Mermaid Book Club 1:00pm Knitting Circle <i>Do not let life dry you up before it is time.</i>	10:00am Quilters <i>In difficult moments, visualize a favorite place.</i>	<i>Look through your heart concerning matters of love.</i>
14	15	16	17	18	19	20
<i>When you love someone, you need to love both the good and bad.</i>	<i>Grab happiness in the passing moments of life.</i>	<i>The best laid plans of mice and men often go astray. – Robert Burns</i>	9:00am Art Group <i>Leave much to show for the time you spend here.</i>	1:00pm Knitting Circle <i>Think for yourself and let others enjoy the right to do the same.</i>	10:00am Quilters <i>Do not let people bring you down to their level.</i>	<i>Forgiving someone means that you are also forgetting what they did.</i>
21	22	23	24	25	26	27
<i>Faith is daring the soul to go beyond what the eyes can see.</i>	<i>It is harder than we remember to be a child.</i>	<i>The purpose of life is a life of purpose.</i>	9:00am Art Group <i>Banish the word CANNOT from your vocabulary.</i>	1:00pm Knitting Circle <i>Spend your time and energy creating, not criticizing.</i>	10:00am Quilters <i>Bring more love and truth into the world.</i>	<i>Wisdom is to the soul what health is to the body.</i>
28	<div>CALENDAR FEBRUARY 2021</div>					
<i>Never subtract from your character to add to your popularity.</i> 2:00pm National Affairs Forum						

A Red Crystal

Rosie Taylor | Princeton

Recently, while checking in at a resort hotel in Cancun, my eye was drawn to a beautiful cut crystal chandelier. It was at least 4 feet in diameter with hundreds of tear-drop crystals suspended in each of the five tiers. The type of chandelier you would expect in massive ballrooms in movies like *Gone with the Wind* or *Beauty and the Beast*. While admiring its beauty and design and thinking how glad I was not to be the one who had to clean it, my eye was drawn to one red crystal nestled among all the beautiful clear ones. I looked around and noticed a single red crystal in almost every crystal light fixture that adorn every room. Was this a statement made by the designer? Crystals left over from previous fixtures? A mistake on the part of the manufacturer? Now my curiosity was peaked and I made it my purpose, along with eating, drinking and golfing at this beautiful all-inclusive resort, to find out.

The first person I asked looked at the fixture and said, "I never noticed that before." I moved on quickly. The next person I approached looked at me then looked at the chandelier then back at me, shrugged, smiled, and said they'd ask someone. I didn't wait. Being a forever optimist and a believer in the ancient saying, "third time's a charm", I reached out to another. This time to a gentleman with an official sounding title, hair

tinged with gray, meaning he must know something, and, the dead give-away, a desk-plate that read, "Ask me anything". When I pointed out the red crystal, he smiled, led me to a group of over-stuffed chairs and told me about Rosa.

**The red crystal
served as their daily
tribute to her memory,
her love and her life.**



Rosa was the grandmother of the two brothers who developed this exquisite resort and the only 'mother' they ever knew. She instilled in them integrity, values and a work ethic that made them successful businessmen and multi-millionaires. The red crystal served as their daily tribute to her memory, her love and her life.

Mementos and keepsakes, objects kept as a reminder of a person or

event, seem to be losing their appeal – at least to the younger generations. Several years ago when my Aunt Kay died, she left me her home. Every nook and cranny of this 125 year old row home held a treasure. My cousins and I reminisced as we selected a picture, a piece of furniture, and even the drinking glasses my grandmother collected using S&H green stamps, to keep and treasure. My greatest treasure from that home was a set of dishes. Before claiming them, I asked if anyone wanted them. After everyone declined, I stuck my tag on them thinking, I can now serve a meal on my grandmother's dishes. I was wrong. They weren't my grandmother's – they were her mother's... my great grandmother's. The reve-

lation took my breath away. Today, every time I use them, a smile comes to my lips.

Times have changed. When we were downsizing, I offered many of our 'treasures' to a sundry of relatives to include our daughter, nieces, nephews and grand-children. Each had a similar response – thanks but no thanks. "We don't have the room." "Doesn't fit with our 'décor.'" "We're minimalists."

Perhaps one day they will realize that the treasures they consider 'stuff' serve to keep alive the memories of their heritage and the people who are the framework of their lives. *They'll want them then.*



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Circles and Forces at Work in our Gardens

John Groch | Chatham

In describing the natural world around us, we often resort to metaphors. Winter is the time when nature sleeps, often under a blanket of snow. Gardens are put to rest. Their once fertile beds are covered with layers of rich mushroom soil or leaf mulch to restore nutrients in preparation for another season of reawakening, growth and bountiful harvest.

It is nothing short of miraculous to watch the growing season, from seed planting, to seedling sprouting, to gathering the fruits of the harvest. I've often wondered where all of the organic material that forms plants and eventually yields a rich array of juicy vegetables and fruits comes from. It's time to dig up our old biology textbooks for at least a partial answer.

But even after reading about plant science, we suspect there is more to the complete answer. Primitive societies recognized an "anima," or spiritual force, at work in nature. At a time when our ancient ancestors foraged and hunted field and forest for daily sustenance, they acknowledged a mysterious force, or forces, in the universe that benignly provided them with nourishment for the day. They lived close to the earth and deeply

respected, admired, cherished and even worshiped their mother.

Some years ago, anthropologist Carlos Castaneda published a series of novels depicting the spirituality of a Yaqui Indian named Don Juan Matus, a sorcerer who lived in Mexico. Don Juan teaches a new way of seeing, which he exemplifies by his conversation with a plant before picking and consuming it. He prays, asking for forgiveness and thanking the plant for sacrificing its life to sustain him. He adds that the circle will become complete upon his own death when his body returns to the earth to provide nourishment for a new generation of plants, animals and humans. Pushing up daisies, as it were.

Perhaps supermarkets, convenience stores and restaurants have driven too much of a wedge between ourselves and food-producing land. Perhaps it's time to return to gardening and raising at least some of our own food as my Polish-born immigrant parents always did. Or at least we can take a walk along Hershey's Mills' numerous nature trails. There we breathe deeply of the life-sustaining air and peer consciously into the depths of the vibrant inner life of plants and trees around us as we anxiously await the miraculous explosion of colorful new life in the springtime.

Photo by John Groch



February Celebrations

Rosie Taylor | Princeton

The month of February is jam-packed with celebrations – some we're very familiar with like Valentine's Day, Lincoln's Birthday, the Super Bowl, Chinese New Year, and Groundhog Day. There are however, others that are lesser known like Wear Red Day, National Ukulele Day, National Carrot Cake Day and a personal favorite, National Tater Tot Day. As a matter of fact, something or someone is 'celebrated' almost every day in this shortest of months. February 4 and February 15 are set aside to honor two women who were influential in our nation's history, Rosa Parks and Susan B. Anthony.

ROSA PARKS - FEBRUARY 4

Most of us know that she was a civil rights leader whose refusal to give up her seat to a white passenger on a segregated bus led to the Montgomery Bus Boycott. Her bravery led to nationwide efforts to end racial segregation and she received the Martin Luther King, Jr. Award, the Presidential Medal of Freedom and the Congressional Gold Medal.

Here Are Additional Facts About This Amazing Woman

Rosa Parks had a prior encounter with James Blake, the bus driver who demanded she vacate her seat

In 1943, Blake had ejected Parks from his bus after she refused to re-enter the vehicle through the back door after paying her fare at the front. "I never wanted to be on that man's bus again," she wrote in her autobiography.



Rosa Parks was not sitting in a whites-only section

Parks was sitting in the front row of a middle section of the bus open to African Americans if seats were vacant. After the "whites-only" section filled on subsequent stops and a white man was left standing, the driver, James

Blake, demanded that Parks and three others in the row leave their seats. While the other three eventually moved, Parks did not.

Rosa Parks was forced to move from Montgomery soon after the boycott

Throughout the boycott and beyond, Parks received threatening phone calls and death threats. After her arrest, Parks lost her department store job. In 1957 she, along with her husband, who had quit his job, and her mother, moved to Detroit, where she eventually worked as an administrative aide for Congressman John Conyers, Jr.

Rosa Parks was the first woman to lie in state at the U.S. Capitol

After Parks died at age 92 on October 24, 2005, she received a final tribute usually reserved for statesman and military leaders when her body was brought to the rotunda of the U.S. Capitol. More than 30,000 people filed past her coffin to pay their respects.

Bus seats were left empty to honor Parks on the 50th anniversary of her arrest

On December 1, 2005, transit authorities in New York City, Washington, D.C. and other American cities symbolically left the seats behind bus drivers empty to commemorate Parks' act of civil disobedience.



SUSAN B. ANTHONY - FEBRUARY 15

A champion of temperance, abolition, the rights of labor, and equal pay for equal work, Susan Brownell Anthony became one of the most visible leaders of the Women's Suffrage Movement. She traveled around the country delivering speeches in favor of women's suffrage.

Here Are Additional Facts About This Amazing Woman

Susan B. Anthony was arrested for illegally voting in a presidential election

Anthony was arrested for illegally voting in the 1872 presidential election at her home in Rochester, New York. Fourteen other women

continued

were also arrested, but only Anthony's action was presented as evidence. She was charged a fine of \$100, which she refused to pay — and never did.

She fought for women to have the right to own property

Anthony championed support of women's labor organizations and for a woman's right to own property. In the 19th century, married women were not permitted to retain their own earnings or property. The "purse" became a symbol for the emancipation of women. In 1853, Anthony wrote, *"A woman must have a purse of her own, and how can this be, so long as the wife is denied the right to her individual and joint earnings. Reflections like these, caused me to see and really feel that there was no true freedom for women without the possession of all her property rights. This demand must be made by Petitions to the Legislature..."*

In 1900, Anthony persuaded the University of Rochester to admit women

To do so, Anthony helped raise \$50,000 in pledges. She even cashed out her life insurance policy to raise the funding; the university later repaid her for the cost of that policy.

Susan B. Anthony was the first woman to appear on a U.S. coin

In 1978, President Jimmy Carter signed the Susan B. Anthony Dollar Coin Act, which replaced the existing dollar coin with one bearing Anthony's image.

Anthony paved the way for the 19th Amendment to the U.S. Constitution, which gave women the right to vote

Just before she retired in 1900, Anthony was asked if women would be given the right to vote in her lifetime. She replied, "It will come, but I shall not see it ... It is inevitable. We can no more deny forever the right of self-government to one-half our people... but come it will, and I believe within a generation." Women in the United States were granted the right to vote when the 19th Amendment was ratified in 1920, fourteen years after Anthony's death.

And now you know the rest of their stories.

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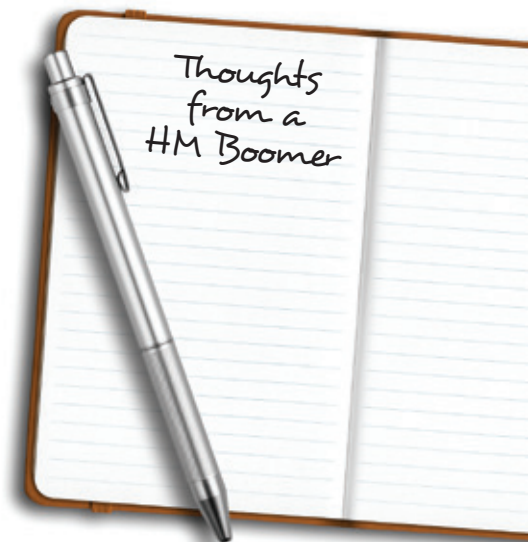
Scott Burkhart | Inverness

It was July of 2019, I had a memorial piece for my friend and HM landscaper Bruce published in the HM Guide. I was surprised by the number of people that stopped to talk to me about him and say that they enjoyed the article. I was so inspired that six months later I presented an idea to Louise O'Brien about writing stories from the Baby Boomer point of view. I am a boomer and a procrastinator. We met and talked and I've been writing a story a month ever since. Actually more, but some don't make the cut.

It took me a while to realize the difference in time from submitting a story to having it published. A story I titled *Epidemic* (about pickleball) worried me when the coronavirus hit at the same time it was published. Nobody was finding humor in epidemics or pandemics at this time.

The pandemic did offer me material to write about though. I wrote about survival strategies and surviving staying at home, mostly tongue in cheek, which I hoped people realized. One pretty lady emailed me a recipe when she read about my lack of culinary skills. She did use the self-isolation excuse when I told her I would make it if she joined me in eating it. Just as well, I've never been a fan of kale.

One of the most fun stories to write was about corona hair. Remember when beauty shops and barber shops were closed? I felt like a real interviewer when I questioned various women about how they were coping. Lots of different methods. It got me



to thinking. Maybe I needed to get my hair dyed, highlighted, and roots covered too.

Two stories that got the most feedback: The Color of Love and House Haunters. The first one was part of the eulogy I gave at my wife's memorial service. I thought mostly ladies would appreciate it but was surprised that some men sent heartfelt emails too.

Last week we had the HM Christmas parade. I stepped outside and was greeted by the cutest, most colorful elf I have ever seen. She gave me a candy cane and told me she loved the story about the haunted house. She also told me to keep on writing.

Geez Louise, when an elf tells you keep writing, I guess you better do it. I just hope by the time you read this the coronavirus is just a memory. I've written that same sentiment a few times before, maybe this time is the charm.

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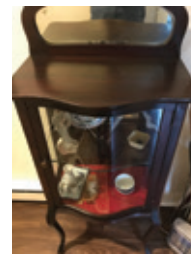
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Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are 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.

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Reading is to the mind what exercise is to the body.

– Sir Richard Steele

You can find magic wherever you look. All you need is a book.

– Dr Seuss

The library held a successful Mystery Book Basket Raffle. Thank all who participated.

Congratulations to the winners of our Mystery Book Baskets: Sandra Hambleton, Pat Kiefer, Judy Mackleer, Mary Bellwoar, Joan Flick, Mike Troio, Barbara Davis, Marilyn Roland.



The lucky residents that are traveling to warmer climates are reminded that we have many audio books which you are free to borrow for the length of your trip.

The library is continuing to collect used books in GOOD condition and COMPLETED used puzzles. No religious books, used text books, coffee

**Mon. to Fri. 10 a.m. – 2 p.m.
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table books and reference books. We are hoping to have our large used book sale in the fall.

Look for an upcoming puzzle sale as the winter progresses. In the past, the library has followed West Chester Area School Districts closing policy during inclement weather. Since the school district is virtual/hybrid, this is difficult to follow. If the weather is bad, our volunteers will make the decision for opening and closing. We want all to be safe!

BOOK REVIEW

The Brilliant Life of Eduora Honeysett

by Annie Lyons

"It is never too late to start living." Eduora Honeysett has led a full life and at the age of 85 has decided how she will end her life. One day she calls a clinic in Switzerland and sets her plan in motion. At the clinic, she meets cheerful energetic Rose. Euphonia begins a series of adventures with Rose and Stanley another neighbor. The three become BFF. Her joy for life is rekindled so how can she say goodbye?



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The Heart Month: Wear Red on the First Friday

Kate Lindsay | Brighton

February has been a month devoted to the heart for as long as I can remember. When you think of the heart, do you think of love or chest pain?

Aristotle described the heart as having 3 chambers with a dent at the top. Romans thought the silphium seed (this plant was used for birth control) believed it met Aristotle's description. So, this was the start of the heart shape which is used to show our feelings and can be seen today with the emoji designs to show affection when texting or e-mailing. Not only was the heart seen as the center of body but as the center of emotions. Love is the emotion most associated with the heart and the design is used to demonstrate affection for each other.

February is also for heart health awareness month. Even though this health awareness month is a recent focus, it

has been found that cardiac disease has been around since Egyptian times. Since heart disease was found in upper class Egyptians, it reinforces that a sedentary lifestyle and rich foods can put you at risk for heart disease. The CDC reports that Heart Diseases remains as the leading cause of death in the USA and this shows the importance of the health awareness focus. The Mayo Clinic says that heart diseases can include blood vessel diseases, heart rhythm problems, and defects of the heart often referred to as congenital because you were born with them.

As heart disease develops, shortness of breath is a common symptom with all heart diseases. Sometimes you experience shortness of breath and describe it as "feeling winded", "hard to breathe" or "hard to catch your breath". When this symptom occurs, you may think you have problem with your lungs, have gained weight, or you are out of shape. This symptom can have many causes, but you may be developing heart disease and should talk with your Primary Care Provider about this symptom. As human beings, we do not want to face that some diseases may be happening to us and this denial can be dangerous.



Blood vessel diseases can cause chest issues which may be described as pain, tightness, pressure, or a vague feeling of discomfort. You may also experience pain in areas of the body near the heart, which is the neck, jaw, throat, upper abdomen or in the back. Blood vessels carry blood to all parts of the body and when the vessels are blocked can cause pain due to lack of oxygen to the area. If the area is not getting an adequate supply of blood, these areas could also feel numb or cold. Some people also describe they can only walk short distances without pain or having their legs feel heavy and are difficult to move.

Heart rhythm problems can produce inadequate flow of blood to areas of the body. The symptoms for these problems can include a "fluttering" in your chest which is generally due to a fast heartbeat. You could also see on

your Apple watch or Fitbit that you have developed a slow heartbeat. This is not always a good sign and if you have periods of chest pain, feeling dizzy, lightheaded, or faint with the slow heartbeat, talk with your PCP.

The recommendations to decrease the risk of heart disease is to increase your activity and eat low-fat, high fiber food. You can check your blood pressure routinely at home. You should also see your PCP routinely to professionally monitor your cholesterol and blood pressure because as with other diseases, early detection can promote a healthier life.

Remember, talk with PCP is you have developed shortness of breath, chest pain is not always the first symptom.

Remember, seek immediate care is you experience chest pain, shortness of breath, and lightheadedness or fainting.

You Can Fix This: Part 2

Bonalyne Mosteller | Inverness Village

This is the second article focusing on things we "can fix" in our aging bodies. The point here is that, for at least some things, deterioration is NOT inevitable.

One of the major changes that aging individuals experience involves their ability to balance on their feet. It only takes one fall or near fall to make us second guess our agility and become fearful of activities that involve balancing. This could lead to increased anxiety with simple activities such as walking on uneven pavement or playing with our grandchildren on

grass. Then, the more anxiety we have, the less we move, and the less we move, the more muscle loss and loss of balance occur!! **Reread this paragraph!! It is very important to get this idea!!*

While having a fear of falling and taking caution when we know our balance is "off" is always helpful, doing nothing about our poor balance is a recipe for disaster. While seeking advice from a trusted health care provider is advised, a key tenant to remember when it comes to balance is this: Use it or lose it! Just like

continued

strengthening a muscle takes time and practice, strengthening your balance requires work as well.

Try this!!

An easy way to begin to strengthen your balance is to practice in a safe environment. For example, when standing at your kitchen counter, try standing in a tandem or semi-tandem stance for 30 seconds at a time. This will allow you to use the counter for support and safety, while challenging your balance! Also, look straight ahead when doing these exercises.

A “semi-tandem stance” means having the instep of one foot touching the big toe of the other foot. A “tandem stance” means placing the heel of one foot against the toes of the opposite

foot. In other words, in the tandem stance your feet form one line. There are great illustrative videos on UTube if needed.

Semi Tandem Stance (Easier)

4 sets, 30 second holds - 1-2 times per day

Tandem Stance (Harder)

4 sets, 30 second holds - 1-2 times per day

Tandem Stance with Eyes Closed (Hardest)

4 sets, 30 second holds - 1-2 times per day

Again this month, thanks to Dr. Gabe Kresge, Kinetic Physical Therapy in West Chester, for his help with this article.

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Hershey's Mill Golf Club History

In the Beginning

Ed McFalls

Ever wonder when HMGC was built? Have the holes always been the same? Who was the first Pro? When did the course open for play? Was the clubhouse always like it is today? If these and other burning questions have been on your mind, we have got good news. Over the course of the next several months, we will be running a series of three articles on the history of the Hershey's Mill Golf Club.

The Hershey's Mill community and golf club were the brainchild of Raymond Freyberger, who acquired the 770 acres of Hershey's Mill, along with the land that now comprises the Hershey's Mill Estates, in the early 1970's. His firm secured approvals from East Goshen Township for a master-planned, adult community in 1973. Construction on both the initial residential houses and the golf course began in 1974.

In early 1976, the Farmer's Bank of Delaware acquired Hershey's Mill from Freyberger's organization. In May of that year, Hershey's Mill Country Club, as it was then called, officially opened with nine holes of golf available for play. The original nine to open were those which currently constitute the back nine, although the exact routing of some holes were a little different from what we know today. What is now the HM Woodshop below the Sullivan House, served as the initial Pro Shop which was manned by PGA Professional Gordy Powell, the son-in-

law of two of HM's original residents, John and Lucille Lewis. John would later become HMGC's first member president.

In mid-June of 1976, the Farmer's Bank of Delaware was taken over by the FDIC, and Hershey's Mill now belonged to the "Feds". While trying to secure a purchaser for the devel-

The Hershey's Mill community and golf club were the brainchild of Raymond Freyberger, who acquired the 770 acres of Hershey's Mill, along with the land that now comprises the Hershey's Mill Estates, in the early 1970's.

opment, the FDIC was also trying to evict the 20+ individuals and couples who were living in homes in Ashton Village without ever having gone to settlements because the township would not issue occupancy certificates without a permanent sewer solution available for the community.

In August of 1977, West Chestnut Realty Corporation, a subsidiary of the Crockett Mortgage Company, was the winning bidder and acquired the Hershey's Mill development and 9 hole golf course from the FDIC. After a year of planning and application processes, new development approvals were secured in August of 1978. Work on resurrecting the original 9 holes



of golf and building the other 9 holes around the western portion of the site began. The new approvals included the requirement to utilize new spray irrigation technology to dispose of treated sewer effluent water on the golf course.

The new golf holes were seeded in 1979, an assistant Pro from Aroniminck GC, Ben Steele, was hired as the new Head Golf Pro, HMGC

Inc. was incorporated on December 7, 1979, and after a spring of hectic preparation, HMGC conducted a rainstorm shortened Grand Opening Tournament on June 15, 1980 with a cocktail reception afterward at the Community Center (then Winfield Hall). The "new" nine were the only holes available in 1980 with the re-routed holes from the original nine opening in late spring 1981.



HMSG PRESIDENT'S MESSAGE

John DeVol | Princeton

2020 will be remembered as the year to forget. Even so, special thanks need to be given to several of our leaders who have put forth herculean efforts into the last several months of the year.

Jane Hagy, took on Don Evons' challenge to rejuvenate paddle tennis. Through the efforts of both Don and Jane, 2020, and now 2021, we now have active participation on our courts that were basically empty last winter.

New lights have made late afternoon and evening play possible (thanks MA) for our regular polar bears and some of our employed members to get some kinks out. The warming room is equipped with a refrigerator. Thanks to Bob Gottschall, Secretary, for chilled refreshments and eats. COVID restrictions on much of HMSG activities added to the new interest in paddle.

Thanks to efforts from Edie Taylor, Exec Vice President, and Sherry and Bill Kane, HMTTC, an intro video and resident survey was completed focusing on our various sports activities and facilities. Tabulated results have been sent out in a community wide email and will be available in the HMSG section of our web site. This information will be helpful to our ambassadors in their communications with their various villages about needs and opportunities in The Mill for sports amenities.

December 12 will be remembered as the first ever Hershey's Mill Winter Holiday Parade. Thanks go to Barb and Don Matheson, Sherry and Bill Kane and the Parade Committee for making this event so enjoyable for so many of our residents and their guests. A total of 61 bikes, golf carts, trucks and cars were decorated in holiday spirits and toured Chandler Drive and Mill Road. They were met by waving crowds at entrances of most of our villages. This event created a strong sense of community and is a must to be repeated.

Until Hershey's Mill residents are notified otherwise, all activities are cancelled due to COVID, except for pool/billiards and paddleball.

BOCCE

Bob Walsh | Troon

February is the time to think ahead to Spring! Bocce is a stellar sport for enjoying one of Hershey's Mill's array of outdoor activities and can be played spring, summer and fall! Several villages have enjoyed a regular weekly social hour on the bocce courts and with

an unbelievably warm Fall 2020, play continued through mid-November. Look for announcements of an April Bocce Clinic for new players, as well as sign-up opportunities for league competitive play. Village social directors can call or email Carroll Thompson to develop plans for regular weekly get-togethers, or just a one-time social activity to enjoy a game and pizza.



Scott Burkhart of Inverness with a good serving technique.

PICKLEBALL

Tom Fant | Yardley

Nobody does it quite like THE PICKLEBALL NATION. On December 9, the snow flurries at 11 a.m. were heavy enough to dampen the courts. The six players carried on for several games. No kidding! During this slightly slow time for volume of play, we are catching up with rules and other fine points of our game.

Pickleball Serving Rules — 2019 International Federation of Pickleball Official Tournament Rulebook Rule #4.A.5: The server's arm must be moving in an upward arc at the time the ball is struck and may be made with either a forehand or backhand motion.

My advice to a new player, or anyone having trouble with their serve, is to "aim your off shoulder at the middle of the target court and go for the deep serve as much as possible." As always, the best, and most patient, place for advice is Lynn Mander of Devonshire.

PLATFORM TENNIS

Jane Hagy | Kennett

Have you noticed? The paddle tennis courts are buzzing with activity after the January clinics. This is one of the few ways to safely get some exercise and socialize. Many of us are just starting, so come see if it should be a part of your winter schedule. It is best

continued

Sports Group (continued)

to dress in layers. Regardless how cold the weather, after a few minutes of play, you will be stripping off the top layers. Squash, handball, and racquet ball players will enjoy playing off the wires. Come have some fun.

SHUFFLEBOARD

Roseanne Havird | Devonshire

POINTERS ON STRATEGY

Have you noticed? The paddle tennis courts are buzzing with activity after

the January clinics. This is one of the few ways to safely get some exercise and socialize. Many of us are just starting, so come see if it should be a part of your winter schedule. It is best to dress in layers. Regardless how cold the weather, after a few minutes of play, you will be stripping off the top layers. Squash, handball, and racquet ball players will enjoy playing off the wires. Come have some fun.



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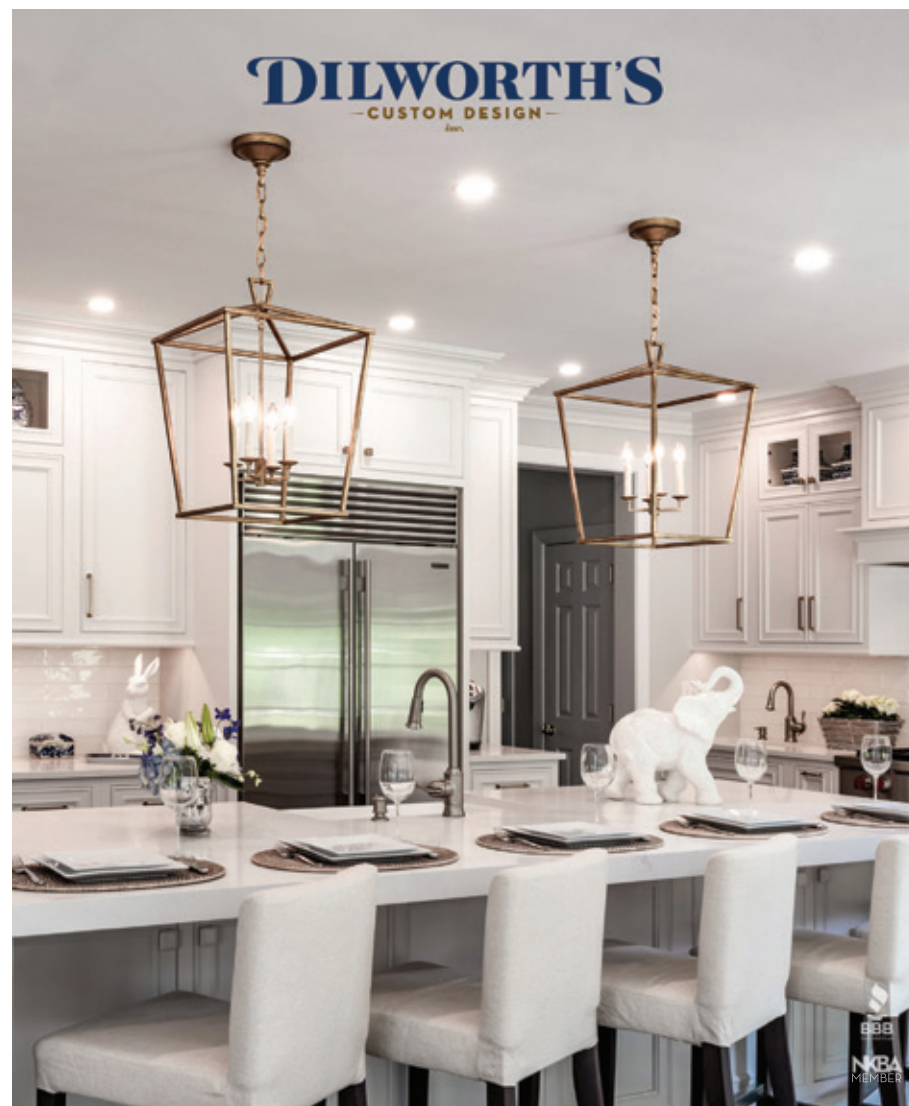
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Valen Quiztime Answers:

1. b 2. a or c 3. b 4. c 5. a 6. a 7. b 8. a 9. c 10. a 11. b 12. a



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Binoculars – the Better to See Nature’s Wonders

Gail Habbersett | Eaton

I cannot imagine not having a pair of binoculars in my house *and* in the trunk of my car. No, I am not a stalker. I am just naturally curious about the unexpected, spontaneous occurrences in my environment that I do not want to miss simply because I cannot see them.

This is not a new condition. Before Gary and I married, he was aware of this ‘quirk’ of mine, most likely because I paused and silenced to observe most passing or perching birds. This behavior probably motivated him to present me with a pair of Swift, Audubon Mark II binoculars (bins), 8.5x44. For inquiring minds, the first number indicates magnification (size of image) and the second one specifies the diameter of the lenses (allowing light to be gathered). The Swifts are still quite adequate some 50+ years later. Now they are poised by Gary’s chair in the sunroom overlooking the 9th fairway pond.

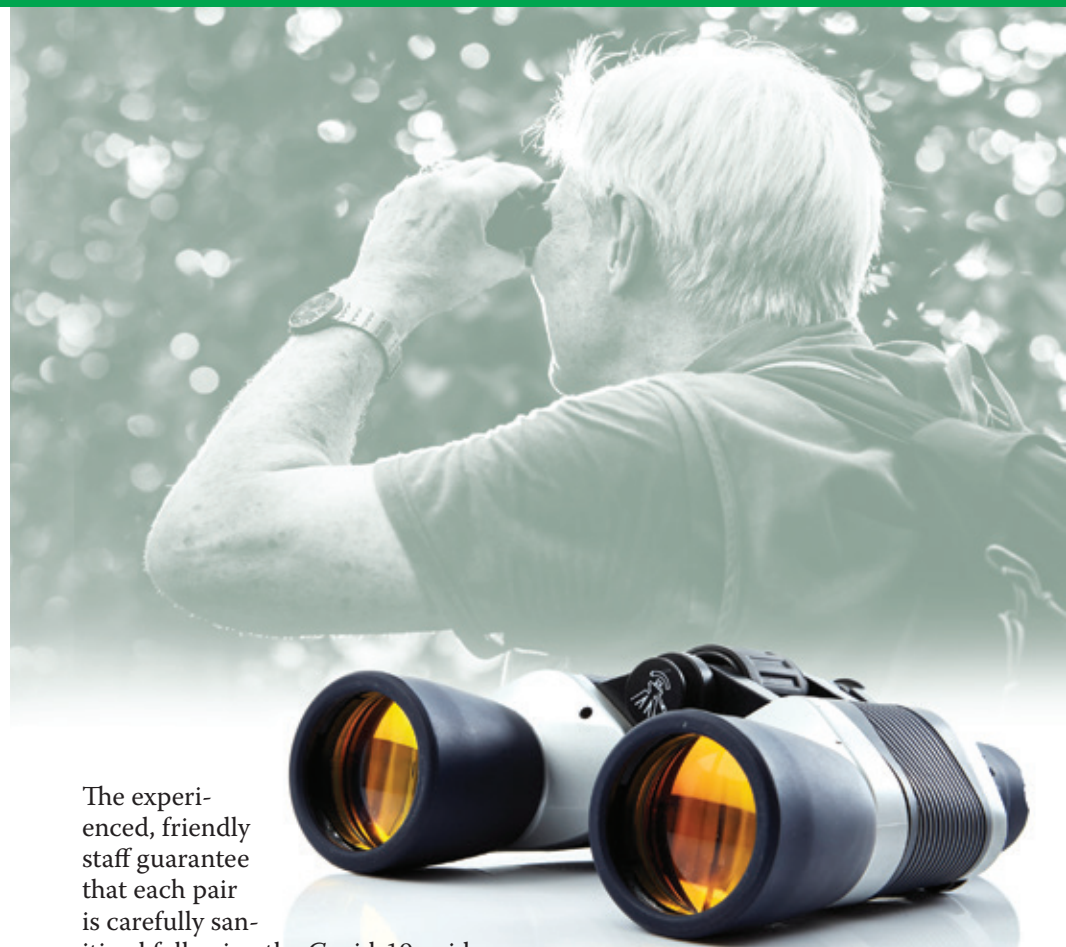
I use Swarovski 8.5x42 bins that we purchased in March, 2013 at the annual Cape May Bird Observatory Optics Sale. They rest beside my chair and are a prized possession; well-loved, almost daily used and one of the things I seldom leave at home on an extended trip outside The Mill.

I gifted our young grandchildren with plastic bins for expeditions on their farm. I’ve noticed that the older grands park their waterproof bins,

Barska 10x30, in the sill by the kitchen window. From that vantage point, they easily observe soaring raptors over the field, Bluebird activity at a nearby box, and darting hummingbirds at the deck feeder. They find the Barskas have great range and are easy to adjust.

Why am I sharing this with you? It’s because we live in an amazingly diverse environmental community. At any given time, in any HM village, we could spot a fox, a hawk, seasonal birds, or a tree rat (oops – squirrel), water fowl, or a golf ball atop frozen ice and a host of other extraordinary species unlikely to be observed in nearby, more populated, less environmentally friendly neighborhoods. And for dreamers, bins are a great assist in gazing at the stars.

Choosing a pair of binoculars is a personal thing. For example, my husband also owns a pair of Nikons that I cannot use. They are simply too wide for my face. So, bins are one of those things that you have to ‘try on’. A huge selection of brands and models are available depending on the intended use. The closest store offering a nice sampling is Dick’s Sporting Goods in Downingtown: 610-518-5200. Not as close by, but a spectacular store that offers tax-free shopping, is Cabela’s in the Christiana Mall: 302-666-2300. Both stores encourage you to handle their bins and sample the view of different objects in the store. They also explain the benefits of each model; weight, magnification, lens size, etc.



The experienced, friendly staff guarantee that each pair is carefully sanitized following the Covid-19 guidelines. And actually, once you settle on the ones you like best, look into a real field trip to the next Cape May Bird Observatory’s Optics sale: 609-884-2736 and look forward to many future walks with the Hershey’s Mill Nature Group.

The point is – wherever you wander, wherever you roam, please consider the benefits of having a pair of bins in hand or around your neck. It’s one of those things you never missed until you tried them.

Note: The vision and mission of Hershey Mill’s Nature Group (HMNG)

is to help residents appreciate and support nature and also understand the relationship of nature to our well-being. We’d love to welcome you as a member. Please visit the HM website for additional information about our group. If you have questions, send them to hersheysmillnature@gmail.com.

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Windows 10 Laptop Touchpad Features

Don Trauger | Kennett

The Touchpad on a laptop computer offers additional capabilities that you may not be fully aware of. Below is a list of these capabilities on a Windows 10 laptop computer. Depending on your computer some of these gestures may or may not work.

I find the “Zoom in” gesture is quick and easy to enlarge small print size. Try them all to see what works for you.

GESTURE	WHAT IT DOES
Tap the touchpad with one finger	Open or select an item
Tap the touchpad with two fingers	Show more commands (like right-clicking)
Tap the touchpad with three fingers	Open Cortana
Tap the touchpad with four fingers	Open the Action Center
Place two fingers on the touchpad and slide vertically or horizontally	Scroll
Place two fingers on the touchpad and pinch	Zoom out
Place two fingers on the touchpad and spread them apart	Zoom in
Swipe three fingers up	Show thumbnails of your currently running apps in Task View
Swipe three fingers down	Show the desktop
Swipe three fingers either left or right	Switch between your open apps
Swipe four fingers either left or right	Switch between virtual desktops



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Monitoring at a Distance

Do you have someone that worries about you being alone? If so, Amazon's Alexa devices have a new option that balances privacy and access to give you privacy and them activity monitoring at a distance. Alexa Care Hub is the first of Amazon's initiatives to aid Seniors aging in place in their homes.

What is needed: At least one Alexa device in the Senior's home and the person who the senior allows to check on them ("the Friend") has the Alexa app on their phone. "The Friend" could be a family member or a friend/neighbor.

Implementation: Both the Senior and 'Friend' go into the Alexa app on their respective phones and enable "CARE HUB"; filling in basic information like email address and option desired. This is done one time. The

option referred to simply informs Alexa that "the Friend" wants to receive a notification when either: the 1. Senior first communicates to Alexa each day, or, 2. if no activity is detected by a certain time of the day.

To Enable, Open the Alexa App, bottom right-hand corner, press MORE, and then scroll through settings until you get to "See More", select it and then select "Care Hub".

Option 1: Each day "the Friend" receives a text message on their phone the "first time Alexa is used that day". This could be an "Alexa, good morning" or "Alexa, play music" or "Alexa, what time is it" or any other Alexa request. For privacy reasons, the text message does not state how or why the Alexa device was used. It only knows that someone was active in communicating with Alexa.



Should "the Friend" ever have cause for concern, they can initiate a phone call or two-way chat through the Alexa app: saying "Drop in" to Alexa or on their phones Alexa app. A call will be made to the Senior's phone.

Option 2: A time range is set in the Alexa app of "the Friend" such as 5 a.m. to 7 p.m. In this example, if no one in the household has asked Alexa anything on any particular day after 5 a.m. and before 7 p.m. a text message to this effect is sent.

Should "the Friend" ever have cause for concern, they can initiate a phone call or two-way chat through the Alexa app; saying "Drop in" to Alexa or on their phones Alexa app. A call will be made to the Senior's phone.

A potentially life-saving bonus is that "the Friend" can be designated as the emergency contact in the Alexa app. This allows them to be immediately called whenever someone in the Seniors home triggers it with the phrase, "Alexa, call for help."

For additional information or to read the complete article, please visit hersheysmill.org, Resources tab, Technology Committee or email

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By now, the snowbirds have left for the rest of winter and are looking forward to warm breezes and turquoise water. The rest of us, me included, are hunkered down here at home hoping to be spared from any blizzard that may be waiting in the wings. February brings us a very quiet time at the club with not much happening. Flowers and hearts abound in the retail stores and spark up a dull month, so don't forget that special someone! Some may be thinking ahead to their garden and starting seeds, always a bright side to winter.



As I write this in December, we don't have any plans at the club at this time. Please check the website (Hersheysmillgolfclub.com) for updates. It will be updated periodically, as we are extremely anxious to get you all back to enjoying yourself and seeing friends once again! We continue to follow CDC guidelines and will follow the latest restrictions that are in place.

Continue to stay safe! Spring is on its way and so is the vaccine!



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Activities Contacts

Art Group.....	Sara Hamilton.....
Baby Boomers.....	hmboomers@gmail.com
Billiards Club	Joe Silio
Bingo.....	Hal Deal
Book Discussion Group	Carol Barkovsky
Bowling (Oct-Apr).....	Ed Isselmann
Bridge Groups: Golf Club Tuesday Bridge	J.B. Smink
Golf Club Friday Bridge.....	John Marks
HM Duplicate Bridge, Mondays	Bray LeBrocq.....
Social Club Party Bridge.....	Susan Hackstaff
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
Nature Group	Christine McCormick.....
Paoli Hospital Auxiliary.....	Betsy Carlin
Photography Club	Carol Poling
Pinochle Club	Erna Graham
Poker Club	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox
Singers (Casual Singing Group).....	Paul Day.....
Singers (Hershey's Mill Singers).....	Dolores Manion.....
Social Club	Judith Dooling
Sports Group (HMSG).....	John DeVol.....
Sullivan House (FoSH).....	Elaine Becker
Table Tennis	Allan Shaffer
The Players	Shauna Flynn.....
Yoga	Ellie Sybesma

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