

APRIL 2021

GUIDE — AND — DIGEST



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Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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Volume XX11 Number 4 – April 2021

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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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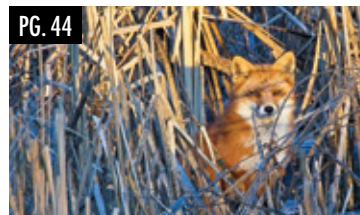
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From the Main Gate

Marc Fraser | Director of Security

The Security Department has been dealing with an increasing number of guests including delivery people entering the property who do not know the house address they are visiting, attempt to enter Hershey's Mill by pulling up to a gate to trigger the arm and believe that using their cell phone to call a resident will give them access to Hershey's Mill.

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

One of the most important actions you can do as a resident is to inform anyone who needs to visit your home to make sure they **use the guest entrance address of 1500 Greenhill Road in the GPS** which brings them to the entrances and Guest Phone Boxes. Your address may bring your visitors to the resident only entrance which causes frustration for your visitors and the residents behind them in the line.

Below are the three means of guest entry, and the residents' role in each.

GUEST GATE PHONE BOXES

The primary, and easiest means by which a resident's guest can enter

Hershey's Mill is by using the guest phone boxes located at the North and Main Gate entrances on Greenhill Road. Although instructions are present at the guest phone boxes, residents should still provide their guest with directions on how to use the guest phone box.

To operate the guest phone boxes your GUEST must:

- Use the lane designated for visitors to access the phone box.
- Use the guest phone box keypad to enter your house number, i.e., a guest visiting house number 91 would enter only "91" on the keypad.
- Do not hang up because the guest phone box will dial the resident automatically.

YOU must:

- Verify that the guest is calling you from a guest phone box, rather than a cell phone, as the gate will only open when receiving a command from the guest phone box.
- Your caller ID will show 610-436-0549 or 610-701-6389 for calls placed from a guest phone box.
- **You will not be able to open the gate for any guest calling you from a cellular phone.**
- Press "9" on YOUR phone to open the gate.

*Please note that, during a power outage affecting the North Gate (Greenhill Road) area, the North Gate guest phone box will be inoperable; and all guests should be directed to come to the Main Gate.

continued

From the Main Gate (continued)

*The guest gate phone boxes can dial any 10-digit number you prefer, even a cell phone. If a resident wants to change the phone number that the guest gate phone dials, you must call Director of Security Marc Fraser at 610-431-4006 to implement that change.

Remember: you can use a cell phone to open the gate but the visitor must always use the guest gate phone to call you for entry.

GUEST LIST

The file for each Hershey's Mill residence contains a guest list; and this list, which can be edited by the resident, contains the names of companies and individuals who the resident has elected to allow into Hershey's Mill to visit them at any time, or for a specific time. If expecting a visit from a guest who is on their guest list, the resident should:

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

DAILY ADMITTANCE LIST

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

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

1. Call Security no more than a day or two in advance of their guest's arrival.
2. You assigned yourself a 4-digit ID number which you wrote on your Resident Information Form in the Security Office and the security guard may ask for this number when you call to add the guest to your list to verify your identity.
3. Inform their guest that they have been placed on the daily admittance list.
4. Inform their guest that they may be asked to provide Photo ID.



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Residents Update

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

Eley, James & Sharon

433 Eaton Way

Farley, Michael & Margaret

917 Jefferson Way

Hockenberry, Tarissa

36 Ashton Way

Carolann Jacobson

1039 Kennett Way

CALL FOR ARTICLES! For many of us, the 'travel bug' is in our DNA however, another 'bug' in 2020 kept us homebound and starring at travel posters with a sigh. Even with our traveling curtailed, we still have wonderful memories and photos of the places we've been and we'd love to hear about them. A new series of articles is being planned for upcoming Digest & Guides. It's called *"On the Road Again"* after the Country and Western song made popular by Willie Nelson.

There are two ways to share your adventures. 1) Write your own story and send it to us or 2) Contact us, we'll arrange for an interview and write your story for you. This series can only happen and be successful with your stories so contact us at hmctvguide@comcast.net. The first story in this series appears on page 48.

Stories must be approved by our editorial staff and edited if necessary. You will be notified that your story has been accepted and which month it will appear. Please keep in mind that we work 2 months ahead.



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THE DEB DORSEY TEAM HOSTS A FREE SHREDDING EVENT ON APRIL 24

No-Touch Shredding Event
April 24, 2021

9 am–12 noon (or until the truck is full)

Pool Parking Lot (drive in from Chandler by the tennis courts)

The Deb Dorsey Team will wear masks and remove paper materials from your vehicle. Staples are OK, but *no paper clips*, please.

“Mike, Dave, and I are so lucky to live here,” Deb Dorsey says. “We welcome this opportunity to give back to our Hershey’s Mill neighbors.”

“Our team members live in the same communities that so many residents called home before they moved to The Mill,” Deb Dorsey explains. “Similar to many Hershey’s Mill residents, our clients and friends hail from Delaware and Chester Counties, the Main Line, and Philadelphia. We are always happy to advise and help our neighbors.”

The Dorsey Team is family run. Deb Dorsey attributes the team’s strong work ethic to her father, Dave, a U.S. Air Force veteran. Two sisters-in-law, nine additional agents, and three administrative staff join Deb, Dave Dorsey, and Mike Green to make up a full-service realty team.

The Deb Dorsey Team is affiliated with Berkshire Hathaway Home Services Fox & Roach, REALTORS®. Please call us anytime at 610-724-2880.

ROTARY SHREDDING EVENT

Glenn Chelliah | Vassar

The Great Valley Rotary Club invites you to participate in their paper only shredding event to be held on Saturday, May 1, 2021 from 9 a.m. to 12 noon. The location of the event is People’s Pantry, 384 East Lancaster Avenue, Malvern, Pa 19355. This fundraiser is being held to benefit People’s Pantry, Home of the Sparrow and The Chester County Food Bank. Suggested donation is \$10 per file box with a limit of 4 boxes per car. For additional information, contact Dave Ellis at

GUIDE & DIGEST DELIVERY PROBLEM

Louise O’Brien, Editor

I am sure that you have noticed the delays in the Postal Service. They have seriously interfered with the delivery of the HM Guide and Digest. January’s edition was delivered to the Post Office on December 26, 2020 and some residents have received it 59 days later on February 20, 2021 and some residents still have not received their copies.

Multiple conversations with the Post Office resulted in being told that serious delays are common and no solutions for the problems seem imminent. This prompted us to have the February Guide and Digest delivered to your door by Todd and Scott Keeley. We

cannot deliver them to your mailbox as it is prohibited by law. Technically the mailboxes are owned by the US Postal Service.

March’s edition of the Guide and Digest will also be delivered to your door. This delivery system is costly and problematic as many residents go south for the winter and this creates

a pile up of magazines at the front entrances of these residents.

We are evaluating all our options and hope to resolve this issue. Please be patient and understanding until we find a viable solution. Copies of the January, February and March Guides and Digest will be available at the Station.



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Club News

Hershey's Mill Knitting Circle

Ruth Schick | Chatham

Spring is around the corner and, while COVID has made it more difficult to meet, a few members of the Hershey's Mill Knitting Circle have enjoyed meeting every week. We have begun chatting about meeting outdoors when the weather gets warmer so more people can join us. Our group is comprised of handicrafters who enjoy each other's company while working on our projects.

We 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 our group, contact Ruth Schick,

Apple and Mac Connection

Rene McNally | Devonshire

Saturday, **April 24**, The Newer Users Mac Group will meet from 10 a.m.-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 9-10:15 a.m., followed by a quest speaker. 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

Book Club

Carol Barkovsky | Eaton

Our novel for **April 8** is *Women Rowing North: Navigating Life's Currents and Flourishing as We Age* by Mary Pipher. On this date, Carol Rubley sets the discussion pace of a timely examination of the cultural and developmental issues women face as they age. All are most welcome to participate in our Zoom discussion, just be sure that Martha Hanson has your email address to extend the meeting link to you. We meet for one hour and begin promptly at 2 p.m.

Looking ahead, we will present *As Bright as Heaven* by Susan Meissner for discussion on May 13. Led by Susan Schullery, this is the compelling story of a mother and her daughters who find themselves in a harsh world not of their making, which will either crush their resolve to survive or purify it.

Set in 1918 Philadelphia, the Spanish Flu reaches the once bustling town teeming with promise. As the pandemic claims more than twelve thousand victims, Pauline Bright and her three daughters—Evelyn, Maggie, and Willa find their lives left with a world that looks nothing like the one they knew. But even as they lose loved ones, they take in a baby orphaned by the disease who becomes their single source of hope. Amidst the tragedy and challenges, they learn what they cannot live without—and what they are willing to do about it.

Programs	April 1-15 (7 p.m. show on April 15 will not be shown)			
Purple Martin Migration <i>with Charlie Vogel</i> Charlie interviews Bob Lange, the owner of the Sugartown Strawberries farm in Malvern. He has been tracking the habits of purple Martins for years.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Taxes - What Are They For? <i>with Sandy Wollenberg</i> Nick DiMarino teaches a class about taxes at the Immaculata LifeLong Learning Institute. He and Sandy discuss what our taxes do and what the choices are for tax revenue. 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.	April 1 to April 8, noon The Greatest Story Ever Told (G) <i>Max von Sydow and Charlton Heston</i> The life of Jesus of Nazareth unfolds in an epic production. <i>[Run time 3h13m]</i>
	April 8, 8:30 p.m. to April 15, noon Paper Moon (PG) <i>Ryan O'Neal and Tatum O'Neal</i> A con man finds himself saddled with a young girl who may or may not be his daughter, and the two forge an unlikely relationship. <i>[Run time 1h43m]</i>

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.

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Programs	April 16-30 (7 p.m. show on April 30 will not be shown)			
Our Hummingbirds <i>with Jaye McNutt</i> Bruce Foreacre, retired from HMLD, discusses feeding of hummingbirds, using plants that attract them, and a lot of good pictures taken in The Mill.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Smart Garage Door Openers <i>with Edie Taylor and Richard Skilton</i> Now, when you have that nagging feeling that you may have left the garage door open, you can check your Smart Phone and close it if it is open! The new technology also allows you to open and close the garage door for visitors, handy men, package delivery and whatever else comes up. 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.	April 15, 8:30 p.m. to April 22, noon Invasion of the Body Snatchers (PG) <i>Donald Sutherland and Brooke Adams</i> San Francisco residents are slowly being replaced by emotionless replicas. A chilling remake of the sci-fi classic. <i>[Run time 1h55m]</i>
	April 22, 8:30 p.m. to April 30, noon Bicentennial Man (PG) <i>Robin Williams and Sam Neill</i> An android endeavors to become human as he gradually acquires emotions. <i>[Run time 2h12m]</i>

24 hours/day channel 971

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 970

**Bulletin Board
Times**

Gail Habbersett | Eaton

Barbara and Jurg Oppliger – Devonshire

Soon after introductions and initiating my interview, I realized that I was in the presence of a gifted storyteller. Barbara shared one recollection after another with such joy and appreciation for moments shared with her Swiss husband, Jurg, that we decided their life, mainly the years spent together in Switzerland, would provide the context for this profile. In terms of time, that was approximately ten of the 31 years they have been married and occurred in the late 80s through the 90s. Barbara is experiencing some medical challenges and Jurg, is slowing his pace, but their joy in reminiscing was evident. During my visit with them, I felt an undeniable warmth, appreciation and bond they share.

Their story began in 1985 when mutual friends introduced them during a skiing trip to Verbier, the idyllic French-speaking town in the shadow of the Alps. Jurg and Leonard, his American business counterpart and friend, met each year for a ski retreat to celebrate their success. The American with Leonard lacked skiing expertise navigating those mountains, hence the SOS to their close friend, Barbara, an accomplished skier in America. Could she pack her bag and come visit? Jurg was tasked with picking up the American traveler, described to him by his trickster friend as Brunhilda. Barbara, a mere 90 pounds, was the last person remaining at the

arrival gate, arms crossed and less than pleased when Jurg realized the joke was on him.

Not one to hold a grudge, Barbara got right in the swing of things and the four of them had a wonderful time! According to Barbara, Jurg skied like Fred Astaire danced. The three Americans returned home and just three months later, Barbara and Jurg were reunited. This time he was attending a business meeting in her city and asked if she would accompany him during the social events. Barbara and Jurg found great pleasure in their times together and others commented later that their unique chemistry was apparent from the beginning. Thus it went for the next two years; short visits either in the States or Europe, at two or three-month intervals.

Two of their favorite pastimes during visits were to entertain or go out with friends – especially to dance! Barbara and Jurg never tired of dancing to any beat and were familiar with all styles. On one occasion Barbara invited Jurg to escort her to the Academy of Music's Annual Anniversary Concert and Ball. How exciting to be part of such an enduring tradition! Shortly after Jurg returned home, he called Barbara and asked how fast she could get back to Europe to attend an exclusive Viennese Ball. Clearly a rhetorical question, Barbara not only made it to the Ball, but she and Jurg's box was



Barbara and Jurg posed in front of the Matterhorn

Barbara setting out for the Vienna Ball



adjacent to the Chancellor of Austria's! Barbara explained that following the formal proceedings, all attendees are invited to the dance floor. The evening goes from mild to wild! They danced until 4 a.m.! (editor's note: *Google Vienna Ball and be dazzled by the grandeur of the halls, stunning debutantes and impeccable beaus.*)

Another highlight during their courtship occurred during the celebration of Zurich's 2000th birthday in 1986. Imagine five days with all the villagers in the streets, singing and dancing; a party on every corner. Tempting food and wine lifted everyone's spirits. The sound of laughter was like white noise.

In 1987, Barbara agreed to make her home in Geneva where Jurg was working. They lived in Hermance, a 14th century medieval village on Lake Geneva for two years until Jurg's business transferred him to Zurich. They relocated to the dairy village of Eschenmosen, which is dear to her heart because of the activities and sports she shared with the local children. Wednesdays were always half

school days so she would frequently take children to a nearby farm, help them tack their horses and take them riding through the vineyards. An avid tennis player and golfer, Barbara also enjoyed teaching the kids how to hit balls. She always had several rackets, and the children took turns hitting balls against the school walls. For golf, it was a short walk to the pastures to learn how to swing a club. Maybe this behavior adds insight as to why her brothers nicknamed her 'jock-ette' and her own children agree that she is addicted to sports. On really special occasions she accompanied the youngsters by train to the McDonalds in Zurich.

One year, Barbara's seven-year-old granddaughter, Tory, lived with them. Since everyone must speak German, Tory attended Bulach, the language school. As Thanksgiving approached,

continued

she asked her grandparents if they could prepare and serve the traditional American meal to her classmates. Are you going to say 'no' to your grandchild? So began the quest for ingredients. Jurg asked the butcher for a turkey, but none exist in Switzerland. So, they outsourced one from Poland. Bread cubes and butter flavored with local celery root supplied stuffing. Lingonberries from Sweden were substituted as the cranberry sauce. Mashed potatoes were a snap. Dessert was the only disappointment. Instead of pumpkin, Kurbis squash pies were served. Given more time to experiment, Barbara or Jurg might have succeeded. As they prepared the feast at home, the village children made their placemats and napkins. Thanksgiving dinner was shlepped to school and Jurg explained the holiday. They were thankful participants considering these children were refugees from war zones.

Barbara explained that Christmas in Switzerland offered several unique events. The first, falling on December 6th was Samichlaus. On this day, the villagers took their children to a clearing in the woods where Samichlaus would emerge. Not your typical Santa, according to Barbara. "He looked more like the Pope with a tall hat and heavy robe". Alongside him were his dirty, ragged companions, Schmutzlis, who led donkeys laden with saddlebags filled with individual sacks for the children. Before receiving their sacks, which were secretly made and filled by their parents, each child had to recite a poem written as their promise to be better in the next year. At the end of the recitations, the sacks were distributed and opened to discover nuts, oranges, apples and, of course,

chocolates. In Jurg and Barbara's village, the entire group left together singing all the way to a large barn where they indulged in sausages and hot cider. A second tradition was a big family dinner on December 24th and the exchange of each member's only gift. The next day, everyone headed to the slopes for a ski vacation.

It didn't take Barbara long to fall in love with Jurg and his native country. They were married at Barbara's home in Kennebunkport, Maine, where she spent every summer. Her three children, friends and family were in attendance. At the conclusion of that celebration, the couple returned to Zurich where they held a reception for the families who lived in their village.

Barbara and Jurg thrived on life in their Swiss home. One notable household necessity Barbara described was the large tile stove called a chachelofen. The oven was started with household discards like paper and other combustible materials as well as wood. The fireboxes of these units were in the kitchen, but the stove also faced and heated the living room. Their radiant heat was quite comfortable and served a dual purpose by drying freshly washed clothes draped around the room. Quaint as it sounds, Barbara insisted that Jurg buy a tumbler (dryer) to manage their wet laundry.

Customarily, Swiss men did not do laundry nor were they allowed to interfere in the kitchen. One day Jurg innocently asked if there was anything he could do to help Barbara as she was preparing food. Without hesitation, she pointed to a paper. She said, "That is called a recipe and if you can read, you can cook"! Little did either of them know that Jurg would learn to love

cooking and baking. Pastries became one of his specialties, often requested by family and friends. With this new-found, shared interest, entertaining reached new heights for the Oppligers.

For all Swiss families, Sunday was a day of rest. Stores were closed from Saturday afternoon until Monday morning. Families spent the day hiking, swimming, skiing, visiting, playing games or music, sharing a meal or whatever activity united them. Jurg once asked his neighbor if he could plant something on Sunday. His neighbor replied, "Sure, but it won't grow".

Barbara mentioned that 'kaffe klatsch' originated in Europe. Described as a casual meeting of local women in the afternoon or evening, it was intended as a means of integrating them for each other's support. In her village, they

met at the local school. After one such visit, Jurg asked her about the topic of the day. Barbara assumed that they were discussing birth control since her rough German translation was 'baby making'. Jurg may have thought that odd, but he and the women folk found the truth amusing. At the next meeting, many women displayed their homemade dolls called 'babies'!

Even more stories in my notes support the fact that this couple would probably still be in Switzerland if it were not for Barbara's desire to be near her grandchildren and great grandchildren. One of her daughters acquainted them with Hershey's Mill and they are happy to call Devonshire home. Like many others, they share the sentiment that there is something for everyone here and they love The Mill.

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Pet of the Month

Rosie Taylor | Princeton

Have you ever wondered what a bunny (rabbit) has to do with Easter, the holiest of all Christian holidays?

One theory of the Easter Bunny's origins is that it stemmed from early pagan celebrations around the vernal equinox. Pagans celebrated the springtime renewal of life as well as the goddess of dawn and fertility, Eostre, who was often represented by the hare or an egg. As Christianity spread throughout Europe, the celebrations around the vernal equinox may have merged with the observance of Christ's resurrection, since they both occurred around the same time. Missionaries were said to blend pagan traditions with Christian holidays to make the transition smoother, so it is possible that the celebrations of Eostre and the resurrection of Christ became one.

The earliest evidence of a more modern Easter Bunny dates back to the 1600s, when it's first mentioned in German writings. This rabbit, called 'Oschter Haws' or Easter hare, was believed to lay a nest of colorful eggs for children who were good.

While there is no actual bunny that once was the iconic hare, the legendary egg-laying rabbit is said to have been brought to America by German immigrants in the 1700's. Children would make nests for Oschter Haws

to leave behind eggs. The tradition spread throughout the US, where the hare's gifts eventually became chocolates and candies and the nests were replaced by baskets. Chocolate bunny figurines also originated in Germany, where they began making pastries for the fabled rabbit in the 1800s.

In case you're wondering...

Are chocolate Easter Bunnies solid or hollow?

While chocolate bunnies were produced in Germany beginning in the 19th century, they didn't go hollow until World War II when a cocoa bean rationing was in force.

What part of a chocolate bunny should be eaten first?

According to popsugar.com, 76% of Americans bite off the ears first, 5% eat the feet first and 4% eat the tail first.

Who are the 10 most famous rabbits?

Thumper, Peter Cottontail, Roger Rabbit, Trix Cereal Rabbit, Br'er Rabbit, the White Rabbit, the Energizer Bunny, the Easter Bunny, the Velveteen Rabbit and, probably the most well-known of all times – Bugs Bunny. 'That's All Folks'.

Sources: Country Living, Wikipedia, Time, Mental Floss, History



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From a HM Boomer

Shoot Me

Scott Burkhart | Inverness

When you were a kid, what did you fear the most about going to the doctor? The diagnosis? The bill? If you were like me, it was the fear of getting a shot. I'm not sure what caused this fear. Maybe it was when I was hospitalized with whooping cough and got so many shots the nurse nicknamed me Pincushion. All I know is my mom worked for four doctors and I hated all of them.

What a difference today. I'm begging for a shot. Everyone I know is chomping at the bit to get their covid vaccination. As of this writing quite a few have gotten their first and maybe their second already. What about Pincushion? Not a jab.

Why not? When the vaccine was first approved, I got a call from my doctor's office setting up appointments for both shots. As time drew near for my first appointment, I heard people complain that it was impossible to get appointments. I thought "that's terrible, well, terrible for them." So I thought.

Then came a phone call from the doctor's office, short and sweet: a new law prohibits doctor's offices from immunizing their patients. You should check drugstores like Rite Aid or Walgreens. The search begins. Click onto the Rite Aid website, fill out form to see if I qualify. So far, so good. Find a location near me. There are ten somewhat close. Picked one. Sorry, all appointments are filled, try later. Had to resubmit my qualifications nine more times only to get the same message. Listened to the advice floating around: Rite Aid's new

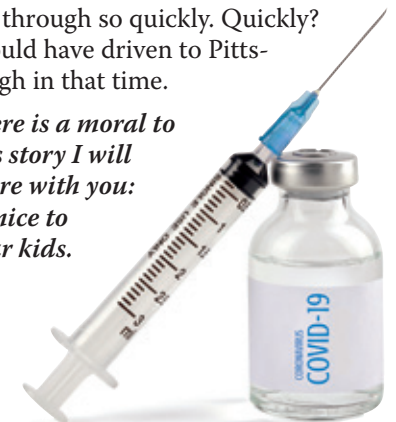
appointments open between four and six o'clock in the morning. Log on early and compete with others that know this trick. Walgreens opens appointments Monday, Wednesday and Friday. Log on early and compete with the other people who know this. I was a terrible competitor, lost them all.

Next advice: you're a veteran, try the VA hospital. Went through all the on-line forms to qualify. Are you currently being treated in the VA hospital? No. Can't help you then.

Wait, my daughter's a doctor, she can help me. She went to work. Got me an appointment in Philly. Great, not too far. It was perfect timing. Philly botched the doses they were giving and the solution was to raise the age for 1A to 75. Can't help you, 72 won't do. We found out a doctor gets no more respect than I did from Rite Aid, Walgreen, CVS or Wegmans. Would I travel to Pittsburgh for my shots? I'd rather take my chances with the virus.

Never one to give up, my daughter set up a computer to constantly monitor vaccination sites. One day she lucked out. Four plus hours on hold and she got me scheduled at Chester County. The scheduler marveled that she got through so quickly. Quickly? I could have driven to Pittsburgh in that time.

There is a moral to this story I will share with you: be nice to your kids.





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Recipes

Robert Ford is our guest contributor this month. A Brit by birth, Robert has been in the U.S for 20+ years delighting people with his writings, world-travel stories and culinary skills. *Enjoy.*

Sausage, Fennel & Tomato Pasta

Servings: 2-3

Ingredients

- 8 ounces sage turkey sausage, casing removed and chopped
- 1 fennel bulb, trimmed and sliced thinly
- 4 ounces grape or cherry tomatoes, halved
- 1/4 cup red wine
- 8 ounces (200g) penne pasta
- 1/4 cup parmesan, grated
- 2 tablespoons olive oil
- 2 generous pinches of chili flakes
- 1 tablespoon sweet chili sauce (optional)



Instructions

Heat pan of sea-salty water. Following instructions on package, cook pasta until al dente. Drain and keep to one side, reserving pasta water. Add oil to large skillet over a medium heat, and when hot, add chopped sausage. Cook for 5- 6 minutes, stirring frequently. Drain, and keep to one side (there is no need to clean the skillet). Add sliced fennel and chili flakes to the skillet, and cook for 3 minutes, turning frequently. Add tomatoes and wine, and cook for a further 2 mins, stirring frequently. Add drained pasta and cook for 1-3 minutes, mixing well. If it looks a little dry, add a little of the reserved pasta water. Plate and finish with grated parmesan and freshly-cracked black pepper.

Spicy Vegan Lentil & Vegetable Soup

Servings: 6

Ingredients

- 1 medium onion, diced
- 4 carrots
- 3 ribs celery
- 3 cloves garlic, thinly sliced
- 1 1/2 cups (250 grams) lentils
- 1 can (400g) fire-roasted diced tomatoes
- 1 tablespoon extra-virgin olive oil (EVOO)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika



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Recipes (continued)

- 1/2 teaspoon chili flakes
- 4 cups vegetable stock
- 2 cups water
- salt & freshly-ground black pepper to taste
- 1/2 lemon (optional)

Instructions: Heat oil in stock pot over medium heat, and add diced onions. Chop carrots & celery coarsely (slice in half lengthways, and then cut on bias (diagonal) to make things more interesting). Add carrots and celery to stock pot and sauté for 5 mins, stirring frequently. Add sliced garlic, and sauté for another minute. Add turmeric, cumin, paprika & chili) to stock pot and sauté for another 1 minute. Blooming the spices in this way is an important step in maximizing the flavor. Add lentils, tomatoes, vegetable stock and water and bring to boil, over a high heat. Turn heat to lowest setting possible, cover stock pot and cook for 45 mins. Season to taste and serve. A drizzle of EVOO or lemon juice is a great finishing touch.

Split Pea, Bean & Vegetable Soup

Servings: 6-8

Ingredients

- 1 1/2 cups mixed small beans and pulses (edible seeds of plants in the legume family)
- 1 large yellow onion, diced
- 4 cloves of garlic, minced
- 4 carrots, chopped (not too finely)
- 3 sticks celery, diced
- 4 small potatoes, unpeeled and quartered
- 4 cups of chicken or vegetable stock
- 4 cups of water
- 1 teaspoon salt
- 1 teaspoon freshly-ground black pepper
- 2 bay leaves
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil

Instructions: Sauté onions in olive oil over medium heat for 5 minutes. Add garlic, and sauté for 5 more mins, until onions are translucent. Add all other ingredients. Bring to boil, cover and simmer on low heat for 3-4 hours. Season to taste and serve, preferably some good, crusty bread.

Notes: Be creative with your choice of small beans and pulses. I like to use a combination of lentils, mung beans and small white beans. If you decide to add canned beans (e.g. chick peas, cannellini beans, red kidney beans, etc.), don't add them until 30 minutes before the end.

continued

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Recipes (continued)

Slow-cooker Penne Bolognese

Servings: 6-8

Ingredients

- 1 large onion, diced
- 3 carrots, diced
- 2 ribs celery, diced
- 6 ounces mushrooms, chopped
- 4 cloves garlic, diced
- 1 lb. ground beef
- 28 ounces canned tomatoes, crushed
- 2 tablespoons tomato paste
- 3/4 teaspoon Marmite
(you can use fish sauce, instead)
- 1/2 teaspoon chili flakes
- 2 bay leaves



Instructions: Sweat the onions, carrots, celery and garlic in a little olive oil, over a medium heat, until the onions are translucent. Put them into the warming slow cooker. Brown the ground beef for 5-6 mins, and add to slow cooker. Add the tomatoes, tomato paste, mushrooms, Marmite, chili flakes, and bay leaves. Stir and cover, then cook for 4 hours on high (6-8 hours medium). Cook your pasta of choice in heavily salted boiling water to 1 minute less than al dente. Drain, and reserve cooking water. Add sauce to drained pasta (I like hearty portions, so I use 3oz (84g) of dry pasta to 2 soup ladles of sauce per person. Cook for a further 1 - 2 mins, which ensures that the sauce is absorbed into the pasta. You may need to add more of the reserved cooking water, which will make the sauce silkier, because of the starch. Serve with freshly grated parmesan cheese.

Notes: This will be even tastier if you can make it a day ahead, and it keeps really well in the fridge for 3-4 days.

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Blessing of Spring

The Blessings of Spring



Daffodils are a sure sign of spring!

John Groch | Chatham

With the coming of spring, gardeners no longer gaze wistfully at their dormant garden plots as they walk past them on the lagoon path. Now they can venture downward, enter their gardens and breathe a deep sigh of relief as they prepare to work leaf mulch and mushroom soil into the earth. The first warm rays of sun bring feelings of joy and satisfaction at being outdoors and taking stock of the workable, fertile ground that will soon yield a bounty of vegetables, herbs and flowers, a feast for eye and palate.

One can only imagine the thrill that primitive people experienced at the approach of spring and the growing season. For them it was not just an idle pleasure for personal amusement.

It was a matter of life and death. No wonder prehistoric humans recognized spirits in the earth and sky that gave them sustenance for survival. Gardeners can get a glimpse of that sense of mystery as they witness the sprouting of minute seeds and the slow but steady growth into mature plants and vegetables.

Every experienced gardener, however, knows the importance of curbing his or her exuberance and developing an appropriate planting schedule for success. Root vegetables like onions, radishes, beets and carrots and others like peas, lettuce and spinach can be planted relatively early in spring. But almost all gardeners have learned the hard way that early spring warmth can trick them into taking a chance at

continued

Blessing of Spring (continued)

putting out those tomato, pepper and eggplant seedlings before the appointed time, usually Mothers' Day. It seems that even if these plants survive cool evenings, they are stunted in their growth and ultimately outperformed by their appropriately-planted counterparts. So timing is everything.

Nature can sometimes be manipulated to our benefit, but over the long haul it's best to observe her laws and principles. Especially in today's fast-paced world, we have become accustomed to seek instant gratification, which, thanks to technology, is often granted. But there are certain perennial laws of nature that persist even today. Any avid gardener will tell you that.



Pansies – perfect for containers and cool spring weather (Photos by Mer Groch)



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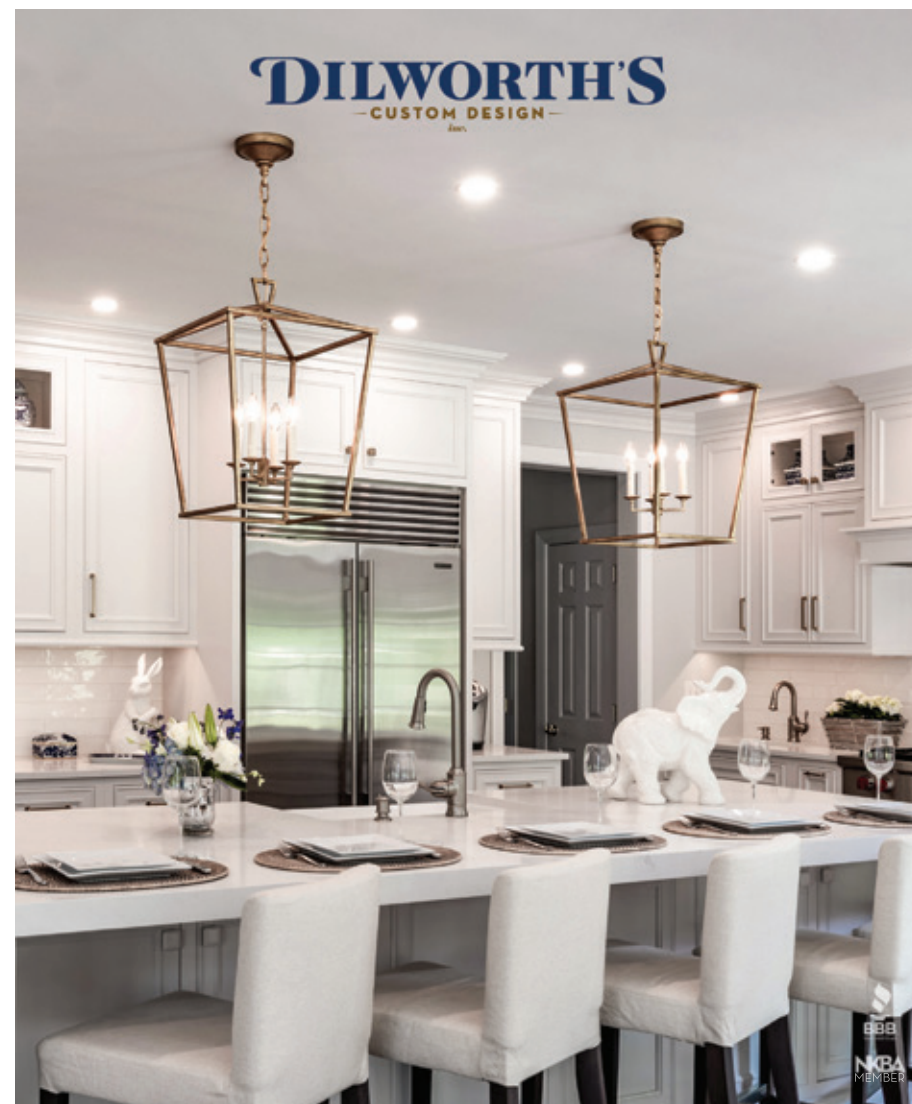
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Joe Kennedy | Princeton

Late in the afternoon of July 3, 1863, about 13,000 Virginians from Gen. George Pickett's division stepped out of the woods at Seminary Ridge and began an advance with parade ground precision over more than a mile of open ground toward the union position at Cemetery Ridge in Gettysburg. Soldiers of the 69th Pennsylvania Volunteers, positioned in the center of the Union line, watched as fury in the form of gray columns converged on them. This was to become the climactic action of what many historians believe was America's greatest battle. And history notes that the spot where the 69th stood was the high-water mark of the Confederacy.

Who were these men who made up the 69th Pennsylvania Volunteers? And what were they doing on a warm afternoon standing in a farmer's field awaiting death in defense of the United States? Their story goes back two decades before the Civil War when Irish immigration to America was on the rise. Many of these immigrants ended up in cities such as Boston, New York and Philadelphia, looking to make a better life for themselves and their families. But what they received instead was abuse, bigotry and economic injustice. People who called themselves Nativists saw the Irish as threats to their jobs and were full of hate for their Catholic faith.

In 1844, street fighting and gunfire broke out in the Irish section of Philadelphia between the Nativists and the Irish. Irish homes and Catholic churches were burned down, and there was killing on both sides. The state militia was called in and order was restored.

While this ended the violence, the Irish of Philadelphia were still in the position of "the last hired and the first fired."

Yet in 1861, at the start of the Civil War, a regiment (the 69th) of more than 1,000 men — 87% of them Irish — was recruited in the city. Leaders from the Irish community urged their men to volunteer to show the Nativists that they were good Americans. There was also an economic incentive for an Irishman of the time to join up. The average wage for an Irish laborer in Philadelphia, when they could find work, was between \$10 and \$15 a month. The Army offered \$13 a month plus an \$8 monthly pension to mothers or wives of soldiers who died while in service.

For the next two years, the 69th soldiered on as part of the Army of the Potomac and saw action in such battles as Antietam, Fredericksburg and Chancellorsville. After the Battle of Antietam in September 1862, Dennis O'Kane, who was second in command of the regiment, was promoted to colonel and given the command of the 69th. O'Kane was 44 at the time, a native of Derry, Ireland, and a "publican" - saloon keeper — in Philadelphia with a reputation as a stern disciplinarian.

The Army of Northern Virginia, commanded by Gen. Robert E. Lee, encountered Union forces at Gettysburg on July 1, shortly after Lee had invaded Pennsylvania. But after nearly two days of fighting, Lee was frustrated that his army had not been able to turn the flanks of the Union line. As a result, he ordered an artillery bombardment of the Union center at Cemetery Ridge, followed by an infantry assault by Pickett's division. The 69th, 284 strong,

The 69th continued on as a fighting unit until the war ended in 1865. Of the more than 1,000 troops that left Philadelphia at the beginning, only 56 returned whole at the end.

was located behind a stone wall near a clump of trees on the ridge. On the regiment's right, the wall took a 45-degree turn back to the Union line. This created, "The Angle," as it is known in Civil War histories. The Angle was defended by the 71st Pennsylvania Volunteers. As Pickett's Charge closed on Cemetery Ridge, O'Kane moved through his companies, giving encouragement and orders. His last order before the firing began, according to a number of histories was, "If any man among you should flinch from his duty, I would ask the man next to him to kill him on the spot."

The first volley from the 69th broke the line of rebel soldiers at their front. Gen. Lewis Armistead, a Southern brigade commander, rallied his troops and stormed over the wall into the Angle. In hard fighting, they rolled up the 71st, exposing the right flank

of the 69th to attack. O'Kane countered this threat by wheeling two of his companies to face the Confederates in the Angle. The fighting turned into hand-to-hand combat, with rifles used as clubs. Armistead was mortally wounded and his men broke and ran back over the wall. Within seconds of this repulse, O'Kane was shot, and he died early the next morning, July 4th. The same day, Lee broke off contact and retreated back to Virginia.

The 69th continued on as a fighting unit until the war ended in 1865. Of the more than 1,000 troops that left Philadelphia at the beginning, only 56 returned whole at the end. The rest were killed, wounded, taken prisoner, deserted or were missing in action. The soldiers of the 69th who died in service were buried in unmarked graves in West Philadelphia. Their families were too poor to afford headstones. Recently, members of the 69th "Irish" Volunteers reenactment unit from Bucks, Chester and Montgomery Counties raised money to install flat markers on the graves of these veterans buried in Old Cathedral Cemetery, 48th Street and Lancaster Avenue. Each grave received a blessing by a Catholic priest from Philadelphia.



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<h1>ACTIVITIES CALENDAR</h1> <h2>APRIL 2021</h2>				Apr 1 10:00am Caregiver Support Group 1:00pm Knitting Circle <i>It is never a shame to learn from others.</i>	2 10:00am Quilters <i>Don't save anything good for later.</i>	3 <i>It matters not what road we take, but rather what we become on the journey.</i>
4 <i>Helping other people with their troubles helps you forget your own.</i>	5 <i>The mind can make things better or worse than they actually are.</i>	6 <i>Happiness adds and multiplies as we divide it with others.</i>	7 9:00am Art Group <i>If there is no laughter in a day, then the day is wasted.</i>	8 11:30am Mermaid Book Club 1:00pm Knitting Circle <i>Success is never final and failure is never fatal.</i>	9 10:00am Quilters <i>Happiness does not consist in things, but in thoughts.</i>	10 <i>A friend's success should not make you feel like a failure.</i>
11 <i>Remain rooted in your own purposes and ideals.</i>	12 <i>Living life on life's terms combines moments of happiness with moments of sadness.</i>	13 <i>One wish enjoyed at a time is more satisfying than many granted at once.</i>	14 9:00am Art Group <i>Minds are like parachutes. They only function when they are open.</i>	15 1:00pm Knitting Circle <i>Know a horse by riding him; a person by associating with him.</i>	16 10:00am Quilters <i>Change your routines to revitalize yourself.</i>	17 <i>The older you get, the more precious life becomes.</i>
18 <i>See a world in a grain of sand and heaven in a wild flower. - William Blake</i>	19 <i>A busy life has no time for quarrels.</i>	20 <i>Before you can move others, you must be moved.</i>	21 9:00am Art Group <i>Accept the good and run with it.</i>	22 1:00pm Knitting Circle <i>A successful relationship needs both people believing in each other.</i>	23 10:00am Quilters <i>No one can censure your thoughts.</i>	24 <i>You must do a crazy thing once in a while to keep from going nuts.</i>
25 2:00pm National Affairs Forum <i>Cultivate peace and harmony with all.</i>	26 <i>Faith is a show of strength.</i>	27 <i>Often your faith in an uncertain result is the only thing that gets results.</i>	28 9:00am Art Group <i>Visualize good things happening to you.</i>	29 1:00pm Knitting Circle <i>The most certain sign of wisdom is a positive outlook.</i>	30 10:00am Quilters <i>The greater the obstacle, the more glory in overcoming it.</i>	May 1

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Rhythm

Rosie Taylor | Princeton

I love to sing and dance. The problem is I can't carry a tune in a wet paper bag and I was born with two left feet – one on each side! My singing is so bad that my husband asks me not to sing in the shower. As for dancing, that doesn't bother him so much. You see Jeff is a little over 6' tall and I'm a little under 5 feet. When we dance, as long as I'm not stepping on the tops of his feet, he's gazing around watching what's going on while I'm looking at the third button on his shirt and trying to lead.

I credit my parents with my love of song and dance. Our home was always filled with music – pop, swing, rhythm and blues, opera – you name it. Something was always playing on the Victrola console that stood proudly in the living room. As a car salesman, my Dad's dinner hours varied from an early dinner at 4:30pm to a later dinner at 6:30. It all depended on which shift hour he drew. I loved the early dinner because that's when 'I caught them.' Caught them doing what? Dancing. I'd come home from school and opened the front door to Tony Bennett, Louie Armstrong, Ella Fitzgerald, Perry Como, Frank Sinatra, Nat King Cole, the Andrew Sisters and many others. No matter who was singing, Mom and Dad would be dancing in the living room, oblivious to the world. Dad would spin Mom this way, then that way and always finish with a twirl, a hug and a kiss. They were the

original 'hoofers.'

Watching the joy song and dance brought, I begged and begged to take piano lessons. There were two drawbacks that should have made Mom and Dad stand their ground and say no. First I'm tone deaf and second, we didn't have a piano. Being Daddy's little girl and so adorable, if I must say so myself, they finally gave in and signed me up for lessons at my school. Lessons were held 2 days a week in the convent at St. Edmonds. Since we didn't have a piano, I was given a paper key board to practice on. Try as I may, I couldn't get the paper piano to sound anything like the real piano. The last straw for Sister Mary-No-Patience was when I got off the left side of the piano bench and walked over to the right side to hit a key. You see, the other student, with whom I shared the bench, was rather large and I couldn't reach the key from where I was seated so I improvised. I was impressed, she wasn't. She called my Mom and told her I didn't have a musical bone in my body and she was wasting her money. The lessons were 25 cents a week! That was it. If Sister Mary-No-Patience said I had no musical talent then I guess I didn't because nuns don't lie.

Time both marches on and is a marvelous thing. It eases pain, lessens sadness, helps anger, fear and bad memories fade and gives us hope.



... follow the words of Mark Twain to “Dance as if no one were watching, sing like no one can hear and live life every day as if it were your last.”

I can vouch for this because, years later my hopes to play the piano again raised its ugly head. Why? Because of Jeff's family. They're all musical. All three brothers sing and play a variety of instruments. Jeff played five. All this singing and playing got me enthused to try again. Over the next 15 years, we've had an old upright piano and 3 electronic keyboards all of which have been given away. Sister Mary-No-Patience was right about playing an instrument but she never heard me sing. So off I went to join a local choir. When I was asked to stand in the back and just mouth the words the message was received – I can't sing.

Not being able to sing doesn't necessarily stop you from singing. Jeff and I attended a musical production of 50's and 60's music. I closed my eyes and

was back in my childhood home listening to the Victrola. The gentleman next to me must have been having a similar experience as he and I sang along to each and every song. Ugly glances from the row in front of us and kicks from the row behind along with well-placed elbows from Jeff and my fellow singer's wife only lowered our volume but didn't stop us. When we returned to our seats after the intermission, my fellow singer and I had been separated with Jeff and the gentleman's wife sitting between us.

I still love to sing and dance so I'll follow the words of Mark Twain to “Dance as if no one were watching, sing like no one can hear and live life every day as if it were your last.”

Good advice.

NEW BOOKS

FICTION

Benedict, Marie - *The Mystery of Mrs. Christie*

Hawkins, Rachel - *The Wife Upstairs*

Kelly, Julia - *The Last Garden in England*

Robson, Jennifer - *Our Darkest Night*

Smiley, Jane - *Perestroika in Paris*

Steel, Danielle - *Neighbors*

Torre, A.R. - *Every Last Secret*

MYSTERY

Archer, Jeffrey - *Hidden in Plain Sight*

Ace Atkins - *Robert Parker's Someone to Watch Over Me*

Beaton, M. C. - *Hot to Trot*

Clark, Mary Higgins - *Piece of My Heart*

Connolly, John - *The Dirty South*

Cornwell, Patricia - *Spin*

Cussler, Clive - *Marauder*

Dodd, Christina - *Wrong Alibi*

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Gardner, Lisa - *Before She Disappeared*

Grippando, James - *Twenty*

Hauty, Chris - *Savage Road*

Horowitz, Anthony - *Moonflower Murder*

Kellerman, Faye - *The Lost Boys*

Krenz, Jayne Ann - *Fogg Lake Trilogy: All the Colors of the Night*

Moss, Tara - *The War Widow*

O'Donnell, Paraic - *The House on Vesper Sands*

Patterson, James - *Double Cross*

Preston, Douglas - *The Scorpions Tail*

Robb, JD - *Faithless in Death*

St. John, Katherine - *The Lion's Den*

Taylor, Brad - *American Traitor*

Woods, Stuart - *Hush hush*

NONFICTION

Gupta, Sanjay - *Keep Sharp: Build a Better Brain at Any Age*

BIOGRAPHY

Thompson, John - *I Came as A Shadow: An Autobiography of John Thompson*

LARGE PRINT

Steadman, Catherine - *Mr. Nobody*

Grisham, John - *The Reckoning*



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HERSHEY'S MILL NATURE GROUP PHOTO CONTEST

We all know Hershey's Mill to be a beautiful community abounding in nature but sixty photographers submitted over 300 photos to prove it. Our panel of nonresident judges had a difficult but enjoyable task of selecting the best in each of five categories—**Landscape; Birds;**

Mammals/Reptiles/Amphibians; Invertebrates; and Plants.

The Nature Group is happy to present some of the winners here and in future editions. These and more commended photos will be displayed on the Nature Group website over the coming weeks.

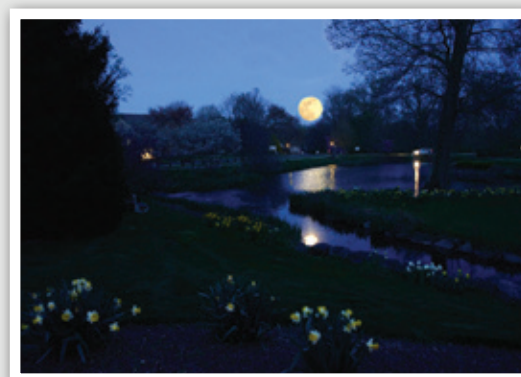
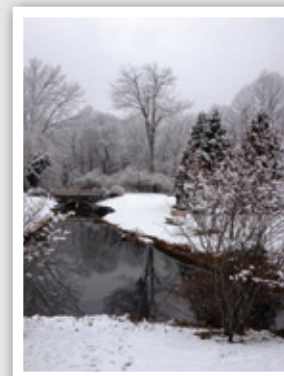
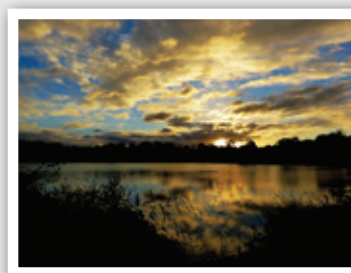
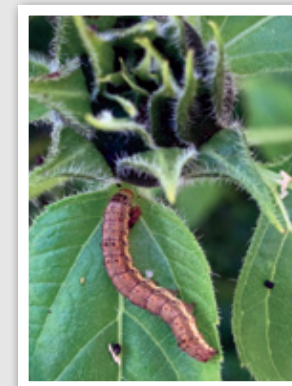
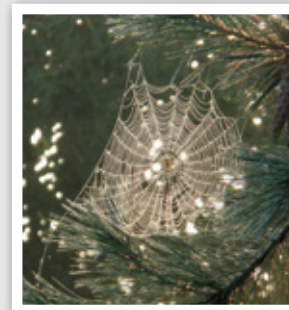
*Congratulate your neighbors,
look around and submit your entries for 2021.*

INVERTEBRATES Category

1ST PLACE Tiger Swallowtail Art Ramont - Jefferson

2ND PLACE Spider and Snow Mariann Smith - Franklin

3RD PLACE Caterpillar Lindsey Davis - Yardley



LANDSCAPE Category

1ST PLACE Springton Village Moon
Robert Coldwell - Ulster

2ND PLACE
Landscape Art Ramont - Jefferson

3RD PLACE Winter Landscape
Patricia Binnion - Kennett

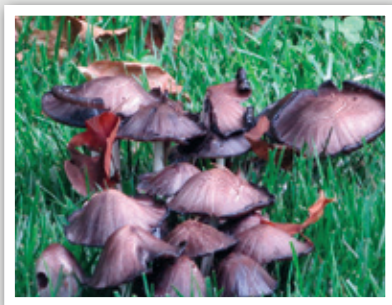
HMNG Photo Contest

PLANTS Category

1ST PLACE Iris Art Ramont - Jefferson

2ND PLACE Mushroom Linda Kane - Franklin

3RD PLACE Redbud Gail Habbersett - Eaton



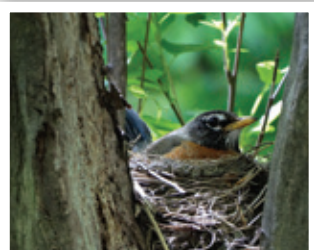
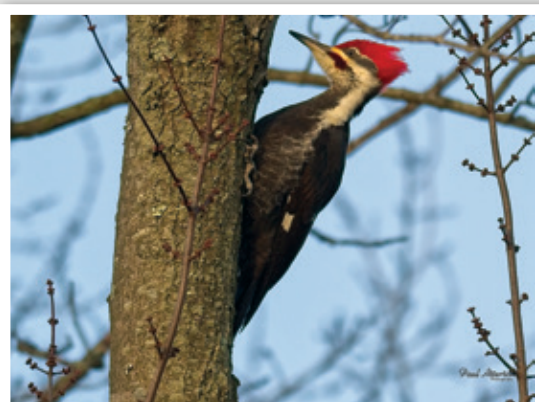
BIRDS Category

1ST PLACE Pileated Woodpecker

Paul Atterton - Jefferson

2ND PLACE Robin Rosemary Neary - Kennett

3RD PLACE Nest Jim Davis - Yardley

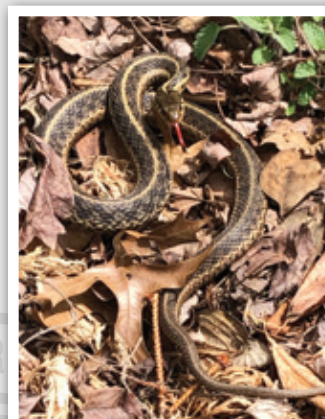


MAMMALS Category

1ST PLACE Fox Paul Atterton - Jefferson

2ND PLACE Buck Art Ramont - Jefferson

3RD PLACE Garter Snake Pat Burns - Quaker



On the Road Again...

with Jeff & Rosie Taylor | Princeton

It was the trip of a lifetime – 5 weeks in Australia, Tasmania and New Zealand. Jeff and I have been talking about this trip for years and set 2017 as our target to make it a reality. Being a planner, Jeff, together with our wonderful travel agent, started to map out all of the places we'd tour. First challenge – I'm not a tourist! When they started discussing touring Uluru, commonly known as Ayers Rock, a massive sandstone monolith, I took a deep breath and presented an alternative – play as many golf courses as we can in between touring. Anyone who knows Jeff would understand why this became a 'no-brainer'. The agenda was revised and we left with smiles on our faces!

We played 12 courses during our visit including some of the world's best courses. Our favorites were Barnbougle Dunes and Lost Farms in Tasmania, Kinloch in NZ, Queenstown, and Cape Kidnappers in NZ.

And yes, we toured, and I was so glad we did.

In Sydney, spots like the Three Sisters Mountain Peaks in Katoomba and the Opera House were breathtaking.

A coastal drive to Canberra presented two wonderful surprises. The Floriade, which happens only once a year, is an outdoor combination of our Flower Show and Longwoods Garden. Gorgeous. Another stop was the War Memorial. Most moving was

the Last Post Ceremony which commences at closing bidding farewell to the visitors by honoring all soldiers who sacrificed for Australian freedom, sharing the story behind one of the names on the Roll of Honour. This ceremony takes place every evening at 4:45, lasts approximately 15 minutes and is broadcasted.

If we were forced to choose one experience it would be the cruise to Doubtful Sound, NZ. Getting there was an adventure in itself. A 2-hour bus ride to Lake Manapouri, then a 45-minute catamaran to Manapouri followed by another 45-minute bus ride to the catamaran for a 3-hour cruise to our final destination, Doubtful Sound. Up through Deep Cove to Melaspina Beach, around Marcaciones Point, down through First Arm and Crooked Arm and back to Manapouri. The water was fairly calm until we got close to the Tasman Sea

and then we leaned left, then right, then left again with waves beating on the windows. When the sea finally calmed down, the Captain headed towards a fiord. On the way we saw seals, Fjordland Crested penguins and bottle nose dolphins that rode the white caps. When we arrived at the fiord, the Captain cut the engines and asked everyone to go up on deck, no cameras, no phones and no movement and just listen to the 'sound of silence'. Jeff and I agreed that this must be what heaven sounds like.

A night time up-close and personal tour with roos, koalas, platypus, dingoes, and wombats in the Bonorong Animal Sanctuary in Tasmania, unusual foods like Fairey Bread, Musk Sticks, Pineapple Lump and Witchetty Grub (don't ask), and various winery tours helped make this trip more than we ever expected and a lifetime memory.



Floriade



Animal Sanctuary



Doubtful Sound



War Memorial



Wine Tour



Coastal Drive

Parkinson's Disease Awareness Month

Kate Lindsay | Brighton

The National Institutes of Neurological Disorders and Stroke describes Parkinson's Disease (PD) which belongs to a group of conditions called motor system disorders that cause unintended or uncontrollable movements of the body. The exact cause of the disease is not known. As with many disease, heredity and environmental factors can influence the development of this disease. The diagnosis is made through evaluation of symptoms. It is important to involve the family and their observations when attempting to make a definitive diagnosis because we know early diagnosis can delay the most disruptive symptoms that effect quality of life. PD generally occurs in those age 70 and older but as we know with Michael J. Fox it can happen at a younger age. Earlier studies have reported that this disease is more prominent in women than men, but more recent studies show that men are at higher lifetime risk. So reported observations by many that they see more men having PD than women can support this research. Some people who receive the diagnosis of PD may have symptoms that are less



disruptive to their quality of life while others have extensive disability as the disease progresses overtime.

Generally, your primary Care Provider (PCP) will evaluate four symptoms in context to make a diagnosis because there is no specific test for the disease. Tremors are one of the symptoms, but these tremors have what is described as rhythmic back and forth movements. The second symptom involves muscle stiffness and can be described as a resistance to movement. As this stiffness continues the muscles are tense and can shorten. The family may notice that when you are asking the person to move, they become stiff but when the person is not asked to move, they may be able to get up and walk. This can make the family think that the person is looking for attention or is just being resistant to others, so try to

stand back and look at the bigger picture. The ability to perform routine tasks or movements is slow which is another symptom of the disease. As the person moves, you may see a change in posture which is seen as the body leaning forward and this can contribute to balance and falls. Other symptoms of concern can include difficulty swallowing or chewing which could lead to coughing and choking.

Since there is no cure for the disease at this time, there are medications that can help with the symptoms but as with other medications they do not always work effectively for everyone. You must develop a trusting relationship with the PCP and other medical providers to manage the symptoms. There are many foundations along with the National Institutes of Health

that are funding research for this disease. Some of the research supports exercise which may help decrease muscle rigidity and stiffness. As with many diseases a healthy diet and good nights sleep are also important. This disease is associated with daytime fatigue and when you are not fully alert along with the balance issues, falls can happen.

As I was reading about PD, I saw that caffeine intake has been associated with lower risk for Parkinson's Disease, so you can drink a moderate amount of coffee, tea, or cola but do not increase your amount now thinking you can keep Parkinson's away. As with many diseases, you are asked to decrease or stop certain activities or food, but drinking your coffee and tea is one thing that you can continue.

You Can Fix This: Part 4

Bonalyn Mosteller | Inverness Village

This is our last of four articles about physical challenges which we CAN do something about! Again, we thank Dr. Gabe Kresge, Kinetic Physical Therapy Clinical Director, for sharing his expertise with us.

This time of year, constant cold or quickly changing temperatures as spring nears can affect our bodies more than usual. Getting out of bed or bending down to pick up things can feel more achy or challenging. While changes in barometric pressure can influence what we feel in our joints, arthritis can make these aches worse!



continued

When it is cold, one of the most common body parts affected are our knees! In America, knee pain is the second most common cause of chronic pain and one-third of all citizens experience knee pain at some time in their lives. However, having evidence of arthritis in your knees does not mean that you must be in constant pain! Improving the flexibility of your leg muscles AND strengthening these muscles can reduce knee pain and improve function.

Two of the most common muscles that become tight and contribute to knee pain are your quadriceps and your hamstrings. Both of these

muscles cross your knee joint and when tight do not allow your knee / kneecap to move smoothly. Stretching these muscles daily can help to reduce knee pain and improve the quality of your movement. Conversely, strengthening these muscle groups will help to support your knee joints and may reduce the development of further arthritic changes. Perform these exercises as follows.

Hamstring Stretch:

While lying on your back, place a belt loop around the arch of the foot. Pull the leg into the air until you feel the stretch behind your thigh. Hold this stretch for thirty seconds. Repeat three times per leg.

Quadricep Stretch:

Lie on your stomach, and place a belt loop around your foot. Pull your foot toward your buttocks until you feel the stretch in the front of your thigh. Repeat each stretch three times per leg; hold each stretch for thirty seconds.

Long Arc Quad:

Sitting on the edge of a chair, kick your knee straight and hold the muscle contraction for five seconds before lowering your shin back down. Do three sets of fifteen repetitions for each leg.

Hamstring Curl:

Stand next to the edge of a counter-top or table so that you can hold on.

Bend your knee slightly and lift the other foot backwards toward your buttock. Hold the muscle contraction for five seconds before lowering your shin back down. Do three sets of fifteen repetitions per leg.

For those who would like more assistance improving flexibility, Kinetic Physical Therapy, a mile from HM, is offering one *FREE* 30-minute Kinetic STRETCH session to Hershey's Mill residents. Contact Dr. Gabe Kresge (gabek@kineticptpa.com) to take advantage of this great opportunity!

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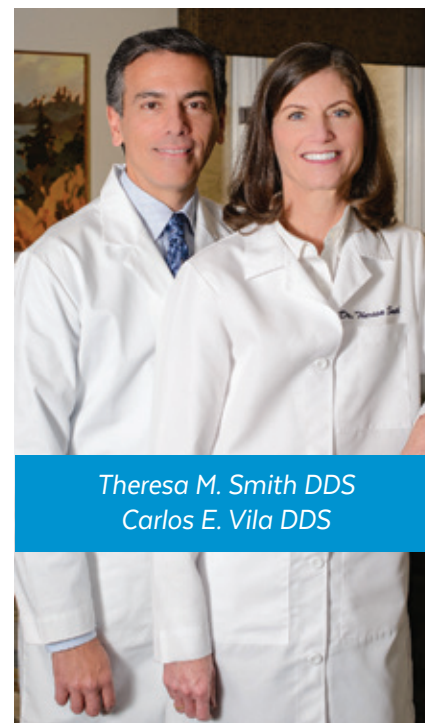
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Hershey's Mill Golf Club History

The Maturing Period

Ed McFalls

This is the third part in the series on the History of HMGC

In the early 1980s, while the nation's economy waited to begin responding to President Reagan's 30% income tax cut, home sales at Hershey's Mill ground to a halt and the community's lender, Fidelity Bank, decided to buy out the Crockett organization and brought in Bob Wooldridge to manage the development's recovery.

The first tasks in assuring the ultimate success of Hershey's Mill were not associated with the golf club, but had to be addressed. Existing home inventory in Chatham and Devonshire had to be sold, new models developed, some architectural adjustments made, warranty issues addressed, and the biggest task was to build a new Winter Storage Lagoon to increase the permitted capacity of the Green Hill Sewer plant to allow for continued development of the community. As sales began to blossom

into the mid-1980s through Eaton, Franklin and Glenwood Villages, new members began to fill HMGC. An interesting statistic that held true throughout the build out of Hershey's Mill was that about 30% of new home buyers joined HMGC as golf members, while only about 5% of resale purchasers joined. Knowing that he needed golf memberships to help sell houses for many years to come, Wooldridge closed the membership to non-residents in 1985.

Once the community's viability was insured, attention could be turned to the golf course. The fairway of #16 was the first to be re-built. Originally built with a crowned slope and almost no trees on either side behind the houses of Brighton and Chatham, plus a drainage ditch across the fairway in the landing zone, it was a genuine challenge to keep any ball hit off center from rolling out of bounds. The entire fairway was scooped out with mounds and bunkers built on either side. Trees were planted up and

An interesting statistic that held true throughout the build out of Hershey's Mill was that about 30% of new home buyers joined HMGC as golf members, while only about 5% of resale purchasers joined. Knowing that he needed golf memberships to help sell houses for many years to come, Wooldridge closed the membership to non-residents in 1985.

down both sides to help keep balls in play. As the years passed, severely sloped greens on Holes #2, 3, 6, 7 and 8 were all fully reconstructed to become more playable. Hole #2, which was originally a right angle dog-leg right par 4, was re-aligned to add the pond and tees closer to Mill Road and stretched into a par 5. Subsequently, tee complexes were re-built on #3, 5, 9, 10, 11 and 18, while new greens were also built at #5, 10 and 17.

In the late 1980s, the growing membership created pressure to expand and upgrade the clubhouse facility.

New walls starting going up in the fall of 1990, and the clubhouse closed after the Gala New Year's Eve celebration. Over the next six months, the Fairway Room was added; the banquet space was increased by 40% with a permanent bar added; one of the six hotel style rooms was demolished and became the bar lounge; another room on the other side of the hall was demolished to allow for a much larger entrance lobby with a fountain/waterfall; the kitchen was dramatically increased; and the lower level saw much larger locker rooms, new restrooms and enhanced storage. The clubhouse was expanded from 16,000 to 24,000 square feet and a grand re-opening celebration was held in July 1991.

As the developers were reaching the latter letters of the alphabet, Robynwood, Springton, and Troon, the membership reached its zenith at 378 full golf memberships. The Board convinced Wooldridge to agree to a lower maximum number of full golf memberships at 330.

In the final installment, we'll look at the last decade that brings us to the present.



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HMSG PRESIDENT'S MESSAGE

John DeVol | Princeton

Writing for a publication six weeks in advance is always tough. The winter of 2020-21 has ended and 2020 was the year we would all like to forget. My fond recollection of former April firsts was the beginning of spring sports. Sometimes cold and snowy, it was still usually a time to get out into the sunshine and become more active. Hopefully this spring will be the same with the start of pickleball and tennis, following along with bocce and shuffleboard play. We have great plans to enhance bocce, shuffleboard and tennis facilities. Welcome spring!

BIKE

Jeff Smith | Princeton

It seems a bit premature to be writing a Bike Club article in the middle of February with several inches of snow on the ground and an ice storm forecast for the weekend, but by the time you read this in April, winter should be in the rearview mirror. Bike Club sales of used bikes have been slow during the winter months, but with the approaching warmer weather, sales will hopefully resume. With that in mind, we are still collecting donated bikes as a way of raising money for the Hershey's Mill Sports Group. Anyone with a bike to donate should contact

BOCCE

Bob Walsh | Troon
Carroll Thompson | Princeton

In 2020, the bocce league consisted of 40 two-person teams split into five groups with each team playing the seven other teams in their group one time. The league season ran from June to Labor Day. Teams scheduled their own matches, and the commitment for each team was roughly seven hours over the summer. The top eight teams then entered a playoff, which determined the bocce champion.

For 2021, depending on Covid protocols, we hope to offer league play (signup announcement coming soon), village play including social nights, hot dog nights, open play, and clinics. For further information, please contact Bob Walsh or Carroll Thompson.

PADDLE TENNIS

Don Evons | Princeton

Well, if anyone had told me Paddle would revive to its present level, I would have said it may take a couple of years. We grew from 72 "passive" players to 92, of which 59 play on a regular basis. We had lots of play with the quality improving each week. We played six days a week, we sponsored three sets of clinics, sold a case of balls, sold all but eight of the donated paddles, and got new lights – just for starters. We even have a little money in the bank. Thanks go to the paddle committee made up of Jane who is charge of Night Owls and communications; Jim and Bray for the clinics; Nancy for communications and spectator (*she broke her ankle in fall*); Seth for organization; and Don as

administrator. Lest we forget those who organized groups; Bill, Janet, and Arlene, to name a few.

Even though the winter season is over, the paddle association has introduced a summer ball. We will see if there will be interest in playing year round. All this happened during the Covid restrictions and the closed warming room. Just think of what next fall may bring if the restrictions are gone! Look for the 2021-22 plans in the October 2021 *Guide and Digest*.

PICKLEBALL

Tom Fant | Yardley

Ah spring; shorts and tees are de rigueur. The PickleBall Nation is anxious to "open up" with regular times, Opening Day clinics and our popular P & P evenings (PickleBall & Pizza) each month, but the dreaded Covid 19 has to ease up.

The pickleball rulers, Jack Hamilton and his committee are grateful to Dave Nagurney, Jim Devine, Lisa Groff, Dawn Kowalchuk, Lynn Mander and the others who shared their reserved time, so that we could keep up some level of play. By wearing masks, distancing and keeping conversation short, the Nation's 2021 winter was bearable.

By now you have heard of the two new pickleball rule changes for 2021: 1. drop serve option and 2. "play on" net chord serve. One of our newer players, Polly Gable, has made a very helpful adjustment to the "drop".

We also discovered a couple of talented photographers in the Callahan family, who provided a neat winter paste up for our Nation.



Photos (taken by the Margaret and Kevin Callahan) after the pickleballers dug out of approximately 7 inches of snow in early February. Top: Mike Gibson of Jefferson going after a low bouncer. Bottom: Cousins Megan Doubet of Kennett and Elizabeth Guilday of Franklin as a formidable pairing.

SHUFFLEBOARD

Roseanne Havird | Devonshire

With the arrival of spring, you will once again see HM residents playing shuffleboard. Organized play

continued

Sports Group (continued)

occurs on Wednesday and Saturday at 9:30 a.m. All are welcome to join us. The courts are also open daily for play with friends and family. To ensure that courts will be free when you arrive, go to www.hersheysmill.org, click on "HMSG ROCO Court Reservations" and fill in the hours you want to reserve the courts. Shuffleboard equipment is in the storage shed, the rules are on the back of the score board and chalk with erasers are provided. Have fun!

TENNIS

Dave Clewell | Robynwood

Happy spring! It has been a long winter, so let's think about tennis this season and sunny days ahead. We have

several tennis programs this year like Round Robin/Drop In tennis on Monday, Tuesday, Thursday and Friday at 3 p.m. We also have Round Robin in the morning Monday through Saturday. All are welcome. The women have round robin Monday and Friday at 9 a.m. You can sign up for your own court by going into the ROCO reservation system at www.hersheysmill.org. You can also contact me at

or
com with any questions you may have about tennis and we can add you to my players list. We send out an email each day inviting you to play. Look forward to seeing you on the courts.

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Volunteerism

Rosie Taylor | Princeton

We're so fortunate to be living in Hershey's Mill. Our community offers so many benefits – the people, the environment and, of course, the variety of things to do to keep us healthy and active. Since March 2020, the pandemic put the brakes on many activities both inside and outside our community. There's an old saying that 'necessity is the mother of invention' and for the last 12+ months we've been inventing or at least, trying to figure out how to do 'the old' using 'new ways.' Case in point – the women's pinochle group. In lieu of playing together, they play via a site called Trickster! Thanks to the volunteer who tuned us into this.

Like any horrible situation, this too will pass and we will all get back to 'normal.' While we were struggling

through these tough times, many wonderful volunteers are doing their best to keep us informed, entertained and active. Why? Because they care, they're passionate about what they do and they love the feeling it gives them when they give back to us.

Hershey's Mill offers many opportunities to become involved. For example, the monthly Digest & Guide is always looking for volunteers to contribute. Writing articles, contributing recipes, conducting interviews, maintaining the database and updating the Resident Directory are just a few ways. Into production and the media? The TV Station (channels 970 & 971) is always on the lookout for talented people who want to share their knowledge and expertise.

Here at the Guide & Digest, one question we're usually asked is 'how much time do I need to commit to?'

Our answer – as much as you want! After all, this is fun – not another job!

Besides the Guide & Digest and the TV Station there are dozens of committees and groups who would benefit from your time, energy and knowledge. VOLUNTEER TODAY and become a part of the Hershey's Mill Volunteer Team.

You may ask yourself - "Is volunteering for me?" The answer is probably YES because of the dozens of reasons – here are just a few:

- Help others
- Make a difference
- Find purpose
- Connect with your community

- Feel involved
- Use your skills in a productive way
- Develop new skills
- Meet new people
- Explore new areas of interest
- Meet good people
- Expand your horizons
- Get out of the house
- Make new friends
- Feel great about yourself

You just need to find the reason that feels right for you and whatever your reason, know that volunteering can transform your community, and the world around you.



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Maria Edwards | Ulster

Happy Easter and happy Spring! Our annual deep spring cleaning has been completed. We continue to comply with Covid-19 restrictions to keep everyone safe. We are open at 50% capacity for indoor dining with masking, except when eating and drinking. We are serving a maximum of ten people for private parties and serving alcohol until 10 p.m. We are not sitting anyone at the bar at this time.



Are you enjoying dining more with improved music entertainment? We have switched our sound system to a digital system using the existing speakers. We hope you are enjoying this improved ambiance while dining at the club.

A new addition to our list of events is "Chop Night", originally Steak Night. The first one is scheduled for April 15. Starters will be available at an additional cost. Our menu includes salad and entrées of the following; filet, porterhouse steak, lamb, pork, chicken, salmon, crab cakes, lobster tails and dessert. Look for more information on our website as ideas may change per our chef, Lenny. Please remember reservations are necessary. We have also added breakfast

items to our lunch menus on Sunday served from 11:30 a.m. to 2:30 p.m.

Stay tuned for more improvements with new menus and beverage choices. Lots of good discussion is happening to make our club the place you want to be.

Wishing everyone a **HAPPY EASTER** and a springtime season full of new beginnings!



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More on Ad Blockers

Don Trauger | Kennett

Previously I wrote an article on ad blockers for the December 2020 Guide & Digest. Although I mentioned ads and malware being blocked, I didn't explain what type of malware can lurk at websites. Assuming that you have an anti-virus program installed, it will first check the website's address before allowing you access. Once it checks the site's address and it's safe, its job is done and the site's page begins to become visible on your computer. Seconds later the ads will appear and the page fills out to completion. Without an ad blocker in use you get everything the site wants you to see. However, with an Adblocker in use, you will not only block ads you will also block the ads that may contain malware.

The term malware is an umbrella term for all sorts of unwanted or unneeded intrusions. The types of malware include familiar terms such as viruses, Trojans, key loggers and the like. The anti-virus may or may

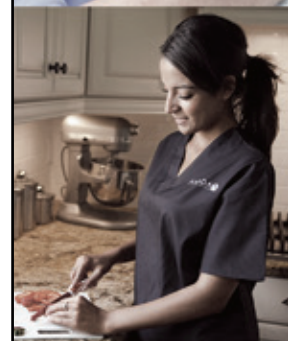
not protect you against incoming ads. Using an Adblocker prevents malicious ads from doing damage to your computer.

One type of malware that has been commonly appearing in HM computers is the type that has a visible message that says to call a certain phone number. It may even have audio. This message purports that you have malware or some sort of a serious problem with your computer. Often the message will show that it comes from a well-known tech company such as Microsoft. Of course you want to ignore any instructions it says to perform. Any program that suddenly appears that you did not **OPEN**, may be caused by a malicious ad. It's a SCAM. To get rid of it run a scan with Malwarebytes. You should also run a scan with your anti-virus program. Reboot the computer and rerun the scans again. Remember to never communicate with these hackers as they will do everything they can to separate you from your money.

Please read my previous December article here:

<https://hersheysmill.org/?s=adblock+plus>

Note: *Adblocker Ultimate*, mentioned in the December article, is not available for the Google Chrome browser.



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How to Clear Cookies from Your Phone (and Why You Should)

The following is a summary of an article published in Readers Digest by Leah Campbell, updated January 31, 2021.

Every website you ever visit takes up space on your phone in the form of cookies and cache. Here is what those terms mean, what cookies are used for, a website link to how to clear your cookies and why it's important.

Cookies are text files used to store information about you, such as a username and password, preferred settings, web activity, and more. Examples of cookies include your login information, subject preferences on a news site (including if you'll see business or sports loaded first), and your browsing history at your favorite online stores. Cookies also connect with targeted ads.

Your cache, on the other hand, stores page resources, including images, with the goal of reducing load time and improving user experience. If you previously visited a website and downloaded certain files before, the browser doesn't have to download them again, which makes the page upload faster.

What does clearing your cache do? Clearing your cache removes images and files from your device. If you surf the web frequently and visit a variety of websites, the cache can take over a



lot of the storage space on your device and be detrimental to its performance in the following ways:

Storage - Every website that you visit uses cookies and these take up storage space on your device. By clearing cookies you not only free up this storage space, but you also improve your phone's performance.

Improve Browsing Speed - By clearing cookies and cache.

Privacy - Cookies store your personally identifiable information.

Security - Cookies may be able to be used for identity theft if hackers gain access.

How often should you clear your cache? When you notice a slow down in performance, you should clear your cache. It's also important to keep in mind that every time you clear cookies, you'll be clearing all your saved passwords—which means you'll have to enter them again the next time you visit your favorite websites.

To learn how to clear cookies and cache on iPhone or Android or Chrome and third party apps please read the complete article at: <https://www.rd.com/article/how-to-clear-cookies-from-phone/> or by going to: <https://hersheysmill.org/resources/technology-committee/> and scrolling down to the articles section.

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Baby Boomers.....	hmboomers@gmail.com
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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.....
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Dominoes (Mexican Train).....	Sheila Di Croce.....
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Gardens (Community).....	Jim DiCarlo
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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.....
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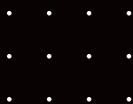
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