

OCTOBER 2021

# GUIDE — AND — DIGEST



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## Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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Telephone: 610-436-5922

E-mail: [hmctv@comcast.net](mailto:hmctv@comcast.net)

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## HMCTV Guide and Digest

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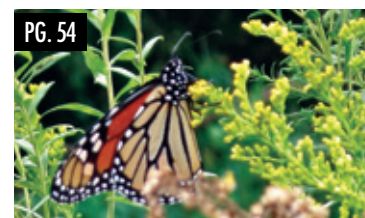
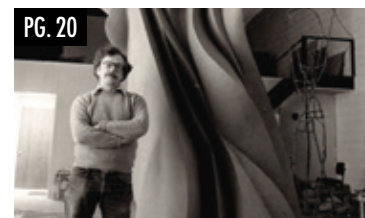
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All submissions welcomed; with rights retained by the owner. Send to [hmctvguide@comcast.net](mailto:hmctvguide@comcast.net), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), 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.



There have been significant volunteer changes at the G & D and in the future, the magazine will look different. While keeping the quality & integrity, we hope you enjoy the positive changes and the new direction.

Please send an e-mail to [HMCTVguide@comcast.net](mailto:HMCTVguide@comcast.net) with suggestions & comments.



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Cover Photo by Art Ramont - Jefferson  
2nd Place HMNG Photo Contest Winner  
(Mammals Category)

## Marc Fraser | Director of Security

The Security Department has been assisting an increasing number of guests who (1) do not know the house address they are visiting, (2) attempt to enter Hershey's Mill by simply pulling up to a gate, especially delivery people, and (3) believe that using their cell phone to call a resident will give them access to Hershey's Mill.

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

To have your visitors and delivery people get to the correct gate for entry to the property, make sure they have the GPS address of 1500 Greenhill Road. Your home address may bring the visitors and delivery people to gates that does not allow access.

Below are the three means of guest entry, and the resident's role in each:

### GUEST GATE PHONE BOXES

The primary, and easiest means by which a resident's guest can enter Hershey's Mill is by using the guest phone boxes located at the North and Main Gate entrances. 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:

1. Use the guest phone box keypad to enter the house (address) number of the resident they are visiting.

- **They do not need to press any buttons other than the numbers necessary to enter the house number.** Unlike previous entry phones utilized by Hershey's Mill, there is no longer a requirement to put zeros before an address number. (i.e., a guest visiting house number 91 would enter only "91" on the keypad.)

2. WAIT – The guest phone box will dial the resident automatically.

**YOU** must:

1. 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, rather than the guest phone box.

2. 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

*continued*

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phone box will be inoperable; and all guests should be directed to come to the Main Gate.

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

#### 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 period. If expecting a visit from a guest who is on their guest list, the resident should:

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

#### DAILY ADMITTANCE LIST:

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

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

1. Call Security no more than a day or two in advance of their guest's arrival.
2. Be prepared to provide Security with their 4-digit ID number (the number the resident chose and wrote on their Resident Information form).
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.



MICHELLE AITKEN, DDS

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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.

Adlerstein, Alan  
& Susan

415 Eaton Way

Armstrong, Susan

817 Jefferson Way

Bond, David  
& Catherine

903 Jefferson Way

Curran, Katherine &  
Dolan, Richard & Meg

539 Franklin Way

Fabiani, John

129 Chandler Drive

Malarkey, Elizabeth

385 Eaton Way

Shirangi, Sy

375 Devon Way

Bucceri, Nancy  
(NEW PHONE #)

1259 Oakmont Court

O'Rourke, Mary Jo  
(NEW PHONE #)

1574 Vassar Court

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### PAOLI HOSPITAL AUXILIARY

*Karen Gibson | Jefferson*

Thursday, October 14th at 9:30 a.m. will be second meeting of the Hershey's Mill branch of the Paoli Hospital Auxiliary. With a growing interest to protect our finances and identity, Glen Pierson, VP of the Financial Center at Malvern Bank, will be speaking about *Scams and Frauds*. Our business meeting will review the upcoming activities that have been planned which includes the Tree of Stars and the Poinsettia Sale which occur in November and December. There will also be an opportunity for social networking. *Due to rising numbers with the COVID-19 delta variant, we are restricted from gathering in person so this meeting will be held virtually via ZOOM.* If you want more information about the Paoli Hospital Auxiliary OR about this October meeting and its ZOOM link, please contact Karen Gibson at

### MEDICARE ADVANTAGE PLAN OPTIONS

*Monday, October 18, 2021*

*Community Center*

Do you understand how Medicare Advantage plans work with your Medicare Part A and B? When was the last time you upgraded your Medicare Advantage Plan to a new plan offered during open enrollment? Medicare Advantage Plans have been through fundamental changes in the last 5 years and offer many plans with \$0 premium that are loaded with fantastic benefits. Join Catalyst Senior Insurance Solutions for an informative seminar on Medicare Advantage Plans and the benefits that have been

added to the plans recently. Rosemarie Dempsey will be the presenter. Rosemarie has been a Medicare Advisor for 15 years and a West Chester resident for 32 years. Event details: Monday, October 18, 2021, 4 p.m. in the Hershey's Mills Community Center by Catalyst Senior Insurance Solutions, 610-784-3483, Rosemarie Dempsey, Medicare Advisor.

### MEDICARE SUPPLEMENT PLAN OPTIONS

*Monday, October 25, 2021*

*Community Center*

Has your Medicare Supplement become increasing more expensive? Catalyst Senior Insurance Solutions will be presenting a seminar about Medicare Supplements and how they work with original Medicare. They will discuss possible solutions and strategies to decrease the premiums paid by you for the Medicare Supplements that have been in place for a long time and have exceeded a fixed income budget. Rosemarie Dempsey will be the presenter. Rosemarie has been a Medicare Advisor for 15 years and a West Chester resident for 32 years. Event details: Monday, October 25, 2021, 4 p.m. in the Hershey's Mills Community Center by Catalyst Senior Insurance Solutions, 610-784-3483, Rosemarie Dempsey, Medicare Advisor.

### MEDICARE QUESTIONS

*John Beardsley | Brighton*

Do you have questions about your Medicare coverage? Are you concerned about the cost of your prescriptions? Have your questions answered by joining us for an informational meeting on Friday, Novem-



Having fun at the concert in August

ber 5 at the Hershey's Mill Community Center from 10:00 a.m. to noon. The presenters will be Brighton Village resident John Beardsley and Joel Payton. Both John and Joel are licensed agents with United Healthcare and AARP.

Come prepared with your Medicare questions and learn how United Healthcare's 2022 Plans can benefit you. Questions or RSVP can be directed to John Beardsley at

### HERSHEY'S MILL CONCERTS IN THE PARK

*Jack Keeley*

*Director of Advertising-HMCTV*

This year 2021 marks the 15th year since Hershey's Mill Community Television has been bringing entertainment to the Mill in the form of 'Concerts in the Park'. With only one exception (guess which year) the concerts have been held in June, July, and August under the stars in the Golf Club parking lot. The 2021 season only featured 2 concerts since

the easing of Covid regulations came too late for a June concert.

For all new owners, the concerts are free, and we supply the chairs and entertainment. You can of course bring your own chairs, BYO, and even golf carts are welcome. We set up between 350 and 400 chairs facing the beautiful tree lined fairway of hole #1 and plenty of parking is available in the Club parking lot. Concerts start at 7 p.m. and run until about 8:30 p.m. with a short break. During the break, door prizes are provided by the Club, HMCTV, and the advertising sponsor, so you don't want to forget to get a numbered program from the volunteers handing them out.

Since the Club is open for dinner Sunday nights many people make it a real night out and have dinner at the Club, with no dishes to wash, then walk down the parking lot to enjoy the concert.

At the end of each concert, we evaluate the success utilizing attendance figures

*continued*

and comments from the audience. The most favored trend has been to oldy Rock N' Roll music but we still have music from the 40s to the 90s.

The July concert was held on the rain date and featured GoodFoot, a local band in their third appearance, with a new female singer. She and the band's renditions of Rock N' Roll songs from the 70's to the 90's thrilled the audience. The concert was attended by over 400 folks seated and 14 golf carts.

The August concert featured the Red Satins, a vocal Doo-Wop type of singers, accompanied by taped background music from the 50 and 60's. It was their first appearance and based on feedback from the audience they will be back in 2022. Both groups had many up and

dancing in the parking lot to the music.

The cost of putting on the concerts is born by HMCTV and partially offset by the sponsors. We thank our sponsors, for without their help the concerts would not happen. We also want to recognize our helpers and behind the scenes volunteers who helped with handing out programs, setting up and taking down chairs and taping the concerts which will be replayed later in the year on Channel 970.

### IGC CONCIERGE JEWELERS

We provide a wide range of jewelry services. IGC will be there to purchase the following items: finished or broken gold, silver or platinum jewelry items, gemstones, sterling silver flatware and sterling silver accessory pieces, fine timepieces such as Omega and Rolex, as well as coins. They also have a state of art service center to expertly repair your fine jewelry and fine timepieces. They also provide expert repair services for fine mantel, wall, or grandfather clocks. Some minor repairs and watch battery replacement can be done while you wait. Free jewelry cleaning and inspection is also available.

Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you any questions, please contact IGC at 610-876-6638, extension 20.

IGC Concierge Jewelers will be in the Community Center from 8:00 a.m. until 4:00 p.m. on the following dates for the remainder of 2021 and through July of 2022: October 14, November 18, December 16, January 20, February 17, March 17, April 21, May 19, June 16, and July 21.

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### Art Club

*Martha Hanson/ Franklin*

The artists from the HM Art Club are hard at work preparing for their next exhibit. We plan to unveil our new paintings at an Artist's Reception on Sunday, October 31st from 3 p.m. to 5 p.m. in the Community Center. Refreshments will be served. We welcome anyone from Hershey's Mill to come and enjoy the new exhibit and meet the artists. You may discover that your neighbor is a talented artist! If you are interested in exploring your own artistic side, the art group meets on Wednesday from 9 a.m. to noon in the Cove.

### Hand And Glove Canasta

*Jackie Germscheid | Eaton*

Canasta marathons filled many summer nights with friends in my youth. We couldn't get enough of it. The same is true of the canasta enthusiasts who play a version called "Hand and Glove" at the Cove every Thursday afternoon from 1 p.m. to 3 p.m. Win or lose, we laugh and celebrate the camaraderie. Come join us. Newcomers Welcome. Meet new friends and enjoy this fascinating game. For more information contact Jackie at

### Hershey's Mill Knitting Circle

*Ruth Schick | Chatham*

Life with COVID is so uncertain. As of this writing, it is still summer, and we are assuming that in October our knitters will be happily knitting as a group in the Paoli Room at the Community Center. If you are a knitter or crocheter, why not bring along your project and join our group. We meet every Thursday from 1 p.m. to 3 p.m. In addition to knitting and crocheting, when we can help, we are happy to

assist people with their knitting and crocheting problems. For information about the Knitting Circle, contact Ruth Schick at

### HM Book Club

*Carol Barkovsky | Eaton*

The HM book club will meet on October 14 on Zoom at 2 p.m. Sandra Harrelson will lead the discussion on the book *West with Giraffes* by Lynda Rutledge.

It's 1938 and The Great Depression lingers, Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in a custom truck to deliver the first giraffes to Southern California's San Diego Zoo. Behind the wheel is the young Dust Bowl rowdy, Woodrow. Inspired by true events, the tale weaves real-life figures with fictional ones, including the world's first female zoo director, a crusty old man with a past, a young female photographer with a secret, and assorted reprobates as spotty as the giraffes.

This book is part adventure, part historical saga, and part a coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late.

### HM Boomers

*Mary Kay Hagerty | Heatherton*

We are saying GOODBYE to the BOOMERS and HELLO to the MERRY MAKERS! We're changing our name to the Merry Makers, however, our goal is still to get together to have

*continued*

fun and make friends! Our first event will be our popular Halloween Party on Saturday night, October 30 at the Community Center. Our DJ is booked so be ready to dance. Save the date and look for details to come. You need to be a Merry Maker to attend our fun events, so come join us! A lifetime of membership is only \$10.00 per individual. All former Boomer members are already covered!

To join the Merry Makers, give your check, made out to the H.M Merry Makers for \$10.00 to Nancy Ames at 1231 Princeton Lane. You can deposit your check in a basket that will be by the front door. Please remember to include the following information: NAME, ADDRESS, EMAIL and PHONE.

We have several fun ideas in store, but we'd love to hear any ideas you have as well! Look for more information to come in the Hershey's Mill news.

### HM Nature Group

*Christine McCormick | Ashton*

The HM Nature Group hosted our first in person lecture by Dawn on White, corn snake, garter snake, barn owl and box turtle of the Indian River Environmental Education Center. We look forward to more including a talk on the Serpentine Barrens. The Serpentine Barrens subcommittee participated in a botanical walk with four local experts. Eight species of plants protected by the state were identified. The subcommittee and local volunteers undertook an invasive species clearing effort to protect this rare resource.

The Native/Pollinator Garden is thriving and so are the pollinators that it attracted this year. The subcommittee

is adding plants that are appropriate for fall planting. Visit and see the maturing garden as well as ideas for fall additions to your own. The 2021 Photo Contest is collecting entries in the areas of Plants, Invertebrates, Birds, Mammals/Reptiles/Amphibians and Landscapes. Capture the vibrant fall palette of blooms, leaves and fruits or try for the photogenic deer, foxes, and migrating birds. Send your questions and photos to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com). Watch the HMNG website for announcements of upcoming lectures and in person events.

### HM Photography Group

*Carol Poling | Oakmont*

The Photography Club is meeting in the Paoli Room on October 11th from 10 a.m. to noon. Discussion of photos and learning how to improve is a benefit to any photographer. We hope to participate in the Nature Group 2021 Photo Contest.

### Newer Users MAC Group

*Rene McNally | Devonshire*

On October 23rd, the fourth Saturday, we are continuing to meet on Zoom. Bob Barton and Nick Iacona will answer your questions about all your Mac devices. Check the website: [www.mlmug.org](http://www.mlmug.org) for links about both the Main Line Macintosh Users Group, which will also be on Zoom, in addition to the fourth Saturday Newer Mac Users Group. It's a great way to ask your questions and learn more about your devices from other user's problems. I will also send out the access information for the meetings to those on my email list. Contact me at \_\_\_\_\_ if you wish to be included on my list. Rene McNally is the contact in Hershey's Mill.

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## Hershey's Mill Golf Club

Maria Edwards | Ulster

October sets the fall table of pumpkins and spice, chrysanthemums, and harvest decorations. The colors of red, gold and orange emerge and paint the landscape here at Hershey's Mill. With crisp cool nights and daylight-saving time around the corner, we have many exciting events planned here at the club.

Starting in October, we begin our first 'Luncheon Seminar Series' on October 22, 2021. We are pleased and honored to showcase Bruce Mowday, a resident of Hershey's Mill and award-winning author. He has authored more than 20 books on history, sports, business, and true crime. His talk will feature his book; *Lafayette at the Brandywine: The Making of an American Hero*. This seminar is open to all residents. Registrations open at 11:30 a.m. with a buffet lunch served from 11:45 until 1:00 p.m. Mr. Mowday's talk will follow. The cost for the luncheon is \$25. Reservations should be made in advance via email to [smartin@hersheysmill.com](mailto:smartin@hersheysmill.com). Club members will be billed to their account, non-members will pay by check. Space is limited so register early! Copies of *Lafayette* and some

of his other books will be available for purchase. For more information and a list of his work, see [www.mowday.com](http://www.mowday.com). This event is sponsored by the Deb Dorsey Team, affiliated with Berkshire Hathaway HomeServices, Fox & Roach, REALTORS®.



**Dining / Club News:** Jackets are now required again in the Wooldridge Room, formerly the Fairway Room, on Saturday Evenings. A wine paring dinner is being considered for a date to be decided for November. Thanksgiving Dinner will be family style take-out meals as was done pre-COVID. Hours for dinning in will be changed and reservations will end earlier in consideration of the staff.

**YEAR END HOLIDAYS:** Brunches will be on December 5th, 12th, and 19th. The Club Holiday Buffet is scheduled for December 16th. Brunch with Santa will take place on December 11th. We have booked a DJ for New Year's Eve. More plans and details will follow.



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# Tim Duffield

Marie Knox | Merrifield

I learned about Tim from a friend who sent me a link to his website, [www.timothyduffield.com](http://www.timothyduffield.com). Tim Duffield is an artist, sculptor, and print-maker whose Troon home is adorned with his sculptures and beautifully framed prints.

Tim was born in Yorkshire, England in 1941. He grew up with two brothers and two half-brothers. He always carried plasticine in his pocket, making figures from it whenever he got the chance. When his older brother was checking out Cambridge, Tim said to his father, "I'm not sure if I want to go to university." He was very pleased to hear his father's response which was "Well you won't. You'll go to Art School." Up until that time he didn't know there was such a thing!

He attended the Leeds College of Art in England, was a lecturer in Sculpture at the Manchester College of Art and on a Fulbright Travel Grant came to teach at the University of Nebraska. It was in Nebraska that he met his current wife, Ann, with whom he is about to celebrate their fiftieth wedding anniversary. Tim and Ann have two successful sons.

Although he had to return to England after his Fulbright Travel Grant, he came back to Philadelphia in 1972 to attend PENN, earning a Masters in Landscape Architecture. His commissioned sculptures include: a World War II Memorial in Henry B DuPont Park in Wilmington, fountain sculptures for Mercer Medical Center in



Trenton and Schuylkill Park in Philadelphia, 'Jesus Christ' for Sacred Heart Hospital in Chester, and 'The Family' for the Sun Oil Company in Philadelphia. His complete list of commissions is too long to print, not to mention the many exhibitions, awards, and publications.

When the art world was slow, Tim did renderings for developers, so many that he was surprised to find when he moved into his house in Troon that it was a house he drew for Hovnanian. The previous owner had some of the original drawings of the house when it was first sold, and Tim recognized the drawings. This was his second connection to Hershey's Mill. They decided to move here because Ann's mother had also lived in HM.

Ann and Tim had a loft that they renovated in Center City Philadelphia and a home and studio in Bluff, Utah before they moved to Troon. They found combining two places into one to be a challenge and there are still boxes full

of sculpture and prints unopened! Tim has plans to build an exhibition space in the half of the garage they are not using. They enjoy the National Affairs Forum in HM and Tim belongs to the men's Chat and Chew group. Tim feels

that he has slowed down a bit with age, but the computer helps compensate for some of his limitations. He hopes to continue to create in his studio and even exhibit in his garage when he gets that project done.



Tim with his sculptures and beautifully framed prints.

'Jesus Christ' for Sacred Heart Hospital in Chester

'The Family' for the Sun Oil Company in Philadelphia



Rosie Taylor | Princeton

## Apple Crisp

### Ingredients

- 6 cups apple slices
- 6 to 8 oz. cream cheese
- 1 cup of milk
- 1/2 cup of sugar
- 6 walnuts crushed into medium to large pieces
- 1 cup brown sugar
- 3/4 cup flour
- 6 tablespoons butter or margarine

### Directions:

Line a buttered 9x9 inch-baking dish with apple slices. Blend cream cheese, milk and sugar and pour over apples. Sprinkle with nuts. Mix brown sugar, flour and butter until mixture is crumbly. Sprinkle over casserole. Bake at 300 for approximately 50 minutes.

## Rosie's Cheesecake

*This is a blue-ribbon winning cheesecake that is easy to make with great results!*

### Ingredients

- 1/4 cup margarine, melted
- 1 teaspoon cream of tartar
- 1 1/2 cups sugar
- 6 eggs, separated
- 16 ounces (a pint) dairy sour cream
- 19 ounces cream cheese
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 cup fine graham cracker crumbs – enough to cover the bottom and sides of the spring-form pan
- 1 can Cherry Pie Filling (optional)

### Directions:

All ingredients should be at room temperature. Butter 9" spring form pan, dust bottom and sides with graham cracker crumbs – set aside. In a medium bowl, add cream of tartar to egg whites, beat until foamy gradually adding three tablespoons of sugar – set aside. In a larger bowl, beat cream cheese until soft, add sugar, flour, sour cream, and salt. Add egg yolks, one at a time, beat thoroughly. Fold in egg whites and blend. Pour into spring pan. Sprinkle top with graham cracker crumbs. Bake at 325 for 1 1/4 hours or until firm. Turn off heat, open door, and leave in oven for 10 minutes. Remove, let cool (cake top will crack upon cooling). Top with Cherry Pie Filling or leave plain.



## Chocolate Chip Cookies

### Ingredients

- 2 cups (4 sticks) margarine, softened
- 2 medium eggs
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon water
- 3/4 cup firmly packed light brown sugar
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups raisins (optional)
- 12 oz. package semisweet chocolate chips

### Directions:

Beat softened margarine, brown and white sugars, vanilla, water and eggs in a large bowl until creamy and thoroughly blended. By hand, stir in flour, baking soda and salt until well mixed. Stir in raisins (optional) and chocolate pieces. Using teaspoon from measuring set, spoon dough onto cookie sheet. Allow 1 to 1 1/2 inches between cookies for spreading. Bake for 8 minutes at 375 until cookies are nicely brown. Makes 6 dozen.



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Please remember that the Guide and Digest may not reflect the most current information. The HM News that is sent to each resident via e-mail and the bulletin board on Channel 971 will be the source of up-to date information about the Bus Trips.

You can also view the information on [www.hersheysmill.org/activities/bus-trips](http://www.hersheysmill.org/activities/bus-trips).

## The Historic Mill at Anselma

**Friday, October 1, 2021**

**Cost: \$15.00**

**Departs: 12:45 p.m.**

**Contact:**

**Maurice Kring,**

The Mill at Anselma, a small, 18th century custom grain mill built in 1747, is probably the only surviving and functioning grist mill in the United States, with its fully intact, original, restored colonial-era power transmission. In 2005, the National Park Service designated the Mill at Anselma as a National Historic Landmark, which is one of only 2,600+ such sites in the United States today. The Mill at Anselma has designated October 1, 2021, as "Hershey's Mill Day." A free tour of the old mill and trails has been arranged, as well as a chance to observe grinding of wheat and/or corn.

## Penn State Football @ Beaver Stadium playing Indiana Hoosiers

**Saturday, October 2, 2021**

**Cost: \$40.00 (Bus Only)**

**Departs: TBD**

**Contact:**

**Marc Fraser,**

## Washington, D.C.

**Saturday, October 9, 2021**

**Cost: \$30.00 + Lunch**

**Departs: 8:00 a.m.**

**Contact:**

**Jayne Lytle,**

Join us as we experience the beginning of fall in our nation's capital! From vibrant foliage and waterfront views to family-friendly festivals and fabulous shopping, there's an endless number of things to see and do in the fall in D.C. Your time is your own to visit the many museums, monuments, or whatever you wish. Meals are on your own at one of the numerous restaurants in the area. Remember that many museums now require advance ticket purchase or free reservations. The free timed ticket requirement for the Smithsonian Museums has been removed for all but the National Museum of African American History and Culture. Masks are required in the Museums and on the bus. For more information or ideas, visit: [www.washington.org/fall](http://www.washington.org/fall).

## Delaware Park

**Monday, October 25, 2021**

**Cost: \$20.00 + Lunch**

**Departs: 10:15 a.m.**

**Contact:**

**Marc Fraser,**

Join us at Delaware Park for an exciting day at the races! Watch the horse

racing or try your luck at slots and table games. \$30.00 free slots play is given to everyone on the bus. Lunch is on your own.

## Brandywine River Museum - America's Impressionism Guided Exhibition Tour

**Wednesday, November 10, 2021**

**Cost: \$30.00**

**Departs: 1:00 p.m.**

**Contact:**

**Grace Reed,**

We will break into smaller groups with individual docents and will have time to explore other areas of the museum as well as the gift shop. To read the full description of the exhibit provided by the museum, visit [www.brandywine.org/museum/exhibitions](http://www.brandywine.org/museum/exhibitions).

## SERIES TRIPS

### Philadelphia Orchestra

#### Friday Matinee Series

**Cost: \$20 + Admission (per show)**

**Departs: 12:00 p.m.**

**Contact:**

**Priscilla Burt,**

Cost is for bus only. Riders should first call to ensure they have a seat reserved on the bus before you purchase your ticket. Tickets can be purchased by calling 215-893-1999 or online at [www.ticketphiladelphia.org](http://www.ticketphiladelphia.org). The performances include:

**Friday, October 22, 2021:**

Wagner's "Little Moonhead," Mozart's "Oboe Concerto," & Stravinsky's "Suite from Pulcinella" conducted by Susanna Malkki, with David Kim, Violin and Philippe Tondre, Oboe.

**Friday, November 5, 2021:**

Sermon and Mozart's "Symphony No. 40" conducted by Yannick Nezet-Seguin with Davone Tines, Bass-Baritone.

**Friday, December 3, 2021:**

Schubert's "Ninth Symphony" & Maz-zoli's "Sinfonia for Orbiting Spaces" conducted by Nathalie Stutzmann.

## 2021 - 2022 Walnut Street Theatre Series

### Thursday & Saturday Matinees

**(Thursday is Wait List Only.)**

**(Saturday has one seats remaining.)**

**Cost: \$275.00**

**Departs: 12:30 p.m.**

**Thursday Series Contact:**

**Jayne Lytle,**

**Saturday Series Contact:**

**Priscilla Burt,**

Cost reflects admission and bus fee for all five shows in the series per person which includes:

**Thursday 10/21/21 & Saturday 10/23/21: BEEHIVE - The 60's Musical"**

**Thursday 12/9/21 & Saturday 12/11/21: Disney's - "THE LITTLE MERMAID"**

**Thursday 2/3/22 & Saturday 2/5/22: Noel Coward's "BLITHE SPIRIT"**

**Thursday 3/17/22 & Saturday 3/19/22: "Sherlock Holmes' Adventure of the Speckled Band"**

**Thursday 5/5/22 & Saturday 5/7/22: "ON YOUR FEET" - The Story of Emilio & Gloria Estefan**

*continued*

## Bus Trips (continued)

### NOTES:

1. Prior to making payment, anyone who wishes to participate in a bus trip must first call the contact person to ensure that there is still room on the bus.
2. All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
3. To follow current CDC guidelines at the time of this writing, passengers will need to wear masks while on the bus. As CDC guidelines change, our rules for the bus are likely to change as well.
4. Trip payment checks should be made payable to "HERSHEY'S MILL HOA", sealed in an envelope (noting trip name and date), and placed in the maroon "Customer Service" mailbox next to the Security Center in the exit lane at the Main Gate.
5. Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.
6. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive at the Recreation Area parking lot 10 minutes early for boarding.
7. The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at

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



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## Garden Reflections

John Groch | Chatham

As fall approaches, many gardeners assume it's time to pull up spent plants and prepare beds for the winter shutdown. But some have learned to foster 'second growth'. Some summer crops, like tomatoes, green beans, kale, and chard can be pruned and cultivated to develop additional harvests weeks longer than expected. Of course, success depends on the weather, and an early hard frost can put an abrupt stop to such attempts to prolong the growing season. But devoted gardeners who choose to spend more time and energy in their gardens during the cooler months of fall stand a chance of reaping the prolonged benefits of later harvests.

This gives new meaning to second chances. One interpretation strikes close to home here in Hershey's Mill. Most of us are retired from careers that got us up in the morning and



Purple flower with a visitor

kept us going with engaging activities that gave us great satisfaction. Hopefully, we have turned to previously neglected hobbies or limited volunteer involvements and turned

*continued*



Marigold

## Garden Reflections (continued)



Coleus



Tomatoes until next year



Daisies

them into gratifying endeavors that can now occupy more of our time and effort.

Yet another type of second chance is one that we can extend to someone else, an adult child that has disappointed us or a former friend who did or said something that truly offended or insulted us. We might harbor hard feelings of resentment about a past event which continue to gnaw at us and severely challenge our ability to forgive, to offer a second chance. In the popular book, *Tuesdays With Morrie*, author Mitch Albom recounts the many lessons of his former teacher, mentor, and friend, Morrie Schwartz, who is dying of Lou

Gehrig's disease, ALS. Morrie warns Mitch about the crucial importance of forgiveness. He speaks of his resentment toward a friend who failed to visit Morrie's wife when she was in the hospital many years ago. He finally decided to look up this former friend to offer words of forgiveness, only to discover that the friend had died some years earlier. Don't make that mistake, Mitch, Morrie advises.

Our relationships, especially with family members and special friends, are what matter most. It's wise to offer that second chance. You never know what fruit it will bear!

Photos by John Groch

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Programs	October 1 - October 15 (7 p.m. show on October 15 will not be shown)			
<b>Hershey's Mill Nature Group</b> <i>With Edie Taylor &amp; Christine McCormick</i> Edie and Christine discuss how the Nature Group got started, what's the purpose of the group, and their 4 subcommittees: Bird Box Monitors, Birders, Native Plant/Pollinator Gardeners, and Serpentine Barrens Management. They also talk about their activities for the next year. 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.

<b>Movies</b> Noon & 8:30 p.m.	October 1 to October 8, noon <b>Field of Dreams (PG)</b> <i>Kevin Costner, James Earl Jones</i> If you build it they will come, uttered by a voice only an Iowa farmer can hear, launching an obsessive quest that includes a baseball diamond in his cornfield. [Run time 1h47m]
	October 8, 8:30 p.m. to October 15, noon <b>Of Mice and Men (PG 13)</b> <i>John Malkovich, Gary Sinise</i> A classic Steinbeck novel comes to life in this thoughtful adaptation. [Run time 1h50m]

24 hours/day channel 971	<b>Bulletin Board Times</b>
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	

**IMPORTANT NOTE:** The calendar will no longer appear in the monthly Guide & Digest due to the new calendar program that can be seen on the website on a daily basis. To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

Programs	October 16 - November 1 (7 p.m. show on November 1 will not be shown)			
<b>Adventure and Healing</b> <i>With Lynn Mander and Rod Heckman</i> Rod lost his wife in December 2019 and decided to set out with his dog Guinness on a voyage of adventure and healing on his boat, going from New Jersey to Key West. You can follow his blog at <a href="http://www.freedomkeywest2020.com">www.freedomkeywest2020.com</a> 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.

<b>Movies</b> Noon & 8:30 p.m.	October 15 to October 22, noon <b>The Brink's Job (PG)</b> <i>Peter Boyle, Peter Falk</i> Based on actual events, a gang of two-bit hoods and losers carries out a daring robbery of Brink's Armored Car offices. [Run time 1h43m]
	October 22, 8:30 p.m. to October 31, noon <b>The Last Tycoon (PG)</b> <i>Robert De Niro, Tony Curtis</i> F. Scott Fitzgerald's novel is brought to life in this story of a movie producer slowly working himself to death. [Run time 2h3m]

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](http://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*




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## Medicare Annual Enrollment

# The Medicare Annual Enrollment Period

Joe Murphy | Glenwood

*The Medicare Annual Enrollment  
Period Is 10/15/2021 to 12/7/2021*

*Implications For Most  
HM Retirees*

The Medicare Annual Enrollment period is open to all citizens aged 65 years and older. If you currently have one of the following Medicare products, you are well-advised to pay very close attention to the recent ‘plan change’ notices from your Medicare insurance vendors:

**Medicare Part D Prescription Drug Plan (PDP).**

**Medicare Advantage Plan with or without Drug Coverage.**

By CMS mandate, ALL plans listed above will ‘TERMINATE’ by December 31 of this year. In stark contrast to the above ‘terminating’ plans, all Medicare Supplement (aka Medi-gap) plans are referred to as “EVER-

GREEN” which means they continue in-force from year-to-year without the need for any interaction on the part of the policyholder.

Members of such ‘terminating’ plans can minimize the adverse consequences of this reality by doing their ‘comparison shopping’ by themselves or through the help of a licensed Medicare specialist. Each September, the insurer for your ‘terminating’ plan listed above will contact you and explain their substitute plan for the coming year. Concurrently, each September, all the ‘terminating’ Medicare Advantage & Medicare Part D plans release their substitute plans for the coming year to the public, allowing Medicare beneficiaries to do ‘comparison shopping’.

When you receive the particulars from your current plan about their substitute 2022 plan, you are left with the task of doing your comparison

*continued*

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shopping or simply accepting automatic enrollment into the substitute 2022 plan. Simply accepting automatic enrollment into the substitute 2022 Medicare Advantage plan can be disastrous. Without exception, the substitute 2022 plan will exhibit higher annual out-of-pocket costs through a combination of higher annual deductibles and higher co-pays.



For example, the Out-of-Pocket Max (OOP Max) for the 2021 Medicare Advantage PPO plans (with drug coverage) increased to an 'up to \$11,300' amount before the plan paid 100% of covered charges.

For the individual who needs extensive medical services, the 2021 'up to \$11,300' OOP Max is equivalent to paying \$941.67/month. This 'up to \$11,300' OOP Max amount does not include a PPO plan's health deductible (up to \$1500) or prescription deductible (up to \$500).

Also, there are often unwanted changes in the substitute Medicare Advantage PPO plan's Network of physician specialists & hospitals. In the case of accepting automatic enrollment into the substitute 2022 plan for a Medicare Part D Prescription Drug Plan, the common danger lies in a higher monthly premium; a higher annual deductible; the changing of the plan's For-

mulary of covered drugs and the placing of a Tier 1 or Tier 2 generic drug into a higher costing Tier.

*What can I do during the Medicare enrollment period?*

### DO YOUR COMPARISON SHOPPING!

There are benefits from the competitiveness of 60 major medical insurers vying for your business. Don't settle for automatic re-enrollment. You can decide to:

- Drop a Medicare Advantage Plan and return to Original Medicare with a Medicare Supplement plan and a Part D drug plan.
- Very carefully change from one Medicare Advantage plan to a different one.
- Change from Original Medicare to a Medicare Advantage plan.
- Change from one Part D prescription drug plan to another.

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## Classifieds

Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are subject to review/editing. Send submission to [hmctvguide@comcast.net](mailto: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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**FOR SALE** Full length Drapes, 90-inch,  
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drapes are beige color and vendor made  
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**FOR SALE** Chinese Oriental Rug,  
8' by 11'. Good condition, cleaned.  
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**FOR SALE** Vera Bradley Tote Bag,  
black quilted, brand new, tags still on.  
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with zipper closure. Asking \$100.00.  
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**FOR SALE** 2012 Kia Soul with 27,500  
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## Classifieds (continued)

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# Goblins, Ghosts, & Jack-o'-Lanterns

Rosie Taylor | Princeton

Halloween is a day dedicated to things that go bump in the night. Whether this is your favorite holiday or one you would rather sleep through, it happens every October 31 to the delight of children and adults alike. Ever wonder about this unique holiday? Here are some facts that might amaze you.

1. The holiday goes back more than 2,000 years. Halloween all started as a pre-Christian Celtic festival called Samhain held around the first of November. It celebrated the final day of the harvest and the crossing of spirits over into the other world.
2. Some Halloween rituals use to involve finding a husband. During the 18th century, ladies would follow Halloween traditions that would 'help' them find a romantic match. Accord-

ing to History.com, women would: Throw apple peels over their shoulder hoping to see their future husband's initials, competitively bob for apples at parties because the winner would be the first to get married, and stand in a dark room with a candle in front of a mirror to look for their future husband's face.

3. Immigrants helped popularize the holiday in the U.S. When the Irish fled their country in the 1840s due to the potato famine, they brought their Halloween traditions with them. By the 1920s, holiday mischief reached an all-time high. Some believe community-based trick-or-treating became popular in the 1930s as a way to control the excessive pranksters.

4. Sugar rationing during World War II halted trick-or-treating. After the rationing ended, the tradition grew

into what we're familiar with today. Candy companies started launching advertising campaigns to capitalize on the ritual.

5. After Christmas, Halloween is the second largest commercial holiday in the United States. According to the National Retail Federation, consumers have spent billions of dollars on Halloween!

6. We have the Irish to thank for jack-o'-lanterns. As the story goes, an Irish man named Stingy Jack tricked the devil and therefore was not allowed into heaven or hell, so he spent his days roaming the Earth, carrying a lantern, and went by 'Jack of the Lantern.'

7. Jack-o'-Lanterns were originally carved out of turnips, potatoes, and beets and originated in Ireland. Once Halloween became popular in America, people used pumpkins to carve their jack-o'-lanterns.

8. Illinois produces up to five times more pumpkins than any other state. The Land of Lincoln has more than 15,000 acres devoted to gourd growing, according to the United States Department of Agriculture. Those Illinois farms typically grow more than 500 million pounds of pumpkins annually.



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T. S. Eliot

The library continues to process new books, so it is a good time to stop by to pick up one of the new, best sellers.

We will have a Used Book Sale for 2020 – 2021 books within the library. Beginning on Saturday, October 23, from 10 a.m. to noon and the sale will continue during normal weekday library hours 10 a.m. to 2 p.m. until supplies run out. Each book is priced at \$5.00. Remember other books are also for sale from our book cart for \$2.00.

We anticipate the return of our Book Basket Raffle in late November. This event has proved to be very popular among library patrons. We will publish dates when plans are finalized.

## NEW BOOKS

### FICTION

Atkins, Ace - *The Heathens*  
 Benedict, Marie - *The Personal Librarian*  
 Blau, Jessica - *Mary Jane*  
 Brown, Sandra - *Blind Tiger*  
 Chiaverini, Jennifer - *The Women's March*  
 Colgan, Jenny - *Sunrise by the Sea*  
 Constantine, Liv - *The Stranger in the Mirror*  
 Davidson, Ash - *Damnation Spring*  
 Edmundson, Lauren - *Ladies of the House*  
 Ferguson, Sarah - *Her Heart for a Compass*  
 Halperin, Hannah - *Something Wild*  
 Harmel, Kristin - *Forest of Vanishing Stars*

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**Angela Linden 610-696-5374**

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Harrelson, Frank - *Twisted Fate*  
 Heaberlin, Julia - *We Are All the Same in the Dark*  
 Heller, Miranda - *Paper Palace*  
 Ha Jin - *A Song Everlasting*  
 Jones, Sandie - *The Guilt Trip*  
 Joshi, Alka - *The Secret Keeper of Jaipur*  
 King, Stephen - *Billy Summers*  
 Massey, Sujata - *The Bombay Prince*  
 Maynard, Joyce - *Count the Ways*  
 McConaghy, Charlotte - *Once There Were Wolves*  
 McMorris, Kristina - *Sold on a Monday*  
 Moreno-Garcia, Silvia - *The Beautiful Ones*  
 Murphy, Julie - *If the Shoe Fits*  
 Ohlin, Alix - *We Want What We Want*  
 Reid, Taylor Jenkins - *Malibu Burning*  
 Rodenberg, Margaret - *Finding Napoleon*  
 Rutledge, Lynda - *West with the Giraffes*  
 Tanabe, Karin - *A Woman of Intelligence*  
 Van Booy, Simon - *Night Came with Many Stars*  
 Wood, Tracey Enerson - *The War Nurse*

### MYSTERY

Coulter, Catherine - *Vortex*  
 Feehan, Christine - *Murder at Sunrise Lake*  
 Freeman, Brian - *The Bourne Treachery*  
 Hirahara, Naomi - *Clark and Division*  
 Jackson, Lisa - *The Third Grave*  
 Johansen, Iris - *The Bullet*  
 Kupersmith, Violet - *Build your House around My Body*  
 Lansdale, Joe R. - *Moon Lake*  
 Lippman, Laura - *Dream Girl*  
 Lapina, Shari - *Not a Happy Family*  
 MacNeal, Susan Elia - *The Hollywood Spy*  
 Miranda, Megan - *Such a Quiet Place*  
 Newman, T. J. - *Falling*  
 Paris, B. A. - *The Therapist*  
 Patterson, James - *The Shadow*  
 Reichs, Kathy - *The Bone Code*

Silva, Daniel - *The Cellist*  
 Slaughter, Karin - *False Witness*  
 Taylor, Sarah Stewart - *A Distant Grave*  
 Taylor, Sarah Stewart - *The Mountains Wild*  
 Thor, Brad - *Black Ice*  
 Todd, Charles - *An Irish Hostage*  
 Walker, Martin - *Coldest Case*  
 Woods, Stuart - *Class Act*

### NONFICTION

Walters, Ryan S. - *Apollo I: The Tragedy That Put Us on the Moon*  
 Wright, Laurence - *The Plague Year*

### BIOGRAPHY

Donner, Rebecca - *All the Frequent Troubles of our Days*  
 Johnson, Katherine - *My Remarkable Journey*





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## EXCERPTS FROM The Greatest Generation

Anne Krepacki | Devonshire

September's edition of the Guide and Digest carried Part 1 of an interview Anne conducted with Joan Marchetti, Gino Marchetti's wife, a resident of Devonshire. This is the second story appearing in Anne's periodic series *Excerpts from the Greatest Generations*.

The following is Part 2 and the conclusion of that interesting interview.

**Anne:** Your husband went from war hero to a hero on the football field. How did he end up pursuing a football career after the war?

**Joan:** It was almost an accident, perhaps serendipitous, how he ended up playing football! Gino was out driving in his hometown of Antioch, CA, and as he was arriving home, he saw a car he didn't recognize in the front of their house. There were two recruiters there from Modesto Junior College in Modesto, CA, they were there to talk to Gino's younger brother. But when they saw Gino, he's 6'5", they said "Hey, you look like you'd be a good football player. Why don't you come along, too?" and so he did. His brother ended up coming back, but Gino stayed. From Modesto, he was recruited to University of San Francisco (USF). A great story about his time at USF was the year that they went



undefeated. Despite being undefeated, they ended up being *uninvited* to a bowl game when they said they would not play without their black players. They were a team, and they were not going anywhere without the full team! When he entered the NFL draft, he went very early in the second round. I guess you could say 'the rest is history'. He played 14 years with the same team, the Baltimore Colts. In 1958, they played the championship game that is often called 'the greatest football game ever played'. He was drafted into the Football Hall of Fame in 1972. Today he's considered to be one of the

*continued*

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top defensive ends ever and is part of the NFL's 'Centennial Team' – the 100 greatest football players to ever play the game. But I have to mention how grateful he always was for those two recruiters and what they did for him. He always stayed in touch and would do anything for them.

*Anne: How were the honors bestowed when your husband was selected as one of the 100 greatest players?*

*Joan: The selection took place just before my husband passed away at the age of 93 in April 2019. So, at the following Super Bowl, Super Bowl LIV, which took place in Miami, I was invited to attend. There was a*



special presentation that took place at the game. I received the Red Jacket that was presented to all of the '100 greatest', along with a plaque. It was an amazing celebration, and I was so happy to see Gino be a part of it. And, of course it was wonderful to be able to be there and see him recognized in front of the whole world as one of the greatest! I was so proud to be there and represent Gino. It truly is a beautiful tribute and can be watched on YouTube here: [NFL 100 ALL Time Team Special Presentation Super Bowl LIV - YouTube](#).

*Anne: What little-known fact about Gino would you like people to know?*

*Joan: He was a 'gentle giant'. He might've been a 6'5" football player, but he was a very kind and loving person. And he was very generous with his time.*

Anne believes that everyone has a story to tell and would like to encourage anyone who's interested in getting their story told – whether about a family member or a friend, who is or was a part of 'The Greatest Generation' – to please feel free to contact her via email at



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# Tune Up those Tendons!



ity level or can develop due to a loss of strength in the muscle.

As fall and then winter curtail our ability to exercise outdoors, it is a crucial time to give extra attention to working our tendons so that we they are less likely to be strained when spring activity

**Bonalyn Mosteller | Inverness Village**

This month we focus on yet another part of our bodies which needs not succumb to severe degeneration as we age. This is another body part that can, with effort, be kept healthy so that we don't lose functioning. In this article we focus on keeping our tendons strong and flexible. This month we are again grateful to Dr. Gabe Kresge, clinical director at Kinetic Physical Therapy, for writing this article. Here's Gabe.

"As we age it is not uncommon to experience increasing bouts of painful tendonitis. Tendonitis refers to an inflammation of a tendon which is the part of a muscle that attaches the muscle to the bone. Tendonitis can occur for many reasons but primarily occurs due to an increased demand on the tendon. This can come in the form of overuse, a change in activ-

again gears up. If our tendons are not 'ready' for new activity levels involving a significant increase in steps and/or walking on uneven terrain, Achilles' tendonitis of your calf muscles is more likely to occur because without exercise, tendons become tighter or weaker over the winter.

The question becomes this: How can we avoid these nagging injuries and remain active at the same time? The answer is that we need to move *in numerous ways* to challenge our bodies year around. The less we move, the more our tissues adapt to being in a sedentary position.

We are kidding ourselves, however, if we think that walking itself is sufficient to keep our tendons flexible and strong. We need to incorporate full body movements into our routines. This can come in the form of hobbies such as woodworking, gardening,

yoga, pickleball or golfing. The focus needs to be on mixing and matching activities and hobbies that challenge *different parts of your body*.

Lastly, challenging your body with 'load' is vital to keeping your tendons healthy. By 'load' I mean challenging your muscles by lifting weight. Weightlifting increases muscle strength, muscle size and encourages your body to produce collagen, which is crucial for tendons. As a rehab professional, I always incorporate weight training for diagnoses such as muscle

tears, bursitis, and tendonitis daily.

You can creatively find ways at home to increase 'load' through the winter. Try lifting soup cans if you don't have weights or squeeze a tennis ball to work your hand tendons. While watching TV, much weightlifting can be done with arms, legs, hands, etc."

If you have questions about the information Dr. Kresge has explained, he is happy to answer them. Give him a call: 610-430-3545.

## Dental Health

**Kate Lindsay | Brighton**

The adage of, "where did all the time go" can be used with Dental Health during October but it would be, "where did all the teeth go". We know that we start with 32 teeth and as children could not wait until we got our "permanent teeth" because we would be getting money for our baby teeth from the Tooth Fairy, not realizing the work to keep these permanent teeth. The immediate gain of money versus the ongoing work to keep ourselves healthy will be a common theme for the rest of our lives. Recent statistics show that by the time we reach 65 years of age we have an average of 93.25% of our original teeth and by 75 years of age we have 92.70% remaining.

Periodontal disease is caused by infection and inflammation of the gum area and it affects the bone that supports our teeth. When you see bleeding



*continued*

during brushing, swelling and redness of the gums, it may be gingivitis which is the early stage of gum disease. When the gum disease progresses it is called periodontitis which causes the gums to recede from the teeth, leading to bone loss, and loose teeth. As the CDC reports, even though periodontal disease has decreased since the 1970s, it is still the most prevalent type of dental disease for adults affecting 70.1% of adults over age 65.

Some risk factors include smoking, stress, certain medications, diabetes, poor previous dental care or inadequate current oral health practices. The warning signs include bad breath that cannot be controlled, red, swollen, sensitive, or bleeding gums, pain when chewing, loose teeth, or change in your bite.

The Mayo Clinic recommends that prevention is most important to maintain good oral health to remove the bacteria that causes gum disease. Brushing at least twice a day with a soft-bristled brush and fluoride toothpaste along with daily flossing. You should use a mouthwash to remove particles after brushing and flossing. Remember to

replace your toothbrush every three months or when brush shows wear or damage. Regular dental appointments with your dentist are a part of your prevention plan. Other important actions you can take for good oral health include a healthy diet with an increase in fruits and vegetables.

Oral health has risen in importance in recent years, as researchers have discovered a connection between declining oral health and underlying systemic conditions. It turns out that a healthy mouth can help you maintain a healthy body. According to the Mayo Clinic, oral bacteria and inflammation may be associated with heart disease. Bacteria can spread from your oral cavity to your bloodstream, causing Infective endocarditis. This is a life-threatening infection of your heart valves. Your dentist may suggest you take antibiotics as a preventive measure before they perform any dental procedure that could dislodge bacteria in your mouth.

Prevention includes regular dental visits for cleaning and exams and regular visits to your Primary Care Provider for good health.

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# Riparian Buffers - Nature at Work

Christine McCormick, | Ashton

Most everyone has heard that “Beauty is in the eyes of the beholder” as Plato famously observed. But in considering nature, Hume’s later declaration “Beauty in things exists in the mind which contemplates them” is more appropriate. This is especially true in viewing the gray, drab brown winterscapes that are on the horizon. It is not only the memory of spring splendor but the understanding of the value these functioning habitats have in creating our world that renders them beautiful. The naturalized riparian buffers of the Hershey’s Mill ponds are a prime example of unruly brown rugged scenes that are enhanced in appearance by considering their functions in protecting water quality, providing sustenance to all levels of wildlife as well as by remembering the glamorous blooms of spring and summer.

The pond edges have been maintained or in some cases restored to natural riparian buffers including aquatic vegetation, herbaceous edge growth and forested areas. Floral displays range from the water’s edge pickerel weed and iris to the higher cardinal flower, milkweed, asters, joe pyeweed, New York ironweed, jewelweed, and goldenrod as examples. These plants provide nectar for pollinating insects—flies, bees, wasps, butterflies, moths—and hummingbirds. They provide food for larvae of these same insects. Goldenrod has been designated a ‘keystone species’ by Doug Tallamy in recognition of the number of species it supports.

As flowers turn to seed, the buffers provide food for both resident and migrating birds and for small mammals. They provide shelter for these foragers as well as for overwintering



Goldenrod - Linda Kane, Jefferson

insect larvae and pupae. Year-round, fish, aquatic insects and frogs hide among these plants where shore birds including the Great Blue Heron, Great Egret, Little Green Heron, and sandpipers can be seen hunting. An occasional fallen log provides a basking platform for turtles.

The dense unmown buffer also protects the pond and downstream water quality by reinforcing banks and filtering runoff reducing the storm flow of sediment and associated chemicals. The golf course and landscape experts of Hershey’s Mill Landscape Division responsibly minimize application of



Jewelweed - Linda Kane, Jefferson

fertilizer and turf management agents. The buffers are an integral part of that water quality protection program.

Geese, like golfers, love the short grass and eschew the rough. The naturalized buffers deter geese from grazing on the pond banks and landing in the ponds. This helps keep the Hershey’s Mill population in check. For more information and great pictures, take some time to watch an interview with Bruce Foreacre on HMCTV (Search the archive on HersheysMill.org for the July 1, 2020, program on Ponds).



Great Blue Heron in pond buffer - Ann Lane, Franklin



Pickerel Weed - Linda Kane, Jefferson

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# Desserts...Yum

Rosie Taylor | Princeton

Jacques Torres is a French pastry chef and chocolatier. Torres is a member of the International Culinary Center community, Dean of Pastry Arts and the originator of the quote, "Life is short. Eat dessert first." Boy, did he know what he was talking about!

October 14 is National Dessert Day. A day when everyone should allow themselves to indulge in their favorite sweet treats. If for one reason or another, you've been avoiding desserts, this is the perfect day to treat yourself to a gooey brownie, a crispy donut, or a large scope of Rocky Road ice cream...with sprinkles.

The origins of this holiday in the United States are unknown, but it is no wonder that someone would come up with the idea to create a special day to celebrate desserts. The first record of the concept of dessert dates back to the 1600s in France. The word dessert actually comes from the French word 'desservir' which means 'to clear the table' and refers to the last part of the main meal that would be served after all the other dishes had been removed from the table. Originally, this meal did not consist of a specifically sweet dish, however, at the time, chefs often added sugar to their savory dishes which would be served last. With

time, this last dish of the meal started being a sweet treat, such as cake or mousse.

For many people, desserts are important because they bring them happy memories, of baking with mom, or going to grandma's house to eat her famous pies. Desserts can also be family heirlooms, as recipes are passed down through generations.



Desserts grew in popularity in the United States in the 19th century, with Boston cream pie and key lime pie being named the two favorite desserts in America. Over the years, the first and second place titles have been held by many new 'most favorite' deserts. Some have even received the title of an American 'classic'.

## Drum roll please...

According to various 2021 sources, the ten most popular desserts in the United States are:

- Cheesecake
- Cupcakes

- Jell-O (yes, you read correctly!)
- Carrot Cake
- Apple Pie
- Ice Cream
- Brownies
- Chocolate Chip Cookies
- Chocolate Cake
- Fudge

Here's a special treat just for you... check out this month's recipes for three all-time dessert favorites. Enjoy!



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# Hollidaze

Scott Burkhart | Inverness

It's August 10th and I'm sitting down to write a story for October's digest when Alexa tells me it's National Lazy Day. After honoring the nation by doing nothing yesterday, I was inspired to research the national holidays we can all look forward to in October. Here is what I found:

**Oct 2:** National Produce Misting Day: let's all go to Giant's produce section and watch them mist the lettuce.

**Oct 4:** Cinnamon Bun Day: wonder who sponsored this?

**Oct 5:** National Do Something Nice Day: maybe the powers that be should expand this day to encompass the whole year. That sure would be nice.

**Oct 7:** Chocolate Covered Pretzel Day: I'm celebrating now

**Oct 8:** Fluffernutter Day: does anyone know what this is?

**Oct 9:** National Moldy Cheese Day: I'm pretty sure I have some cheese celebrating in the back of my fridge somewhere.

**Oct 11:** National Kick Butt Day: tennis, pickleball, paddleball, bocce, horseshoe, shuffleboard, and corn-hole players: give it your all.

**Oct 14:** Dessert Day: are we full yet?

**Oct 17:** Pasta Day: took the place of Columbus Day.

**Oct 17:** National Mulligan Day: is this just for golfers or do we all get a do over if we mess up?

**Oct 24:** I am going to jump ahead to National Food Day. This is a broad category but there are other specific food days.

**Oct 21:** National Reptile Awareness Day: well, I'm aware there's a snake living under my garage. Does that count?

**Oct 22:** Nut Day: encompasses both food and politicians.

**Oct 27:** National American Beer Day: we can all drink to that!

**Oct 28:** Chocolate Day: only one day?

**Oct 29:** Oatmeal Day: how did this sneak in?

**Oct 30:** Candy Corn Day: does anyone but me like this? Something in our daily life?

There are also days honoring Heroes, Clergy, Farmers, Youth Confidence,

First Responders, Native Americans Emergency Nurses, Mother-in Laws. I guess the National Day crew got tired of eating and drinking and took some time to get serious.

As October comes to an end, we all know it's most famous day, Halloween. Did you know it is also National Knock-Knock Jokes Day?

**Knock Knock**

*Who's there?*

**Orange**

*Orange who?*

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SAGE LIFE

## PRESIDING SPORTS COMMITTEE MEMBER MESSAGE

*Edie Taylor | Zephyr Glen*

Beginning September 1, 2021, a new Hershey's Mill Sports Committee (HMSC) was formed by the Hershey's Mill Board of Directors (BOD). Please congratulate Bob Gottschall (Franklin), Sherry Kane (Eaton), Jack Hamilton (Heatherton), Dave Nagurny (Glenwood), George Madden (Troon), Lynn Mander (Devonshire); and Edie Taylor (Zephyr Glen) who have been appointed to the new Committee. The new Committee members welcome your suggestions by writing to [HMsportscommittee@gmail.com](mailto:HMsportscommittee@gmail.com).

The Sports Committee is the last group to become compliant with the Hershey's Mill Master Association By-Laws. The committee's mission is to recommend maintenance and improvements to the BOD and to increase awareness and participation in sports amenities.

The new HMSC intends to add new activities to our current assortment of eleven sports groups which include: billiards, bocce, bowling, cycling, CPR (not a sport but governed by the SC), horseshoes, paddle tennis, pickleball, shuffleboard, table tennis; and tennis. There are new Cornhole boards and Croquet available at the sports complex. Based on the Sports Survey taken earlier this year we are planning to add activities such as hiking, a variety of Floor exercises, an organized walking group and others. Watch for Community Emails and Notices in the Guide & Digest for activity announcements and future SC articles.

The new Committee wishes to thank former sports group leadership including John DeVol, Bob Gottschall, Garry Habbersett, Dave Clewell, Joe Maranella, Bob Bevan, Sherry Kane, George Madden, and Edie Taylor for their many contributions. We also value and appreciate our individual sports leaders, Seth French and Jeff Smith (cycling), Jim Short (Billiards), Joe Carrone, Bob Walsh and Carroll Thompson (Bocce), Jim and Carol Burnham and Jeff and Rosie Taylor (Bowling), Barb Trimble (CPR), Chip Dascanio (Horseshoes), Jane Hagy and Don Evons (Paddle Tennis), Dave Nagurny (Pickleball), Roseanne Havrid (Shuffleboard), Allan Schaffer (Table Tennis) Kirk Leighton and Dave Clewell (Tennis) and Sergei Yurchak (Interclub Tennis); and Larry Appalucci (Skedda) for their continued support. In addition, we have a special thanks and appreciation for Karl Grentz, (Glenwood), HMSC Board Liaison, for his many hours of patience and advice.

## BOCCE

*Bocce committee*

It is very hard to write timely articles 6 weeks in advance. So, as you read this, league play has wrapped up for the 2021 season and a champion has been crowned. October, with its clear crisp fall days, might be the best month to play bocce. And this year, the 2 large trees have been cut down, so the courts will remain pretty much free of leaves. For those of you who did not play bocce this year, think about getting involved next year. Talk to your friends and neighbors about how much fun it is. Clinics will be held in the spring.

## BOWLING

*Rosie Taylor | Princeton*

It's fun. It's inexpensive. It takes place every Tuesday. It's a sport and it qualifies as exercise! It's a way to socialize. It's **BOWLING!** The 2021-2022 season begins October 19th and we're excited to welcome back our seasoned regular and sub bowlers and look forward to meeting new bowlers. For those who have not bowled in the league, we meet from 9:45 AM until noon every Tuesday between October and March at the Palace Bowling Center in Downingtown. We have mixed teams with bowling averages that range from *really good to it really doesn't matter* because the goal of our league is to stay active, enjoy a great group of people, and have fun.

So if your pickleball, bocce, horseshoes, tennis or golf seasons are coming to a close and you're wondering how to stay active and limber for the next season, join the Mixed Bowling League...FUN included! We start October 19th so, if you're interested, please contact any of the co-chairs: Carol & Jim Burnham at

or Rosie & Jeff Taylor at  
before  
our sign-up deadline of October 8th.

## INTERCLUB TENNIS

*Sergei Yurchak | Springton*

We closed out this year's season with sweeps of Cynwyd and Waynesborough/West Chester. Our team finished with a 3-4-1 record which put us tied for fifth place of nine teams with UML YMCA. We won 44% of match games (213/487), 45 % of

match sets (13/29) and an astounding 78% of tiebreaks. One highlight is that we tied UMLY 2-2. This team had swept us in previous years. We had 13 people who played at least one match, and no injuries were associated with match play. Thanks to all participants.

## FALL/WINTER PADDLE (PLATFORM TENNIS)

*Nancy McMullen | Franklin*

Quote from new player: "The funny thing is that I didn't really realize how awesome paddle was because I hadn't tried it. I now LOVE the late fall, winter and early spring season and I hate putting down my paddle at the end of the season. I have always been a sucker for the have your cake and eat it too line of thinking, so I am going make those calls to my skiing, snowboard, squash, racquetball, pickleball and tennis friends and encourage them to learn paddle too! I have the feeling we are in for some serious fun"! Regards, Nancy

Platform Tennis is here again! Also called Paddle, it is a great fall, winter, and early spring experience for the racket sports enthusiast, or anyone who loves being outdoors year-round. We are fortunate at Hershey's Mill to offer play to everyone interested, regardless of their skill level. In addition, we are also fortunate to have a certified teaching pro to help you learn the game. Players may schedule their own game, day or night using Skedda, the Hershey's Mill court scheduling system. However, open play is available to everyone, and it is not necessary to sched-

*continued*

ule a court. Play tends to be round robin with twosomes determined by when you show up or if you bring a partner. When there are 8 players, winners split and rotate and switch courts. If we have an odd number, those waiting are rotated in. We have a warming room with a refrigerator and microwave so you can enjoy the wait and stay warm. Scoring is like tennis and matches go one set and take about 20 minutes. There is just a single serve, but players may decide to take two, depending on the ability level or need to practice serving to improve skill level. Rackets and balls are provided for those who are new to the game.

The open play is planned for every Monday through Friday starting at 3 p.m. and Saturdays at 11 a.m. Demonstrations and introductory clinics are planned, which includes learning the rules and will take place in mid-October. To assure you are 'in-the-loop', see below.

**SAVE-the-DATE!** We are looking forward to socializing this season in our warming room where there is warmth, a mini kitchen which includes a refrigerator and microwave. On November 11th, at 5:00 the platform tennis kickoff will take place. Feel free to come and play ahead of time. Demonstration of playing and introductory clinics, including rules for the game will also take place in November. The exact times and days will be announced. To assure you are in the loop, email Don Evons and ask to be added to the Paddle email list . See you on the courts!

### PICKLEBALL

*Tom Fant | Yardley*

And thus ends one of Hershey's Mill Pickleball best summers since 2012, the starting time 'of sorts. Why, you ask? Our 'nation' pays attention to 1) Overall attendance; 2) New names added; 3) Complaints; 4) Party time fun (Fant's favorite). Our pickleball and pizza parties were a huge success including a rainout that didn't stop 60+ attendees and some post storm play. Our Lynn Mander instigated *Friday Evening Happy Hour* at the Pool BYO+ parties that the pickleball nation supported. Big-time DJ assisted dancing and memorable movie viewing. Thanks Lynn, Dave, Jack, and the rest of the *Committee of Sorts*.

### SHUFFLEBOARD

*Ginny Alexander | Ulster Place*

I have been having a lovely time with the shuffleboard group. It has been so enjoyable to play together and meet new friends. Just gathering and seeing more people after covid has been wonderful. We usually have an equal number of men and women playing this game. I have felt my spirits lift because of participating and had never played shuffleboard before, thinking it was just a game on board a ship. I found myself getting very caught up in the competition and wanting to win which is unusual for me. The best thing about this game is a lot of laughs with friends! As the weather cools the excitement will grow. Getting away from the summer humidity lends a certain energy for participating in outdoor games. Of course, we must deal with cleaning the leaves on the court but plans for a new court are in the works at another location which is

wonderful to look forward to as well as having less leaves. Contact: Roseanne Havird at com for more information.

### TABLE TENNIS

*Allan Shaffer | Yardley*

Table tennis (ping pong) is played Thursdays through Sunday each week. Open play because there are always others there with whom to play is at 2: p.m. on Thursdays, Saturdays, and Sundays. Private play because you need to bring your own opponent(s) is from noon on Thursday through Sundays. There is no play on the first Thursday of the month because the room is used for the master association meeting. Be aware that several villages are organizing their own village event during private play times which could effect your access. There are three tables available, and paddles and balls are furnished. All levels of skill are encouraged to join. Following HM protocol for community center use, play is limited to 12 vaccinated individuals in the Ardmore Room and 8 in the Malvern Room. For further information contact Dave Kagan at , or Bob Schullery at .

### TENNIS

*Dave Clewell | Robynwood*

Summer tennis is winding down, but if we have good weather, let play! The courts are playing very well now that we are grooming them regularly, so come on down at 9:30 a.m. or 3 p.m., Monday through Saturday. Send me your e-mail and I will include you in my daily invite e-mail. Get into tennis now by calling or texting and we will get you started playing tennis that fits your schedule.

Thanks and

see you on the courts.

### WINTER SPORTS IN HERSHEY'S MILL

*Sherry Kane | Communications Sports Committee Member*

Winter is just around the corner. Wait! There are still many things to do in Hershey's Mill during the colder winter months. Check hersheysmill-hoa.skedda.com for available table and court times.

**Billiards:** There are two high end tables on the lower level of the Community Center.

**Bocce:** Bocce's 2 courts are open if the weather cooperates.

**Bowling:** Winter is prime season for the HM bowling league.

**Biking:** Biking may have opportunities before snow fall.

**Horseshoes:** There are new lighter weight shoes designed for seniors.

**Paddle:** Season opens in November. Two lit courts are behind the Pool. Paddles and Balls are available at the courts.

**Pickleball:** Play is great on calm days above 40 degrees.

**Ping Pong:** There are 3 high end tables on the 2nd floor of the Community Center. Tables are set up and available most Thursday's after 3:30 and on weekends. Hersheysmillhoa.skedda.com

**Shuffleboard:** Bring your gloves and wind breaker for some light passive activity.

**Tennis:** Courts are open all winter for those nice calm sunny days.

# Windows 10: Privacy

Don Trauger | Kennett

Having an antivirus program to protect your computer while online is important. However, your privacy settings are also an important feature that allows some information about your computer's use to legally flow to Microsoft and elsewhere. Windows 10 allows you to set your desired privacy settings that can be more restrictive than those normally set by Microsoft.

Open Settings by clicking the Start icon in the lower left corner of the Desktop screen. Then click the 'gear' icon (second icon up from the bottom on the left side). Next, click the Privacy icon to get started. The window will display the **General** privacy settings. Make sure they are all off.

Speech and Inking and Typing personalization items should be turned off.

Diagnostics feedback should be set to Required diagnostic data.

Scroll down and turn off the next 3 items then click delete for Diagnostic data.

Feedback frequency should be set to **Never**.

Under **Activity history** the top 2 choices should **never** be selected.

Below this is where you can select the listed accounts to appear on the Timeline.

**Timeline** is not a privacy feature, but it does allow you to review previous documents that you were working on and had open.

**Location** can be a desired feature as it supplements a Google search when looking for local businesses, weather and other items that depend on your location for accurate search results.

**Camera and Microphone** can be turned off if you don't use Zoom or other similar services. It's much better than putting tape over the camera lens and leaving adhesive stuck to the lens should you need to use it.

**Notifications** should be off.

**Contacts** needs to be set to the 'on' position if you use Mail or the Calendar features.

**Phone calls** should be turned off if not using this feature.

**Call history** should be off.

**Email setting** needs to be on if you use Mail and Calendar.

**Tasks, Messaging, Radios and Other devices** can be turned off if not used.

**Background apps** should be reviewed and only turned on for what is needed. The ones that are turned on are also started and run in the background using computer resources. Alternatively, they can be started, if necessary, by clicking a Desktop icon or clicking the item in the Program list.

**Windows security** should be on, but the rest do not have to be active.

**App diagnostics** can be turned off.

**Automatic file downloads** need to be on if you use Microsoft's OneDrive for file storage or other similar online file storage providers.

**Documents, Pictures, Videos and File System** should be turned on.

To complete your privacy, make sure to add an 'adblocker' to your browser. Not only does it block ads, it can block tracking of your various websites as you traverse the web. Read my previous article here: <https://hersheysmill.org/?s=ad+blocker>.

The PC Club has restarted and meets the 3rd Tuesday of each month at 7 p.m. in the Ardmore room of the Community Center.


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# What is a “Real ID” and Do I Need One?

**REAL ID** is a federal law that affects how states issue driver's licenses and ID cards if they are going to be acceptable for federal purposes.

**Beginning May 3, 2023**, Pennsylvanians will need a REAL ID-compliant license, identification card, or another form of federally acceptable identification, such as a valid Passport or Military ID, to:

- Board domestic commercial flights.
- Enter a military base.
- Enter a federal facility that requires ID at the door.
- Enter Nuclear Power Plants

While REAL IDs are optional, you'll need another form of acceptable identification to board domestic flights or access the facilities listed above, such as a U.S. Passport or a Military ID.

From the Department of Homeland Security: “Secure driver's licenses and identification documents are a vital component of our national security framework. The REAL ID Act, passed by Congress in 2005, enacted the 9/11 Commission's recommendation that the Federal Government set standards for the issuance of sources of identification, such as driver's licenses.”

## How do I know if my license or identification card is REAL ID compliant?

REAL ID-compliant cards will have one of the following markings on the upper top portion of the card. If the

card does not have one of these markings, it is not REAL ID-compliant and won't be accepted as proof of identity to board commercial aircraft.



## How do I get a REAL ID in PA?

Get your documents together to prepare for REAL ID. Federal regulations require that PennDOT must verify original versions or certified copies of the following documents before issuing a REAL ID:

**Proof of identity:** Original or certified copy of a birth certificate filed with the state office of vital records with a raised/embossed seal — issued by an authorized government agency — or valid, unexpired U.S. Passport or passport card.

**Proof of Social Security number:** Social Security card.

**Two proofs of current, physical PA address:** Examples include current, unexpired PA license or ID, PA vehicle registration, auto insurance card or utility bill with the same name and address.

**Proof of all legal name changes (if applicable):** Certified marriage certificate, court order, or divorce decree issued by your county's family court.

## Get REAL ID In-Person

Visit any **PennDOT REAL ID Center** to have your documents verified and

imaged and receive your REAL ID at the time of service.

Visit any **PennDOT Driver License Center** to have your documents verified and imaged, and receive your REAL ID within 15 business days.

If you've been pre-verified, you can order your REAL ID online and receive it in the mail within 15 business days.

## You do NOT need a REAL ID to:

- Drive.
- Vote.
- Access hospitals.
- Visit the post office.
- Access federal courts.
- Apply for or receive federal benefits, such as social security or veterans' benefits.

The information in this article was obtained from the web pages of the DHS and the PA DMV.

Please visit their websites for more details.

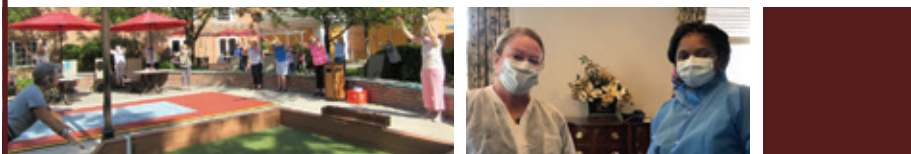


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## Activities Contacts

Art Group.....	Sara Hamilton.....
Baby Boomers.....	hmboomers@gmail.com
Billiards Club .....	Jim Short .....
Bingo.....	Hal Deal .....
Book Discussion Group .....	Carol Barkovsky .....
Bowling (Oct-Apr).....	Rosie Taylor .....
Bridge Groups: Golf Club Tuesday Bridge .....	J.B. Smink .....
Golf Club Friday Bridge.....	John Marks .....
Social Club Party Bridge.....	Susan Hackstaff .....
Talking Bridge .....	Lisa Groff.....
Caregivers Support Group .....	Sue Staas.....
Chester County Hospital Auxiliary .....	Nancy St. Laurent.....
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 & Foot/Glove Canasta .....	Jacki Gernscheid .....
HM Folk Song Circle .....	Lynne Urian .....
Knitting Circle .....	Ruth Schick .....
Mah Jongg (Groff) .....	Lisa Groff.....
Men's Bible Study.....	Ken Mertz .....
Mermaid Book Club.....	Marrie Truskey.....
Nature Group .....	Christine McCormick.....
Paoli Hospital Auxiliary.....	Karen Gibson .....
Photography Club .....	Carol Poling .....
Pinochle Club .....	Ruth Dudt .....
Poker Club .....	Mike Brindisi.....
Quilters.....	Diane King.....
Scattergories .....	Agnes O'Leary .....
Scrabble.....	Marie Knox .....
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.....

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