

AUGUST 2022

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Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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All submissions welcomed; with rights retained by the owner. Send to editor@hmctvguide.com, 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.

VOLUNTEERS WANTED

Volunteers to submit Recipes to the Guide and Digest.

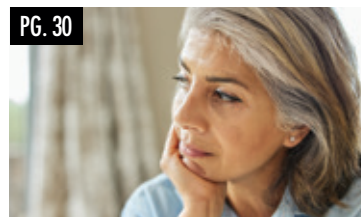
Also, volunteers to interview and write articles and someone proficient in Microsoft Office applications to assist with editing.

If interested, please call Marie Knox at 610-496-3078
or email editor@hmctvguide.com.

We also need a recording secretary to take the minutes of our monthly Board meetings. Computer experience is not required but desired. Please contact Don Trauger at 610-436-5922.



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PG. 32



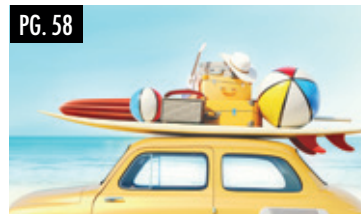
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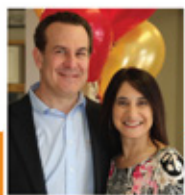
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From the Main Gate

Marc Fraser | Director of Security

When walking your dog in Hershey's Mill, please remember to always keep the dog on a leash. While your dog may be meticulously trained, there are many people who still feel highly uncomfortable around animals, and seeing an approaching dog off its leash can be a nerve-wracking experience.

Also, please remember to clean up any waste that your dog leaves behind.

On numerous occasions, I have found myself offering a friendly reminder to residents who 'forgot' to clean up after their dog. Nobody appreciates finding special 'presents' while traversing our beautiful community.





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Hershey's Mill Singers

Dolores Manion | Troon

Hi Neighbors! The Hershey's Mill Singers will soon be starting practices for our Winter Holiday/Christmas Concert. Practices will be on Wednesday evenings from 7:00 - 8:30 p.m. in the Community Center beginning on Wednesday, September 7. We invite all residents who like to sing to join us! We don't hold auditions, and the ability to read music is a plus, but it is not necessary.

Our Concerts will be the first weekend in December - Saturday, December 3 at 7:00 p.m. and Sunday, December 4 at 3:00 p.m. Again this year, our Concerts will be held at St. Peter and Paul Church on Boot Road.

Carol Cie will once again be our Director and Sharon Kope will once again be our Accompanist.

We look forward to welcoming our former singers and hope to meet many new ones on September 7.

Dolores Manion, President



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Residents Update

Please pull this page out of the *Guide and Digest* to include it in your 2022 Resident Directory so you have the current information.

The 2023 Directory will be published soon, so please make sure that Security has your current information because this information is included in the 2023 Directory.

Boragine, Marie	O'Neill, Thomas
333 Devon Way	1384 Springton Lane
Clarke, Barbara	Scheer, Sandra
26 Chandler Drive	472 Eaton Way
Gentile, Rita	Shumaker, David & Donna
956 Kennett Way	1211 Princeton Lane
Harris, Andrew & King, Diane	Stroud, William & Nancy
862 Jefferson Way	1615 Yardley Drive
Harvey, Chris & Barbara	Witherspoon, Debra
764 Inverness Drive	166 Chandler Drive
Lis, Jan & Ewa	Donatoni, Anthony & Diane (NEW PHONE #)
313 Devon Lane	564 Franklin Way

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Community News

IGC CONCIERGE JEWELERS

IGC Concierge Jewelers will be in the Community Center from 9:00 a.m. to 5:00 p.m. providing 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 (just to name a few brands), as well as gold or silver coins and vintage paper currency. With their state-of-the-art service center and superior craftsmen, they can expertly repair your fine jewelry and fine timepieces. They also repair fine mantel clocks, wall clocks, or grandfather clocks. Some minor repairs and some watch battery replacement can be done while you wait. The experts from IGC will inspect your fine jewelry and fine timepieces free of charge.

Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you have any questions or wish to make an appointment, please contact IGC at (610) 876-6638. See you at the event!

IGC Concierge Jewelers will be in the Community Center from 9:00 a.m. to 5:00 p.m. on August 18, 2022.

OCTOFAIR AT WHITE HORSE VILLAGE

October 8 from 9:30 a.m. to 2:30 p.m. Silent Auction, Raffles, Food, Spirits Wheel, Shopping, and Children's Activities. Free fall event for the entire family. WhiteHorseVillage.org/Octofair 535 Gradyville Road Newtown Square, PA. Near the intersection of Gradyville and Delchester Roads in Edgemont township.

LUNCH AND LEARN DONOHUE FUNERAL HOME

Thursday September 22, 2022 11:30 a.m. to 1:30 p.m. in the Community Center. Enjoy lunch on us and bring your questions! Get to know us before you need us and lean on our expertise to help you make end-of-life plans that celebrate and honor a life well lived. RSVP by September 12, 2022 by calling Kim Henry at 1-800-366-6483 or email kim@donohuefuneralhome.com or ginny@donohuefuneralhome.com. Limited seating is available.

VOLUNTEER ENGLISH PROGRAM

With the trending arrival of new immigrants daily, the need to learn English is stronger than ever. The Volunteer English Program invites you to become a one-to-one English

(continued)

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tutor to an adult immigrant or refugee in Chester County, for whom the program is free. Consider this fulfilling opportunity if you want to make an important and lasting impact on someone's life and your own. These partnerships open doors to many life-changing opportunities for students and tutors, and the need is always there.

Prior teaching experience or fluency in a language other than English is not required. VEP professional staff will prepare you to work remotely or in-person with an English Language Learner at any level of proficiency. Tutors must commit to one year of twice-weekly 1.5 hour long tutoring sessions.

Here's how you can get started: Attend Virtual Training Workshop for New

Tutors via Zoom Monday, August 22, Thursday, August 25, & Monday, August 29, 2022, 9:00 to 11:00 a.m. Registration will open approximately one month in advance of the session.

While this is a virtual event, your hard-copy Tutor Training Guide will need to be picked up at the VEP office in West Chester the week before training starts. Pick-up dates will be provided after registration. Workshop materials fee of \$40 due upon registration.

Next Tutor Training Workshop: Thursday, October 20, Tuesday, October 25, & Thursday, October 27, 6:00 to 8:00 p.m.

Contact information:
610-918-8222, ext. 2
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HERSHEY'S MILL ART CLUB

Martha Hanson and Mary Ellen Morris | Franklin

Hershey's Mill Art Group is a gathering of like-minded, creative individuals who enjoy making art in a friendly, encouraging environment. We welcome artists of all skill levels and provide the chance to make new friends, to create, and to learn from others. We are not an art class; everyone is working on his or her own pieces, using a variety of mediums including watercolor, pencil, charcoal, colored pencil, acrylics, oils, and pastels. Several times a year we exhibit our work in the Community Center. We also plan to go on trips, have workshops, and participate in plein air painting. Our group meets every Wednesday from 9:00 a.m. - noon in the Cove. You can come each week or whenever you are able. You can stay for the three hours or for whatever time works for your schedule. We welcome new members... so drop by and see what we are about!.

HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

The Hershey's Mill Book Club does not meet in July and August. We will resume meeting on Thursday, September 8 in Sullivan House at 2:30 p.m.

I want to give people advanced notice about our first book since it is over 600 pages long. We will be discussing Armor Towles latest book, *The Lincoln Highway*. Summer is the perfect time to sit by the pool and read a great book.

In June of 1954, eighteen-year-old, Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed on by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California, where they can start their lives anew.

But when the warden drives away, Emmett discovers that two of his friends from the work farm have hidden in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction-to New York City.

Spanning just ten days and told from multiple points of view, Towles's third novel will satisfy fans of his multilayered literary style while providing them an array of new and richly imagined settings, characters, and themes.

Happy reading and see you in September! Please contact Carol Barkovsky at:
for more information.

HERSHEY'S MILL CAREGIVERS' GROUP

Robert Hughes | Franklin

Have you ever considered an Adult Day Program for your loved one? These programs are for those adults who can't be safely left alone and need supervision, companionship,

(continued)

and assistance during the day. The overall goal of an Adult Day Program is to improve the quality of life for seniors through engaging social activities and nutritious meals/snacks. The HM Caregivers Support Group provides a safe and caring forum for information-sharing and support for the Caregivers of Loved Ones with chronic conditions such as Dementia, Parkinson's, and other related diseases. The group meets every first Thursday of the month in the Paoli Room of HM Community Center at 10:00 a.m. For further information call Karen Mulvey at [redacted] or Robert Hughes at [redacted].

HERSHEY'S MILL COMMUNITY BIBLE STUDY (CBS)

Bill Judkins | Chatham

Interested in studying the Bible with friends and neighbors right here at The Mill? This fall the CBS Bible study for men and women is starting again. We have been meeting for three years, and this year we will be studying the book of Revelation. Study members register (\$35) and receive a course book with commentary and questions on each week's readings. Class members discuss their answers to the questions in a small group setting, listen to a brief video lecture, and conclude with corporate prayer. We also have a confidential prayer chain for those who would like to participate by praying for others, or having others in the group pray for their needs and concerns. Community Bible Study is a nondenominational organization with classes throughout the U.S. and

in many foreign countries. It was formed to encourage people to study the Bible together and build a caring community with others. To learn more about CBS, visit their website: www.communitybiblestudy.org. For more information about the CBS at The Mill or to register, call Bill Judkins, [redacted]. We meet on Fridays at 10:00 a.m. starting in September after Labor Day. Most meetings are in Wooldridge Hall in the Community Center where we enjoy coffee, fellowship, and learning together from God's Word. It is a very friendly and caring group, and we would love to meet you!

HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

The HM Nature Group hopes that you will visit the Serpentine Barrens and the walking trail around the



Wildflower Meadow by Christine McCormick, Ashton

storage lagoon to appreciate the recent enhancements to our natural landscapes. With the support of the Master Association and HMLD and many, many hours of volunteer effort, the Barrens proper has been cleared of invasive seedlings and saplings. It is truly a prairie barrens system now. Soil from construction activity was used to reinforce the southwest side of the storage lagoon berm, smothering an undesirable growth of invasive species in the process. We are grateful to the Green Hill Sewer Board and HMLD for agreeing to reseed with a wildflower meadow mix that not only supports our native fauna but that is strikingly beautiful.

Be sure to sign up for the visit to Stoneleigh Garden on September 7. Take photos of your own garden or your village common gardens and enter the HMNG Pollinator Garden Contest for 2022. Photos of the bees, butterflies, hummingbirds, and the flowers they visit should also be submitted to HersheysMillNature@gmail.com for the 2022 photo contest. Links to the past Nature Group Zoom lectures and more are posted at hersheysmill.org/activities/hmng.

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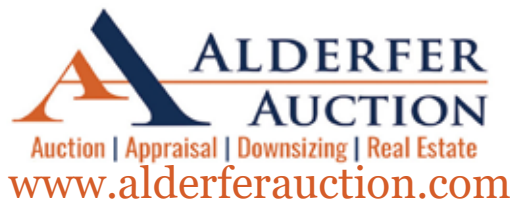
-M.S

March 31, 2022



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Getting to Know You

Bill Dolton

Gail Habbersett | Eaton

Listening to Bill Dolton, I learned that when he commits to someone or something, he is involved in every detail. Whether in the role of athlete, teacher, or musician, those who know him well would agree with that assessment. Within the Hershey's Mill community, where he has lived with his wife, Marie, in Merrifield for over two years, he cheerfully and whole-heartedly participates with enthusiasm and professionalism in all three capacities.

Let us start by describing Bill's dedication and commitment as a self-proclaimed 'accidental runner.' This pursuit is what has occupied much of his thoughts, time, and efforts since his retirement from Lower Merion School District in June 2009. As he admits, he likes looking ahead, not back. This makes it clear why he began a personal exercise program just before retiring. He began experimenting with exercising on a treadmill to drop some weight. Witnessing the benefits to body and soul, he upped the ante from walking to running. Once spring arrived, he transitioned his program outside. This move led to needing running sneakers. After his purchase, the shoe store contacted Bill about a free training program to run a half marathon (13.1 miles). Why not, he thought, since he was considering the Broad Street Run (10 miles). The store introduced Bill to a local club, Fast Trackers, out of Valley Forge, and a serious bond was formed



50 States finisher this year!

when he joined the group in 2010. So, at age 61, in September 2010 he ran his first half marathon, followed by the full marathon (26.2 miles) in November. According to Bill, runners are characteristically OCD (obsessive-compulsive disorder) type personalities, and he admits that he is no exception. He knew as he finished his first marathon that he had to run again to beat his time, despite the brutally difficult last six miles. His goal over the next few years was to improve his time.

Bill's weekly marathon training program covered 50-60 miles. It was usually comprised of one long run (12-20 miles), multiple daily short runs of 4-6 miles and, to complete

(continued)



Bill's Achievements Recognized

the training, as many runs of 6-8 miles as needed. He was quick to add how perfectly the HM environment supports his 'habit.' Since the Chandler loop covers 4+ miles, and the lagoon - including the access trail from Chandler leading to the lagoon - is 1/2 mile, he mixes and matches those segments to break up his training to gain a total of 4-8 miles.

At this point, our readers might be interested to know that Bill's brother and other men in his family succumbed to cardiac conditions. He believes that, on the advice of his doctors, his aerobic training strategically and sensibly benefits his overall health. One tip Bill likes to offer other runners is to choose doctors who are also runners. Hence, Bill's chiropractor, cardiologist, podiatrist, orthopedist, and primary care doctor are all runners! They comprehend the anatomical values of this type of exercise.

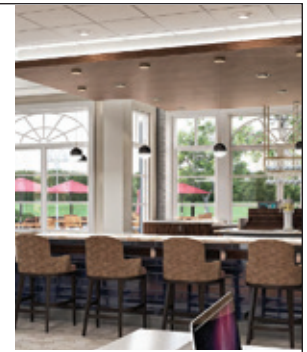
After achieving his best time at the Philadelphia Marathon in 2012, Bill decided to transition from time to quantity. A running club called Marathon Maniacs piqued his interest. To qualify as a member of this group, Bill had to complete three marathons in 90 days. He did so.

Amazed by the rigor of Bill's chosen outlet, I asked him if he feels that a prescribed diet is integral to his success. Bill considers himself a casual, recreational marathoner who recognizes the need to stay hydrated during races and

has found that bananas and peanut butter are his two most important foods before running because they are easily tolerated and sustain him. He points out that if he cannot talk while he runs, his respiration is too low so he must slow down. The Galloway method of pacing is also of importance in his training and application. Bill has personalized the method of interspersed run, walk intervals. They moderate his heart rate, change his bodily muscular mechanics, and minimize impact and thus injury. All are advantages that are especially good for older runners.

Bill has a wall of medals (see photo) to attest to his running accomplishments. The path he took to earn them is worthy, and he is willing to share it with anyone curious who would like to learn more. It seems fitting to end this portion of Bill's story with the fact that in

(continued)



There are so many great changes happening at Riddle Village and we would love for you to be a part of it!



It has been an eventful time here at Riddle Village, and now that spring has arrived our residents are enjoying the newly enhanced courtyard, which features an expansive putting green and a new tranquil butterfly garden.



We recently celebrated the grand opening of our Thoroughbred Lounge. With this addition, our residents will now enjoy three restaurant options to dine in every night!



It is a great time to become part of the Riddle Village community and enjoy the excitement that is happening.

If you have been thinking about making a move, please reach out to learn more. We would love the opportunity to discuss your options and show you what is new at our community!



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January 2022, Bill became one of twenty-seven people who finished marathons in fifty states at age 73 or more for the first time – something that took him ten years to complete. He celebrated the occasion with his wife and other family members in Hawaii. Perhaps it was his traditional night-before-a-marathon ‘car bomb’ that brought on the victory. The recipe is to first fill a pint glass two-thirds with Guinness and then to fill a shot glass half full of Jameson whiskey and the other half with Bailey’s Irish Cream. Then, drop the shot glass in the Guinness and drink fast before it curdles. Cheers to his 73rd birthday, 50th wedding anniversary, and being a finisher of the 50 States Marathon Club!

Aside from Bill’s extraordinary success in running, he is also recognized as an outstanding educator in instructional technology. His undergraduate training at Westminster College in New Wilmington led to graduate studies at Penn State, St. Joseph’s, and Temple. From college, Bill was hired by Devereux to collaborate with young men in its residential program. Bill’s compassion for those youngsters spurred him to develop state-of-the-art technology in the Lower Merion schools to help them overcome obstacles in communication. Bill saw the connection between supporting students and training faculty and staff in integrating technology, mentoring faculty in online curriculum and instruction, and, as the world wide web expanded, the value of collaboration among faculty around the world. After retiring from Lower Merion, he taught online graduate



HM Folk Song Circle with Bill and Jado Foot

courses at Wilkes University that focused on differential instruction and collaborative project-based learning.

Underlying all these talents, Bill possesses a keen love of music. His father was a gifted tenor, and his mother felt Bill, at an early age, showed talent along the same lines. So, he not only took voice lessons, but also played bass fiddle in the orchestra from elementary school through high school. By college, he sang and played guitar in coffee houses. That is where he met Marie! She is a soprano who will lead in singing whenever she hears a familiar song. Combine her vocal gift and Bill’s, add the fact that he is an accomplished self-taught guitarist, include neighbors, Harry and Lynne Urian, top the group off with Paul Day, and you have the coordinators of the Hershey’s Mill Folk Song Circle. All are welcome on the third Monday each month at 7:00 p.m. in the Main Hall of the Community Center.



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Bus Trips

Philadelphia Phillies
Saturday, August 6, 2022
Cost: \$70 + Food
Departs: 3:30 p.m.
Contact: Marc Fraser,

Join us for the Phillies 'Wall of Fame' induction night for an evening of baseball at Citizen's Bank Park, as we watch our Philadelphia Phillies take on the Washington Nationals in a 6:05 p.m. game. Seats are in Section 322, and food is on your own at one of the many ballpark concessions. Call right away, as we expect our trips to see the Phillies this season to again sell out quickly! Children age 8+ are welcome.

Delaware Park
Thursday, August 18, 2022
Cost: \$20 + Lunch
Departs: 10:15 a.m.
Contact: Marge Bach,

Thursday, September 8, 2022
Cost: \$20 + Lunch
Departs: 10:15 a.m.
Contact: Marge Bach,

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. \$25 free slots play is given to everyone on the bus. Lunch is on your own.

Dutch Apple Dinner Theatre –
Chicago
(2nd Trip)
Thursday, August 25, 2022
Cost: \$85
Departs: 10:00 a.m.
Contact: Priscilla Burt,

After 25 years, *Chicago* is still the one musical with everything that makes Broadway shimmy-shake. A universal tale of fame, fortune, and all that jazz,

with one show-stopping song after another and the most astonishing dancing you have ever seen! No wonder *Chicago* has been honored with six Tony Awards, two Olivier Awards, a Grammy, and thousands of standing ovations. The cost of the trip includes an all-you-can-eat lunch buffet.

Stoneleigh: A Natural Garden
Wednesday, September 7, 2022
Cost: \$30
Departs: 9:30 a.m.
Contact: Priscilla Burt,

Donated to Natural Lands by the Haas family in 2016, Stoneleigh in Villanova is a stunning reflection of more than a century of loving care by three prominent Main Line families. Dazzling displays of native plants, ancient trees, landscape designs by the Olmsted Brothers, and myriad habitats are highlighted on our guided exploration of Stoneleigh. The spectacular Tudor Revival-style mansion – which is usually only open for special events – is also included in our tour, so don't miss this opportunity for a peek inside! Should weather prohibit our tour on September 7, we have booked a rain date of Wednesday, September 14, so be sure to mark your calendar for both dates.

American Music Theatre –
The Golden Boys of Bandstand
Sunday, September 11, 2022
Cost: \$95
Departs: 1:15 p.m.
Contact: Mary Ann McCarry,

Join us for a wonderful trip down Memory Lane with the 'Golden Boys'

(continued)



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of Bandstand and South Philly leading the way! You remember them and their songs! Frankie Avalon's hits include "Dee Dee Dinah," "Venus," "Bobby Sox to Stockings," and more including the beach movies with the late Annette Funicello. Fabian's hits include "Turn Me Loose," "I'm A Tiger," and more. Fabian was in the movies too. Lou Christie ("Lightnin' Strikes") will also join Frankie Avalon and Fabian. There will be a tribute to Bobby Rydell and his wonderful music including "Volare," "Wildwood Days," and more. We remember him in the movie *Bye, Bye Birdie* with Ann Margret. They tell a lot of fun stories and share photos too from days gone by. A great show!

Grounds For Sculpture Thursday, September 22, 2022

Cost: \$45
Departs: 8:30 a.m.
Contact: Maria Edwards,

Where nature and art are always at play! Grounds for Sculpture (GFS) is a premier cultural destination of 42 acres of sculpture gardens. In addition, an arboretum and museum present annual changing exhibitions in six indoor galleries. Discover over 210 contemporary sculptures by renowned and contemporary artists as they are positioned on meticulous landscaping, complemented by thousands of exotic trees and flowers. Currently there are two exhibitions, one by artist and educator, Robert Lugo. "The Village Potter" shown for the first time and newly created, shows large-scale ceramic vessels that you can walk through. This exhibit is in the museum building. Also, "Fragile: Earth" presents the works of 16 artists who explore the

duality of clay with unique ceramic art located in the Domestic Arts Building. Grab a friend and join us! Lunch is on your own at two different eateries located on premises. Rats Restaurant is a 10-minute walk away and reservations are necessary and can be made on www.opentable.com. The Van Gogh Café is located inside the Welcome Center.

Penn's Peak – Beatlemania Now Tuesday, September 27, 2022

Cost: \$75
Departs: 9:00 a.m.
Contact: Marge Bach,

Join us at Penn's Peak, located in beautiful Jim Thorpe, PA, for an exhilarating performance from the amazing cast of Ersatz Beatles. It's a show that will have you singing along and dancing in the aisles as they recreate the exciting times of the 60's. From this famous mountaintop venue, you will also enjoy a breathtaking overlook of nearby Beltzville Lake plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian Mountains. Bus transportation, show tickets, and lunch are included in the price.

SERIES TRIPS

2022-2023 Walnut Street Theatre Series
Thursday & Saturday Matinees
Cost: \$285 (Series) or \$60 (Per Show)
Departs: 12:30 p.m.

Thursday Series Contact: Jayne Lytle,
(Wait List Only)

Saturday Series Contact: Priscilla Burt,
(Limited Seats Available)

We encourage you to sign up right

away, as these series fill up very quickly! Cost reflects both per person admission and bus fee for shows in the series. The Walnut Street Theatre's 2022-2023 Season includes the following shows for both series:

Thursday 10/27/22 & Saturday 10/29/22 – *Rocky, the Musical*

Thursday 12/15/22 & Saturday 12/17/22 – Rodgers and Hammerstein's *Cinderella*

Thursday 2/2/23 & Saturday 2/4/23 – Neil Simon's *Last of the Red Hot Lovers*

Thursday 3/9/23 & Saturday 3/11/23 – Tennessee Williams' *Cat on a Hot Tin Roof*

Thursday 4/20/23 & Saturday 4/22/23 – Jimmy Buffet's *Escape to Margaritaville*

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. Following current CDC guidelines at the time of this writing (JUNE 2022),

passengers are no longer required to wear masks while riding on the Hershey's Mill bus.

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 .
8. 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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Maria Edwards | Ulster

Summer is heating up and so is the club with events and socializing. Parties and club events are on tap for this summer season. Come join the fun. Summer is our time to relax and feel comfortable during these warm days.

We want to remind you of the Club dress code and ensure that you are using the guidelines provided in the Leaderboard. Adherence to the dress code, particularly among younger guests, seems more relaxed.

Following some comments to the manager, service animals may be required to register with Security as residents move into Hershey's Mill. Stay tuned for details.

Upcoming Events:

Trivia – August 4 - A lottery system is used to determine which teams play. By now you will know if you won that chance for August.

Girl's Night Out – Tentatively scheduled for September 16! Reservations are encouraged.



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When Sadness Is More Serious



Kate Lindsay | Brighton

Throughout our lifetime, the issue of mental health has gone from being a secret burden to bear by the person and family to being accepted as a mental health issue that needs to be addressed as a health concern.

When someone feels sad, he or she needs to evaluate the length of time he or she is experiencing these feelings. You may feel down and have less energy after losing a family member or friend, developing a medical issue, retiring, or changing another important aspect of your life. This feeling lasts for a few weeks, but you can still get things done for your life. During this time, talk with family and friends about what you lost. Reminiscing about the events and that part of your life is good for you and brings uplifting feelings even though

you still miss what you have lost. A benefit when you share with your family and friends, is that they can give you feedback about how you are doing.

One of the first and most disruptive symptoms of depression can include trouble sleeping.

The time to be more concerned about depression is when the disruptive feelings are interfering with accomplishing your usual life activities over a period of a few weeks. One of the first and most disruptive symptoms of depression can include trouble sleeping. If you cannot sleep the way you usually do, try lavender,

warm milk, or a warm bath before bed. If these interventions do not help or stop helping in a short time, you may be more depressed than you thought. Some people try alcohol to help them sleep, but this is not recommended because it does not allow you to enter the sleep cycle that gives you the restful night's sleep you need. In addition, alcohol is a depressant, even though some of us have behaved in a silly or stupid manner when intoxicated, and may increase those feelings of depression.

As we age, experiencing some confusion and an inability to concentrate or remember things seems to occur more frequently. This is scary because we think of Alzheimer's, but it could actually be a

sign of depression. Be alert. If you feel you cannot remember, evaluate your daily experiences for other behaviors. If you are not sleeping as usual, feeling tired when you wake up, not wanting to do the things that you enjoyed in the past, like not being able to watch your favorite TV show, and these feelings are lasting for weeks, it may be depression. This is the time to talk with someone about your concerns. Talking with someone is the support you need to help you determine the best way to help yourself. You may want to talk to a friend or to your Primary Care Provider (PCP). Saying it out loud helps bring light to the situation, which then helps you evaluate the situation more easily, and you do not feel as alone as you had.

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Pool HAPPENINGS

Sandy Loose | Yardley

Another fun summer at the HM Pool has been very busy. Pool Manager Tim McElhiney and his crew have kept the entire site in great shape and safe for all to enjoy. By the time of the May 28 opening, when the air was a bit chilly, the water was crystal-clear and warm.

Friday Happy Hours have been well-attended, with a special event planned for some weeks. Residents can find information about the special events on Hershey's Mill's TV Bulletin Board, at the pool, and on the pool website. A Friday night of Games and another with Root Beer Floats were lots of fun. The Pool Committee and pool staff encourage folks to get groups together for a relaxing Friday evening at the pool.

Terese Judkins has called attention to a special group of residents who call themselves "The Deep Enders!" The Deep Enders love to float in the deep end of the Hershey's Mill pool each evening and discuss movies, books, recipes, restaurants, and other topics of interest. They also love to make new friends at the HM Pool. Terese reports that life is good in the deep end, and that new people are always welcome to join the group.

Reminders from Pool Manager, Tim

The pool is open every day from 10:30 a.m. to 7:30 p.m.

Children are welcome every day from Noon to 5:00 p.m. only. If you are bringing children with you, explain the rules to them and stay close to them while at the pool.

No glass is allowed at the pool at any time. This includes ceramic items.

My staff and I are enjoying getting to know the residents of Hershey's Mill.

Tim McElhiney

So think about joining them at the pool any evening.

July 4 was celebrated with music provided by DJ Steve. He will also present his assortment of lively dancing and sing-along tunes on September 3 (rain date is September 4), so the HM Pool will end the summer on an upbeat note. And there is still time to put on your suit and enjoy this beautiful amenity.



- Photo Captions: Clockwise from top
- #1 Competitive but fun volleyball game on Game Night. Photo by Edie Egan
 - #2 Marge Koczur, Donna Spotto, Ann Sinding, Marie DiCandilo, and Suzanne Spitzer. Photo by Edie Egan
 - #3 Game Night Happy Hour, Nancy Sullivan-Westlake, Lisa Groff, Mary Lou Higgins, Marge Koczur, Nancy Anders, Denise Bucci, and Thalia Evons. Photo by Nancy Egan
 - #4 DJ Steve provides great music for dancing and singing on July 4th. Photo by Sandy Loose
 - #5 Shari Salerno, Lisa Groff, George Groff, and Pam Pennypacker. Photo by Edie Egan
 - #6 Deep Enders group celebrating the upcoming wedding of Tom and Lynn, two very special Deep Enders! Photo by Terese Judkins



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Garden Reflections

One In Being

John Groch | Chatham

Discord and divisiveness abound in the world today. An historian might question whether these times are any worse than other periods in history but the fact remains that our 'now' is quite disconcerting. Identity politics and debates over truth and alternative facts have driven a wedge between friends and family members over the past few years. Where can we find solace amid our frustration?

Religion, for many, provides a peaceful antidote for distressing moments in life. Buddhism offers helpful insight, sometimes using metaphors from nature and gardening. Hermann Hesse, in his classic work *Siddhartha*, remarks, "This is a stone, and within a certain length of time it will perhaps be soil and from the soil it will become plant, animal or man." From our limited



Stormy Sky by John Groch

perspective based on the relatively few years we inhabit the earth, we fail to see the universe in its totality. Scientists, however, have long claimed that, over eons, matter continually changes without being created or destroyed. Material reality churns on in an endless

(continued)



Wildflowers by John Groch



Painted in Waterlogue by John Groch

process of apparent birth, death, and reconstitution in new forms. It's as if reality changes, but never dies in a final sense.

These ideas are reinforced by Buddhist monk, Thich Nhat Hanh in *Living Buddha, Living Christ*. "...If we observe the things around us, we find that nothing comes from nothing. Before its so-called life, this flower already existed in other forms – clouds, sunshine, seeds, soil, and many other elements. ...It has already been here in other forms, and now it has made an effort to remanifest. ...When conditions are no longer sufficient (for life) ..., we say the flower has died, but that

is not correct.... Its constituents have merely transformed themselves into other elements, like compost and soil. We have to transcend notions like birth, death, being, and non-being." Of course, the Judeo-Christian and other traditions offer approaches to these mysteries of life as well. In fact, Thich Nhat Hanh includes in his discussion a reference to Jesus' parable of the mustard seed about the power of faith. However, Buddhism is most notable for its use of rich analogies from nature.

So where does all of this lead? German theologian Karl Rahner speculated that every particle in the universe has the potential to become a part of something far greater, even perhaps an element of the human brain. Somehow there is a mysterious unity in all things. If we can only focus on this 'big picture' of unity, we can be consoled that, in the end, there is no division, only oneness. Perhaps we can look beyond the discord and see within the depth of our being the authentic bond that joins us as brothers and sisters, sharing life with all that exists, from a speck of space dust to a chirping wren to a stunning dahlia to a precious newborn.



Yarrow and Beebalm by John Groch



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Woodshop

Arleen Romano | Yardley

In June, members of the Hershey's Mill Woodshop held an open house where they showcased some of their work. While several pieces were for display only, a delightful selection of their beautiful creations were for sale. About 150 people attended the open house, and those who bought were happy with their one-of-a-kind purchases. All monies collected were returned to the Woodshop and used for supplies and upkeep of the shop.

Bob Milano, the Chair for the Woodshop committee, keeps a well-organized shop. Volunteers are assigned to various tasks to keep it running smoothly. Everyone there is happy to answer questions and demonstrate how to use the equipment.

Currently there are about one hundred members. The Woodshop is open to all HM residents with an annual safety fee of \$100. This entitles you to use of all the equipment, many

supplies, and helpful instructions from the members if needed. The cost of operating the Woodshop has been \$18,000 to \$20,000 a year. Fortunately, this group offers repair services for furniture, especially for antiques, which may not be available elsewhere and at a reasonable price. This source of income helps defray their operational costs.

These photos represent just a small slice of what this group can do. What could not be shown at this time were some of the many beautiful pieces of furniture these men and women have made throughout the years. Many folks have truly created heirlooms for their families.

Later this year the Woodshop is planning a Holiday open house with small craft items. Keep them in mind for your gift giving.

If you would like to join, just stop by the Woodshop for a membership application. Maybe you will learn to create an heirloom of your own!



The Woodshop is open to all HM residents with an annual safety fee of \$100. This entitles you to use of all the equipment, many supplies, and helpful instructions from the members if needed.



Programs August 1 – August 15 (7:00 p.m. show August 15 will not be shown)				
Senior Moments or Alzheimer's Disease Dr. Cherian Verghese, Principal Investigator of Keystone Clinical Studies, shares his knowledge and insight on the Alzheimer's disease epidemic taking place today. Dr. Verghese dedicated his career to developing new medications to treat neuropsychiatric disorders and will share facts about Alzheimer's disease that we all need to know. If you have a family history of Alzheimer's or ever find yourself wondering, 'is this a senior moment or Alzheimer's disease?' be sure to tune in to learn more. Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.				
	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.

Movies Noon & 8:30 p.m.	August 1 to 8 Red (PG-13) (2010) <i>Bruce Willis, Morgan Freeman</i> Frank is a former black-ops CIA agent living a quiet life alone until the day a hit squad shows up to kill him. (Run time 1:51)	
	August 8 to 16 As Good as it Gets (PG-13) (1997) <i>Jack Nicholson, Helen Hunt</i> Hilarious, heartwarming story of an obsessive-compulsive writer, a gay artist, and the waitress who changes their lives. (Run time 2:19)	

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 August 16 – August 31 (7:00 p.m. show August 31 will not be shown)				
Conowingo Dam The Nature Group has planned a bus trip to Conowingo Dam in November, specifically to view the eagles that gather there. This video explores the history of Conowingo Dam, built in 1928 on the Susquehanna River, as one of the largest hydroelectric works ever seen. Adorned with an art deco charm, it's a landmark known by many but understood by few. Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.				
	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.

Movies Noon & 8:30 p.m.	August 16 to 23 From Russia with Love (PG) (1963) <i>Sean Connery, Robert Shaw</i> James Bond is on the search for a Russian decoding machine known as Lektor. (Run time 1:55)	
	August 23 to 31 Special Presentation Made You Look: A True Story About Fake Art (2020) <i>Ann Freedman, M. H. Miller</i> A twisting tale of delusions and billionaires' egos. (Run time 1:34)	

24 hours/day channel 971	Bulletin Board Times
12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. 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.



Ronnie

Marie Dolton | Merrifield

Ronnie is a handsome Yellow Labrador Retriever who enthusiastically interacts with people. He greets everyone with a tail wag and a smile while on walks with his owner, Kathleen McNally (Merrifield). When she stops to talk with neighbors, he sits close enough to nose into the conversation. Being a retriever, he loves to play 'fetch' and receive head scratches and pets. He is a wonderful companion.

Ronnie was whelped through the breeding program at Canine Partners for Life (CPL), located in Cochranville, with the intent of becoming a service dog. CPL is a non-profit organization dedicated to training service, companion, and medical alert dogs to assist individuals with a wide range of

physical and cognitive challenges. The goal is that with the assistance of their canine partner, the individual can gain a new level of independence. Some of CPL's graduates serve at courthouses, providing comfort and calm to people whether on the witness stand or just while waiting in the hallways.

Ronnie was whelped through the breeding program at Canine Partners for Life (CPL), located in Cochranville, with the intent of becoming a service dog.

Yellow Labs are well-known as intelligent, loyal, and food-motivated dogs who can be easily trained. The training at CPL begins in the early weeks while the pup is 'fearless.' They learn to adapt to loud sounds, different surfaces, human touch, and much more. At nine weeks old they start their first year of behavioral training (sit, stay, down, heel, etc.) and manners whether through the Volunteer Puppy Raising Program or the Prison Puppy Raising Program. At 14 months the dog is brought back to CPL's campus and is evaluated for what skills they have that will fit with the variety of jobs listed on the website (k94life.org). In their second year of training, a CPL dog receives training in such advanced skills as opening doors, fetching items, turning on lights, opening cabinet doors, and walking in such areas as city sidewalks or busy grocery store aisles. During this second year they are further evaluated and, if all goes well, paired

with a human partner, becoming a 'team.' Requests from individuals to be partnered with a CPL service dog come from all over the country.

This is where our sweet Ronnie ran into trouble. Although Ronnie completed his first year of training meeting his 'benchmarks,' it became apparent in his second year that he was not going to qualify for graduation! You see, while wearing his service dog cape Ronnie was too anxious out in public - which was exhibited through heavy panting, being too distracted, and the need to 'do business.' Ronnie flunked out. To put it nicely, he was unleashed from the program.

Kathleen met Ronnie while volunteering as a weekend dog sitter with CPL. She is trained to take the dogs out in public (while wearing their service cape) to support their ongoing training and socialization. This is how she met Ronnie. In September 2019, Kathleen applied to adopt Ronnie. That is how this handsome fella came to live in Merrifield. He really enjoys the quiet streets of Hershey's Mill, where he can go for walks and not have the responsibilities of a working service dog. One thing he has learned



at The Mill is that when the house phone rings and Kathleen says "I'll buzz you in," someone will soon be at the front door. He goes there ready to greet people with a smile, perked up ears, and wagging tail. Always ready to make a friend!

Would you like your pet interviewed for Pet of the Month in the Guide and Digest? Give us a call (610-436-6429) or email editor@hmctvguide.com and we will call you for an appointment.



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Recipes

If you have Recipes of your own you would like to share, especially for upcoming spring and summer holidays and events, please send them to editor@hmctvguide.com.

Norma Pare | Merrifield

Chicken Marsala

The flour on the chicken should thicken the sauce. But if it's not thick enough, take about 1/2 c of the sauce and add some cornstarch. Put in microwave until it thickens and add back to dish. Mix it in. Serve with egg noodles or pasta of your choice.

Ingredients

- 4 to 6 thin-sliced chicken cutlets
(If chicken breasts are thick, place between plastic wrap and pound with a meat tenderizer.)
- 1 small container of fresh mushrooms
- 2 c chicken broth
- 1 tsp crushed garlic
- 1/2 c marsala wine
- 1 small jar capers
- olive oil
- flour for dredging
- salt and pepper



Salt and pepper both sides of chicken. Dredge in flour, set aside. In sauté pan, heat olive oil until hot. Add chicken and brown both sides. When browned, remove from pan. In same pan, sauté mushrooms. Add chicken broth, wine, garlic, capers, salt, and pepper to taste. Place chicken in oven-safe dish (9x12). Pour sauce on top. Bake at 350 for 20 minutes. Yield: 4 to 6 servings

Peanut Butter Cupcakes

If you don't have buttermilk, add 1 tbsp of vinegar to milk and let sit for a few minutes. Also, you can use a chocolate cake mix instead of scratch recipe.

Ingredients

- 1/2 c unsweetened cocoa powder
- 3/4 c flour
- 1/2 tsp baking soda
- 3/4 tsp baking powder
- 1/4 tsp salt



(continued)

Recipes (continued)

- 2 large eggs (room temperature)
- 1/2 c sugar
- 1/2 c packed brown sugar
- 1/3 c veg oil
- 1/2 c buttermilk

Frosting

- 1 c peanut butter (smooth)
- 1 stick softened butter
- 1 32-oz bag confectioners sugar
- 1 tsp vanilla
- 12 mini Reese's peanut butter cups

Add cocoa, flour, baking soda, baking powder, and salt. Whisk together eggs, sugar, brown sugar, oil, vanilla, and buttermilk. Add dry ingredients to wet. Mix until smooth. Pour into cupcake liners. Bake at 350 degrees for 20-25 minutes. After cupcakes come out of oven, push peanut butter cups into middle of cupcake.

Yield: 12 cupcakes

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Janice Saunders | Eaton

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- Walter Cronkite

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Hershey's Mill Speakers Forum

October 28 is the date for the next forum subject: *Stealing Wyeth*. Author Bruce Mowday, a Hershey's Mill resident, is again the featured speaker. At the Speaker's Forum introductory event held in October 2021, Mr. Mowday's presentation based on his book entitled *Lafayette at Brandywine*, was a sold-out event. More information will follow as the date draws closer. Both of these books are in our library.

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

HM Library contact:
Angela Linden
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www.hmlibrary.com

River of the Gods

by Candace Sue Millard

This May acquisition describes the daring 19th century exploration of the Nile River by two British men – Richard Burton and John Hanning Speke. Sent by the Royal Geographical Society, the two were sent to find and map the headwaters of the Nile, enduring tremendous hardships and setbacks during their two-year journey. The author is a former writer and editor for National Geographic. Earlier novels include *The River of Doubt*, a history of Theodore Roosevelt's expedition of the Amazon in 1913-1914; *Destiny of the Republic*, detailing the James Garfield assassination; and *Hero of the*

Empire, which documented Winston Churchill's activities during the Boer War. (Excerpts from Wikipedia)

NEW BOOKS

FICTION

Ali, Monica - *Love Marriage*
Andrews, Mary Kay - *The Homewreckers*
Barnhill, Kelly - *When Women Were Dragons*
Black, Holly - *Book of Night*
Bohjalian, Chris - *The Lioness*
Brown, Janelle - *I'll Be You*
Close, Jennifer - *Marrying the Ketchups*
Cotugno, Katie - *Birds of California*
Davis, Fiona - *The Magnolia Palace*
Diaz, Herman - *Trust*
Dolan, Liam - *Lost and Found in Paris*
Glass, Julia - *Vigil Harbor*
Henry, Emily - *Book Lovers*
Hua, Vanessa - *Forbidden City*
Lauren, Christine - *Something Wilder*
Michalski, Liz - *Darling Girl*
Richardson, Kim Michele - *The Book Woman's Daughter*
Straub, Emma - *This Time Tomorrow*
Trigiani, Adriana - *Good Left Undone*
Van Pelt, Shelby - *Remarkably Bright Creatures*

Weiner, Jennifer - *The Summer Place*
Weir, Alison - *The Last White Rose*
Williams, Beatriz - *The Lost Summers of Newport*
Jenner, Natalie - *Bloomsbury Girls*

MYSTERY

Day, Elizabeth - *Magpie*
Gray, Claudia - *The Murder of Mr. Wickham*
Palmer, D. J. - *My Wife Is Missing*
Patterson, James and Paetro, Maxine - *22 Seconds*
Stone, Victoria Helen - *At the Quiet Edge*
Thorogood, Robert - *The Marlow Murder Club*
Winslow, Don - *City on Fire*

NONFICTION

Mowday, Bruce E. - *Stealing Wyeth*
Millard, Candace - *River of the Gods*

BIOGRAPHY

Ephron, Delia - *Left on Tenth*
Mowday, Bruce E. - *Lafayette at Brandywine*
McNamara, Craig - *Because Our Fathers Lied*

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Goshenville Post Office located in East Goshen Township



Photo captions left to right: Formerly a store, Post Office was at the intersection of Boot Road & Chester Road. Goshen Meeting is on the southeast corner of Route 352 and Paoli Pike.

Bill Schultz | Chatham

Goshenville grew up around a Quaker meetinghouse after being settled in the first decade of the eighteenth century. The meeting house was on the southeast corner of Route 352 and Paoli Pike. It was developed in response to the needs of this Quaker-dominated agricultural community. As a village, Goshenville supplied the basic necessities for this community - places for worship, cemeteries, a blacksmith/wheelwright shop, a post office, a school, a mill, a general store, and a grange, all situated along an important transportation route. This village also offered area residents the services of a doctor, a lawyer, and multiple trades. The local seat of government was also located here. East Goshen Township was incorporated in 1817.

History is made evident in the district's meetinghouses, cemeteries, and farmhouses, all of which maintain their eighteenth or nineteenth-century architectural integrity. The district's commercial

History is made evident in the district's meetinghouses, cemeteries, and farmhouses, all of which maintain their eighteenth or nineteenth-century architectural integrity.

resources, which included the blacksmith shop (circa 1740) and general store (1806), not only display the vestiges of their namesakes, but in the case of the blacksmith shop, continues to 'function.' The post

(continued)

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office, which took over what had been a general store, was operated from April 29, 1828, till January 15, 1904. Goshenville's period of significance began with the construction of the blacksmith shop and ended circa 1880, when the Sharpless stable was constructed. The village population in 1870 was 80 people.

The post office was located on the west side of the intersection of Boot Road & Chester Road. The first Postmaster was Azariah D. Williamson. The location of the post office was unchanged during its

tenure. The post office was a rural substation under the West Chester post office from 1900 to 1904.

Succeeding Postmasters and their dates of appointment were:

Sharpless Lewis, May 9, 1836; James M. Watson, April 16, 1829; Jacob Minster, May 19, 1839; Edmund Reed, April 13, 1842; John Thomas, April 1, 1847; William Brooks, April 30, 1849; Silas J. Leedem, July 5, 1853; Samuel D. Hibbard, April 2, 1854; J. Lewis Hibbard, April 8, 1856; William Higgenbotham, September 13, 1856; Isaac Leedem, August 11, 1859; George W. Baxter, May 16, 1878; Mrs. Sallie J. Baxter, August 15, 1881; William Priest, February 3, 1882; Samuel L. Dick, February 19, 1890; Samuel W. Taylor, January 30, 1894; Kersey W. Rogers, April 20, 1897; and lastly, E. Taylor Biddison, March 22, 1903(?).

Isaac Leedem's compensation in 1870 was \$22 per year, and William Priest's compensation in 1882 was about \$40 per year.

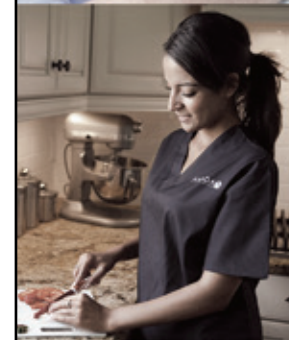


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Basic Bridge

Walt Woerheide | Springton Village

A bridge player is stopped for speeding. After a brief discussion, the officer sends the player on his way without a ticket. The bridge player knew how to finesse the situation! Today's hand requires a tricky finesse.

A bid of great convenience is the takeout double. Unless there is an intervening bid this bid normally orders one's partner to bid his best suit. If the intervening opponent bids, the responding partner is free to pass. In this month's hand, North has a standard one club opening with fourteen points and a balanced hand. East has a strong hand but no five-card suits. A one no-trump overcall might be tempting with one sure club stopper and a possible second stopper given that if he wins the bid for one no-trump, South will certainly lead a club. But such a bid would mislead his partner as to his point count and if South has a strong hand he could be in serious trouble.

So, he doubles, which in this scenario can only be a takeout double.

South could bid one heart over the double or he could pass. If he passes, he gives the opponents more opportunity to find a fit. If he bids one heart, he is showing a minimum of six points and possibly a five-card heart suit. In this case, he decides there may be a substantial benefit to waiting to see what the opponents have to say. A heart bid by either of the opponents would mean South would have difficulty making a heart contract and if the opponents end up in hearts, he has a good chance to set the contract.

The only four-card suits West holds are diamonds and clubs. But as North bid clubs, the best bid by West is one diamond. Note that in this scenario the diamond bid denies any four-card major. North has already bid the maximum for his hand, so he passes. East raises the diamonds, knowing there is no fit in the majors. South

now knows that West has at most three hearts and East has at most four. If either of them has less than this, then North could have anywhere from two to four hearts. So, bidding two hearts is a good competitive bid. In addition, as South has eight points and he knows North has at least thirteen, they have the majority of points. If North does not like the heart suit, he would likely try no-trump. North has good heart support and as South passed on his first bid he knows game is unlikely. North passes and South now plays two hearts.

West leads a low diamond to show he has an honor. South wins the first trick with the Ace. Because the double by East implies strength in hearts. South leads a spade to get to the dummy and then leads the six of hearts and

North Dealer, No One Vulnerable.

		North			
		♠AK95			
		♥QT6			
		♦762			
		♣KQ2			
West				East	
♠Q32				♠JT78	
♥82				♥KJ4	
♦QT84				♦KJ53	
♣T965				♣AJ	
		South			
		♠64			
		♥A9753			
		♦A9			
		♣8743			
Bidding:		<u>North</u>	<u>East</u>	<u>South</u>	<u>West</u>
		1♣	Double	Pass	1♦
		Pass	2♦	2♥	Pass
		Pass	Pass		

Opening Lead: 4♦

when East plays low, South inserts the nine, winning the trick. South makes his contract by winning four heart tricks, two spade tricks, a diamond and a club.



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Endless Summer

Scott Burkhardt | Inverness

In June of 1966 I graduated from high school. At the same time, my favorite movie was released, *Endless Summer*. It was a low-budget movie that followed the exploits of two surfers as they chased summer all over the globe. Since summer was and still is my favorite season, I thought that would be a great way to spend summer. Fifty-six years later and I'm still not chasing summer around the world. Instead, I'm enjoying it for the seemingly short time it is here. As someone once said, "summer should get a speeding ticket."

At the pool with my granddaughters, I asked what they were looking forward to this summer and they both agreed it was summer camp. Then the younger one said she wished she was 55 so she could live here because HM had a lot of fun stuff like summer camp.

Hmmm. She had a point. I decided to ask our residents what they liked best about summer and see if HM qualified as a summer camp for them. Some of their summer likes:

Longer days and warm weather - We have that.

Being in the water or near the water - We have a pool with a constant warm temperature that sometimes springs forth with dancing mermaids. We can walk around the lagoon or along the creek or take time to sit on the well-placed benches and just relax to the sights and sounds of our waters.

Outdoor sports - HM offers a plethora of warm-weather sports. Tennis, pickleball, bocce, horseshoes, cornhole, and shuffleboard to name a few.

Getting a tan - You can lay out at the pool or participate in any of the previously-mentioned sports and you will get your tan (or burn if you are like me).

Gardening - We have 150 garden plots and residents with a variety of gardening skills growing vegetables, flowers, and fruits.

Summer foods - I can use my favorite word again. You will find a plethora of summer fare in the HM gardens. Many hard-working gardeners will gladly share some with you (especially if you mention them in a story...hint).

Ice cream - Sometimes the ice cream truck visits us, sometimes we take a field trip to Rita's or Handle's.

Summer picnics or parties - Many villages schedule various types of get-togethers throughout the summer, as do many of the

sporting and gardening venues.

Entertainment - There are free outdoor concerts, the Hershey's Mill Theater Group, and many opportunities to display or enhance your theatrical and musical skills.

Hiking - There are paved trails with wooded side trails that circle The Mill.

Biking - You can circle The Mill on Chandler Drive or check out the bike club's scheduled trips for a change of pace.

It seems pretty obvious to me. We take our fun seriously, so much so that we should declare Hershey's Mill an official Senior Citizens Summer Camp and designate it HMSCSC.

Enjoy the rest of your summer at camp. I will but I also decided to go someplace really expensive this summer...the gas station.



BIKE

Jeff Smith | Princeton

The e-bike demonstration held on May 21 was a great success. Pedego Electric Bikes brought several models of their electric bike line-up to Hershey's Mill, including a three-wheel Trike model. There was a constant flow of interested residents for three hours as many took a test ride and asked questions about the bikes. Several riders took the bikes for a ride on Chandler up the hill from the tennis courts to the intersection of Princeton and Franklin Villages and were impressed with the ease in which the bikes navigated the hill. If you're thinking about purchasing an e-bike, be sure and do your homework first. There are numerous websites with helpful hints on what factors to consider when purchasing an e-bike.

We are still accepting donated bikes that we can refurbish and sell to raise money for the Sports Committee. If you have a bike and have no expectation of riding again, the Bike Club will be glad to pick it up and make any necessary repairs to make it salable.

If you're not already on our E-mail list and would like to be kept up to date on our rides, drop me an E-mail at jeffsmith@hsmill.org and I'll add you to our mailing list.

BOCCE

Nora Liero | Merrifield

The Bocce League is rolling up the courts in competitive matches. League play continues through August 15, so remember to schedule your games between vacations and family visits. We're happy to see many villages are enjoying late afternoon games on the courts, too. Coming this fall: Three



Pedego demonstrates electric bikes to Hershey's Mill residents.

new courts will be built on the grassy area where shuffleboard and horseshoes are played.

Fun fact: In France in the late 1800's, *etre fanny* in bocce meant you had scored zero points against your opponents in a game. The Legend of Fanny was that a girl watching the match would expose her fanny to the losers, who would be obliged to kiss it in defeat! It is still common for clubs to have a picture or sculpture of Fanny for losers to kiss. Hmmm ... Hershey's Mill would require masks of course!

BOWLING

Rosie Taylor | Princeton

Start to shine your bowling shoes and clean your bowling ball...the 2022-2023 season begins in October. Sign-up invitations will be sent to all bowlers and substitutes who participated in both the first half and the second half of last season. Expect to receive them in August. A week or two after that the open enrollment sign-up invitation will be sent to all of Hershey's Mill. Hope you'll join us!

PICKLEBALL

Tom Fant | Yardley

More Pickleball 'Buzz Words' are heard at the courts involving the three-way scoring system. You hear Serving side points to Defending side points plus a third number indicating first or

second serve for that side. Therefore, a score of 5-3-1 would indicate the serving team is winning by a score of 5 to 3 and using its first serve. A score of 1-1-1, 'Picket Fence', is a 1 to 1 score during a first serve. 'Deuces Wild' indicates a 2-2 score during a side's second serve. 'Woolworths' is a lopsided score of 5 to 10 during either serve. A score of 2-0-2 takes you 'All the way to Delaware', as we say.

Since you can only score with the serve in Pickleball, things tend to heat up at serve number two, particularly when the score is at Woolworths, since the defenders face a loss when the serving side reaches a score of 11-5.

SHUFFLEBOARD

Roseanne Havird | Devonshire

Shuffleboard Clinics held in May assisted 20 residents in learning the basics of shuffleboard. As usual the new folks were good sports as they discovered that getting the puck from one end of the court to the other was not as easy as it looks. Over the next few weeks the common complaint was that the court surface was 'too slow.' To change this barrier to higher points, the product 'super glide' was sprinkled to facilitate the pucks moving across the courts! You guessed it! Yep, now the courts were too fast. As one member mentioned to me, "you made changes, but they were the wrong ones!!" Come try your skill at shuffleboard. The equipment is always there for your use, and the rules are on the back of the shuffleboard score board.

TENNIS

Dave Clewell | Robynwood

The summer weather has been very pleasant, and we expect to have more good weather through August and September. There are two tennis courts reserved for

Open Play Tuesday, Thursday, and Saturday at 9:30 a.m. and Monday, Wednesday, and Friday at 2:30 p.m. Come and join us to play tennis.



Our first event of the season was Memorial Day. Everyone had a great time. They enjoyed a great day for tennis and a delightful food array of hot dogs, bagels, fruit, wraps, and cookies. People enjoyed the festive day and the camaraderie of the sports complex events of tennis, pickleball, bocce, and corn hole. Our second event was July 4, which is always well attended. The third event is Labor Day. There will be posters and sign-up sheets at the Sports Complex bulletin board two weeks before the event. Thank you for your support of the tennis program.



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More About Moths

Christine McCormick | Ashton

The fact that it takes 9,000 caterpillars to raise one clutch of Carolina Chickadees continues to amaze me. It isn't just the chickadees that need butterfly and moth (mostly moth) larvae to raise the fledglings we are seeing now. There are over 1,000 species of moths in Chester County - but how many moths, much less moth caterpillars, have you actually seen? They are there, we just must know how to look. Except for the White-lined Sphinx moth and the Glassy Winged Hummingbird Moth which hover like a hummingbird while collecting nectar with their long proboscis starting in late afternoon (see *Guide and Digest* July 2021), most adults are nocturnal, providing feasts for bats, birds, and spiders. If you are out after dark, try stretching a white cotton sheet on rope and turning on your porch light (or better, plug in a clamp-on light socket fitted with a CFL black light bulb). Sit back and watch or put on a headlamp and take a stroll through a garden of tubular flowers. The moths will be revealed to you.

Early sleeper? Keep an eye out during the day for a variety of caterpillars. The nests of larval Eastern Tent Caterpillars are obvious and off-putting. Contrary to popular belief, these squirming colonies do not cause long term harm to the fruit trees, such as cherry, apple, and pear, where they nest. Though the nests are perhaps unsightly; spraying causes the more

devastating damage of reducing the meals available to birds and causes collateral poison mortality to other organisms. The adults are typical of the 'little brown flying bugs' that are too often considered dispensable.

Solitary, but not to be missed, is the up-to-four-inch-long Giant Leopard Moth caterpillar. Completely covered in long black spikes, it is intimidating but not dangerous. If frightened, it will reveal red bands at the segment joints—as if you weren't scared enough. Note that some spiked caterpillars are poisonous so it's best to leave all alone. The caterpillar feeds on many plants from dandelions to

There are over 1,000 species of moths in Chester County - but how many moths, much less moth caterpillars, have you actually seen?

sunflowers to oak trees. The large black spotted adult may come to your lighted sheet.

The Camouflaged Looper caterpillar devises its own protection. Depending upon where it is feeding—Black-eyed Susan, Sunflower, Goldenrod to name a few—the looper cuts pieces of the flower and attaches it to its body so birds (and you) might overlook it. Look carefully at the blooms in the wildflower meadow on the south side of the lagoon berm –you might find a

looper. It is barely three quarters of an inch long. The adult changes its name to the Wavy-lined Emerald; yes, it is green.

These are just a few of the many amazing moths. Caterpillars are easy to photograph, so be on the lookout. Send your pictures to get an

identification and life story for those you find wandering around Hershey's Mill or relaxing on your patio (HersheysMillNature@gmail.com). The famous migratory Monarchs are finally appearing in our area too; watch for their caterpillars on the milkweed plants.

Giant Leopard Moth Larva, Diane Lenk, Robynwood



Giant Leopard Moth, Mike Burchett



Wavy-lined Emerald Moth Larva, Donna Quinn



Wavy-lined Emerald Moth, Scott Noble



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Microsoft Edge – Using the Apps Feature

Don Trauger | Kennett

Install Web Sites as Apps

- Open Microsoft Edge
- Select a favorite website then click the “...” (Settings) in the top right corner.
- In the drop-down menu move to “Apps.”
- Click “Install this site as an App.”
- In the pop-up window click “Install.”
- Next, you will see an option to install the current site as an App on your Taskbar, Start menu, Desktop, or Auto-start on Device

login. Choose any of the selections, then click “Allow.” Doing so allows the site to launch in its own window without the usual menu clutter.

This Edge feature can change how you can use the Web. It allows you to quickly access your important or favorite sites without first opening Edge and clicking on your desired site in a large list of Bookmarks. While Chrome offers a similar capability, Edge turns web apps into a featured attraction, with a single menu for seeing what you have installed.

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Hi-Tech and Lo-Tech Access to The Dog Exercise Area

The Hershey's Mill Dog Exercise Area (DEA) is open for Reservations and use by HM residents whose dogs are first certified through the DEA Committee. All dogs must have a current Chester County license and current rabies vaccination. To be certified to use the DEA, proof of both with a copy of the signed rules are submitted to the DEA Committee. These can be scanned and emailed (hi-tech) or copied and hand delivered or mailed to the DEA Committee (lo-tech).

The DEA Rules were designed by HM resident dog owners with the health and safety of dogs and residents in mind. Many dogs use the same space. The DEA Committee is striving to maintain a healthy, safe environment for all. The Dog Exercise Area is for HM residents and their dogs only. It is an exercise area where Hershey's Mill dog owners can exercise/play with their dogs off-leash within an enclosed

area. This is not a 'dog park' which allows for multiple owners/dogs at the same time.

Hi-Tech use of the DEA

The Dog Exercise Area is used by making reservations on the Hershey's Mill Scheduling Calendar, 'SKEDDA'. A resident may make one reservation per day up to five days in advance. Reserved times are currently 30-minute sessions.

To become Certified to make a DEA Reservation on the Hershey's Mill Scheduling calendar, Skedda, after all required paperwork is received and approved, the DEA Committee will notify you via email that you have been approved.

Instructions explaining the next step to be added to the HM Scheduling Calendar, Skedda, will be sent to you. If you are already a user on the Hershey's Mill Scheduling Calendar, Skedda, the

(continued)



Technology Committee

next step is to be cleared to schedule the DEA.

Instructions will be sent for this purpose. If you are already on the HM Scheduling Calendar, your Skedda credentials will be released to schedule time on the DEA column.

Lo-Tech use of the DEA

Residents whose dogs have been certified by the DEA Committee are free to use the DEA without a Skedda reservation if no one else is in the DEA upon arrival. Residents may check the HM Scheduling Calendar, Skedda, to determine any unreserved times before going to the DEA. If another resident arrives and states that they have a reservation, the resident without the Skedda reservation must leave the DEA immediately.

Checking Skedda

To check Skedda to determine what times are available to reserve or to

determine if the DEA is available for a Lo-Tech visit go to:

- <https://hersheysmillhoa.skedda.com/booking?spaceviewid=59444>
- After going to this web page, Bookmark it to make it easier to find.

For a complete set of Dog Exercise Area Rules and instructions on becoming certified to use the DEA, watch for monthly Community emails with information on the Dog Exercise Area.

Hi-Tech Access

Scan this QR Code to be taken directly to the Hershey's Mill Scheduling Calendar DEA column to check availability.



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Activities Contacts

Art Group.....	Sara Hamilton.....
Billiards Club	Jim Short
Bingo.....	Hal Deal
Book Discussion Group	Carol Barkovsky
Bowling (Oct-Apr).....	Rosie Taylor
Bridge Groups: Fun Bridge.....	Kathy Martinides.....
Golf Club Tuesday Bridge	J.B. Smink
Golf Club Friday Bridge.....	John Marks
Social Club Party Bridge.....	Susan Hackstaff
Talking Bridge	Lisa Groff.....
Cards & Games	Jacki Gersscheid
Caregivers Support Group	Karen Mulvey.....
Chester County Hospital Auxiliary	Nancy St. Laurent.....
Cradle Stitchers	Donna Faunce.....
Dominoes (Mexican Train).....	Sheila Di Croce.....
Exercise to DVDs.....	Barbara Scott
Games & Cards	Agnes O'Leary
Gardens (Community).....	Jim DiCarlo
HM Folk Song Circle	Lynne Urian
Knitting Circle	Ruth Schick
Mah Jongg (Groff)	Lisa Groff.....
Mah Jongg (Tuesday)	Carol Poling
Men's Bible Study.....	Ken Mertz
Mermaid Book Club.....	Marrie Truskey.....
MerryMakers	hmmerrymakers@gmail.com
Nature Group.....	Christine McCormick.....
Paoli Hospital Auxiliary.....	Karen Gibson
Photography Club	Carol Poling
Pinochle Club	Ruth Dudt
Poker Club	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox
Singers (Hershey's Mill Singers).....	Dolores Manion.....
Social Club.....	Judith Dooling
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Table Tennis.....	Dave Kagan
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