

MARCH 2023

# GUIDE — AND — DIGEST



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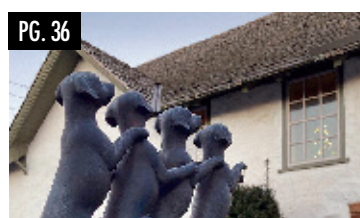
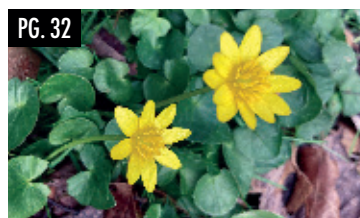
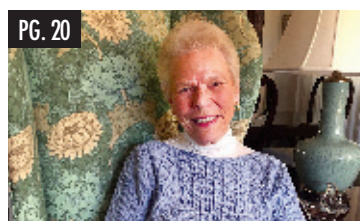
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Cover photo: Theresa Grentz with her Jersey





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## From the Main Gate

### Marc Fraser | Director of Security

The Hershey's Mill Security Department responds to hundreds of emergency calls within Hershey's Mill each year. In fact, one-third of our local ambulance company medical calls occur in Hershey's Mill. Our Security Department responds to emergencies within Hershey's Mill along with local emergency services.

Some of these medical calls include cardiac arrest situation for the patient, requiring Security staff and emergency services personnel to administer CPR and utilize an AED (automated external defibrillator) to attempt to save the patient's life. For this reason, we carry an AED in our Patrol Vehicle so that we can quickly provide intervention during a cardiac arrest situation. This can happen before emergency services arrives on scene. In most cases, the quick initialization of CPR and AED have helped restore some form of heart rhythm by the time the patient is loaded into the ambulance.

Sudden cardiac arrest (SCA) can happen to anyone and can happen at any time. Immediate treatment is vital, and a victim's chance of survival dramatically decreases for every minute without treatment. According to the American Heart Association (AHA) Guidelines, when bystanders provide CPR and the use of an AED to deliver a shock within three to five minutes of collapse or before emergency services arrive, survival rates can increase as high as 70%.

This is why I was grateful to have been approached by members of our HMC-

TV organization regarding HMC-TV's desire to purchase additional AED's to be placed in each of our community buildings. This wonderful, very charitable donation by HMC-TV now allows us to house AEDs in the following locations:

- **Community Center** (on the wall in the main entrance foyer)
- **Sullivan House** (on the wall between the dining room and kitchen)
- **Wood Shop** (on the wall opposite the main entrance)
- **Cove** (on the wall between the Cove doors leading to the pool deck)
- **HMC-TV** (on the wall in the office)

These AEDs are fully automated and were specifically designed with the minimally trained responder in mind, as even minimally trained users can use these AED's to quickly begin lifesaving care in just three steps:

1. Open the AED lid and bare the patient's chest. (cut/remove any shirt/clothing)
2. Pull the red handle and apply the electrodes to the patient. (use pictures provided on the electrodes).
3. Follow the voice directions.

Understandably, intervening in an unfolding emergency can be intimidating; but these AED's use the following features to help users remain calm and focused:

- Simple, bold graphics that allow both trained and untrained AED users to clearly know how to begin.

(continued)



## From the Main Gate (continued)

- CPR-compatible analysis technology that allows the AED to determine whether a shock is needed without the rescuer stopping chest compressions.

- Metronome and CPR coaching, where the AED will use a metronome sound to set an effective pace for chest compressions and audibly guide users in CPR instructions, correcting technique as needed.

- The ability to toggle the AED into Child Mode, which will allow the AED to provide CPR guidance appropriate for children.

Short of carrying itself to the scene of an emergency and applying the electrode pads all by itself, these AED's can perform just about every other function necessary in determining the need for, and administering, a life-saving shock, all while instructing bystanders how to perform life-saving CPR.

Our Security Department would like to say a special **"Thank You"** to HMC-TV for their generosity, and I am sure many residents who understand the significance of this donation would echo that sentiment.



According to the American Heart Association (AHA) Guidelines, when bystanders provide CPR and the use of an AED to deliver a shock within three to five minutes of collapse or before emergency services arrive, survival rates can increase as high as 70%.



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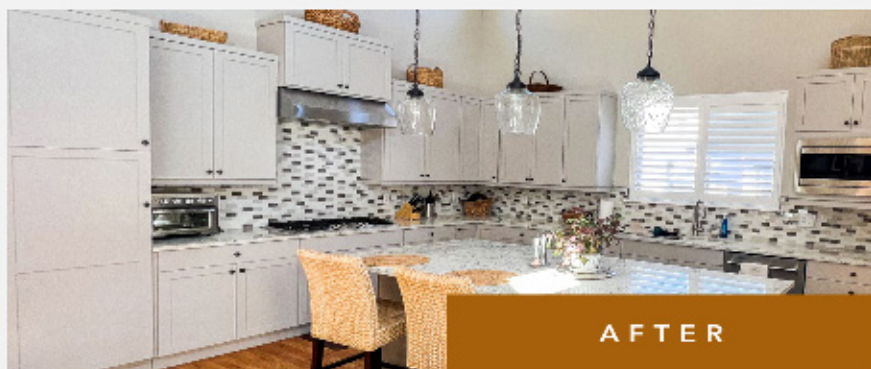


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## Residents Update

Please pull this page out of the Guide and Digest to include it in your 2023 Resident Directory so you have the current information.

Brophy, Tom & Mary	Menitto, Jean	Holly, Tom & Dalton-Holly, Jane (New Phone #)
868 Jefferson Way	1485 Quaker Ridge	858 Jefferson Way
Corea, Paula	Prendergast, John & Patricia	McDonald, John & M. Suzanne (New Phone #)
822 Jefferson Way	870 Jefferson Way	643 Glenwood Lane
Kurek, Greg & Sandra		Valente, Philip (New Phone #)
1244 Oakmont Lane	Rohner, Mark & Ruth	1523 Ulster Way
McSweeney, David & Nora	1383 Springton Lane	
231 Chatham Way	Barker, Rich & Liz (New Phone #)	
	1381 Springton Lane	

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### PAOLI HOSPITAL AUXILIARY'S SHOWCASE OF HERSHEY'S MILL HOMES

May 11, 2023 10:00 a.m. to 3:30 p.m.

Nancy Parke | Ashton  
Showcase of Homes Publicity Chair

Our longstanding tradition of the Showcase of Hershey's Mill Homes is back! This popular venue once again gives attendees an insider's view of six lovely homes within Hershey's Mill as well as supporting Paoli Hospital. If you ever wished to part the curtains to discover wonderful decorating ideas and renovations to homes within Hershey's Mill, you will not want to miss this opportunity. Tickets are \$35. We will also be offering lunch at the Golf Club for an additional \$35.

Your delightful day begins with a self-guided tour of six beautifully-appointed homes within Devon, Eaton, Lincoln, Merrifield, Vassar, and Yardley Villages. We will have a Vendors' Boutique with eight local retailers at the Hershey's Mill Golf Club from 10:00 a.m. to 3:30 p.m.

More information on The Showcase will be featured again in the April and May issues of the *HM Guide and Digest* and on HMCTV, Channel 20. If you are looking for a fun day, mark your calendars now. Proceeds from the day's events benefit the Emergency Department expansion at Paoli Hospital.

If you have questions, please contact Nancy Parke at 202-460-9140 or by email at [Nancy\\_Parke@comcast.net](mailto:Nancy_Parke@comcast.net).

### 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 March 16, 2023.



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affordable art for every home. They added art to schools and libraries and held public exhibitions. One of these artists, Birger Sandzen, encouraged Swedish artists to come to the Midwest, and with them, established the idea that art really was for everyone. The HM Art Group welcomes new members who enjoy creating art in a collegial setting, while also wanting to enrich their art experience through trips and workshops. We meet on Wednesdays from 9:00 a.m. to Noon at the Cove.

## HERSHEY'S MILL CAREGIVERS' SUPPORT GROUP

**Robert Hughes | Franklin**

Need help with your caregiving? Excellent books do exist. What about a professional **Elder Care Consultant** who understands your personal situation?

A person to whom you can talk, in whom you can confide, who can hold your hand when needed, and knows the ins/outs of local institutions and organizations? 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. Several members of the group employ Elder Care Consultants. The group meets every first Thursday of the month in the Paoli Room of the HM

Community Center at 10:00 a.m. For further information call Robert Hughes at .

## HERSHEY'S MILL BOOK CLUB

**Carol Barkovsky | Eaton**

We will meet this month on Thursday, March 9 in the Sullivan House at 2:00 p.m. and will be discussing *The Girl With The Louding Voice* by Abi Dare. Martha Hanson will be leading the discussion. This is the unforgettable, inspiring story of a fourteen-year-old girl, Adunni, growing up in a rural Nigerian village. She longs to escape an arranged marriage and get an education so she can find her "louding" voice and speak up for herself. Despite seemingly insurmountable obstacles in her path, Adunni never loses sight of her goal of escaping the life of poverty into which she had been born, so she can build the future she chooses for herself and help girls like her to do

the same. Adunni shows us how one courageous young girl can inspire us to reach our dreams.

Planning ahead, we will be discussing *The Dictionary of Lost Words* by Pip Williams on April 13. Please contact Carol Barkovsky at for more information.

## HERSHEY'S MILL NATURE GROUP

**Christine McCormick | Ashton**

If you haven't joined the Native Plant Gardeners for a solar system celebration, you have missed several delightful occasions. Over 70 people joined in for the Winter Solstice. Now we're holding our first-ever Spring Equinox event. Join in to warm up by the fire pit, taste the plethora of appetizers while sipping your BYOB, meet your neighbors, and learn about plants you may never have heard about before. There'll be lots of Native Plant Gardeners on hand to introduce you to our native plant garden and

(continued)

Top to bottom: Enjoying the Exhibit.  
Examining a Painting.  
Photos by Sara Hamilton

## HERSHEY'S MILL ART GROUP

**Martha Hanson | Franklin**

In addition to creating art together, we take trips, visiting the American Swedish Historical Museum to view the exhibition, *Art For All: The Swedish Experience in Mid-America*. This was an exhibit of late 19th and early 20th century Swedish-American artists. Swedish immigrant artists embraced the idea of creating

Winter Solstice in the Native Plant Garden







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*Trillium luteum, Linda Kane, Jefferson*

answer questions about how you can attract birds and bees to your own garden and expand The Mill's share of the Homegrown National Park. The Nature Group is very busy restoring the riparian area behind the native plant garden into a lovely woodland. You'll want to see what Sam Crispin and friends have been up to – they cleared the invasive species away from the stream edge making a beautiful area to discover rarely-seen-in-The-Mill plants such as trillium. Bring a chair, a beverage, and your interest in meeting new friends. Meet beside

the Native Plant Garden on March 20 between 3:00 and 5:00 p.m. In case of inclement weather, we'll meet in the Community Center. See you there! The Photo Contest judges are busy appreciating the 2022 entries showcasing nature in our community. Watch the HMNG website and the HM News for spring talks and walks. Send your questions, photos for 2023, or requests to join the Nature Group to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com).

### HERSHEY'S MILL QUILTING GROUP

*Diane King | Jefferson*

Our group continues to be an active group, meeting every week from 10:15 a.m. to Noon on Fridays in the Ardmore room of the Community Center. Our group varies weekly with about ten total active members. Anyone interested is welcome, and our specialty is helping quilters layer their quilts. Often a member has no current portable project, but will attend and help others. Sometimes members continue chatting and go out for lunch. We make quilts for ourselves but also do group projects for veterans, women's shelters, and various causes. It is a relaxed easy-going group of ladies.

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# Hershey's Mill Chorus

*Sts. Peter and Paul Catholic Church on June 10  
in the evening and June 11 in the afternoon*

Katherine Schilling | Kennett

Hello to all lovers of music from your Hershey's Mill singers. We are anxious to begin our spring season. Rehearsals begin on March 14 at the Community Center. We practice from 7:00 to 8:30 p.m. weekly and are always happy to greet new

members...just come join us. An extra round of applause to any tenor or bass who decides to join!!

Mark your calendar. Our Spring Concert will take place at Sts. Peter and Paul Catholic Church on June 10 in the evening and June 11 in the afternoon. See you there!

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**Nora Liero | Merrifield**

Marney Roia is an upbeat, friendly, and intelligent woman who loves to laugh, and is a two-time resident of Hershey's Mill. She and her husband Frank lived in Jefferson Village from 1994 to 2004, moved to their house in Elk Mountain for six years, and then returned to live in Inverness in 2010. Sadly, soon after their return, Frank passed away.

Marney's 40-year career as a licensed financial planner has afforded her great satisfaction in helping people.

Semi-retired now, she attributes her success in large part to society's changing norms about women's roles in the 1970s and to significant men in her personal and professional lives who encouraged her to be successful. She is being too modest!

Marney's father, a vice president of finance for the Kaiser-Frazer Corporation in Ypsilanti, Michigan, was one of those men: "He told me I could become whatever I wanted to be and, whatever I decided, I had to be the best I could be." When she

*(continued)*



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was 14 years old, her father moved the family to Argentina. The company had a deal with President Juan Peron to build an auto manufacturing plant there. Her first two years of high school were conducted via correspondence course. From a home served by domestic staff, she returned to Michigan to finish high school, living with an aunt on her farm with no running water. She had to carry two buckets of water a day!

After high school, she attended Boston's Katharine Gibbs Secretarial School. Love arrived in the form of Frank Roia, a pharmacist, who persuaded 18-year-old Marney to marry him and move to Ithaca, NY, where he began his doctoral

---

**A friend suggested she apply for Prudential Insurance Company's agent training program. She became one of only five female agents in the Mid-Atlantic region and was the first woman to receive *Salesman of the Year*.**

---

studies at Cornell University. Three children arrived: daughters Dru and Sloane, and son Blake. (Sloane and her husband Owen Kelly live in Merrifield.) By 1967, the family was living in Havertown, and Frank began a 31-year tenure at the Philadelphia

College of Pharmacy and Science.

They then moved to Westtown, where Marney became the business manager of the Chester County library system. A friend suggested she apply for Prudential Insurance Company's agent training program. She became one of only five female agents in the Mid-Atlantic region and was the first woman to receive *Salesman of the Year*. She subsequently earned three professional designations: Chartered Life Underwriter, Chartered Financial Consultant, and Registered Investment Advisor.

Eight years ago, Marney broke her neck from a fall down the basement steps. Doctors placed her on a 48-hour death watch. By an eighth of an inch her spinal cord was miraculously spared from the same injury suffered by the actor Christopher Reeve, who became a quadriplegic. She was able to walk two days later. Her hobbies include travel, theater, and playing bridge here at The Mill. She just saw Phantom of the Opera on Broadway for the sixth time. She is an avid walker who pushes herself because she thinks one should be as active as one can be.



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**Erie  
Insurance**



*Please remember that the Guide and Digest may not reflect the most current Bus Trip information. The HM News 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/bustrips/](http://www.hersheysmill.org/activities/bustrips/).*

**Philadelphia Flower Show**  
**Tuesday, March 7, 2023**  
**Cost: \$20 + Admission/Lunch**  
**Departs: 10:00 a.m.**  
**Contact: Priscilla Burt,**

The 2023 Philadelphia Flower Show makes its return to the Pennsylvania Convention Center to amaze visitors with an exciting Garden Electric floral experience. It brings together dynamic designers, bold exhibits, world-class shopping, music, food, and fun. Cost is bus only, and lunch is on your own at the show. Tickets can be purchased online at [www.PHSONline.org/the-flower-show](http://www.PHSONline.org/the-flower-show).

**Dutch Apple Dinner Theatre –**  
***Sister Act***  
**Wednesday, March 15, 2023**  
**Cost: \$85**  
**Departs: 10:00 a.m.**  
**Contact: Priscilla Burt,**

Based on the musical comedy movie, *Sister Act* tells the hilarious story of Deloris Van Cartier, a disco diva, whose life takes a surprising turn when she witnesses a murder, and the cops hide her in the last place anyone would think to look, a convent! Under the suspicious watch of Mother Superior, Deloris helps the secluded sisters

find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, *Sister Act* is reason to rejoice. The cost of the trip includes an all-you-can-eat lunch buffet.

**Shen Yun Performing Arts**  
**Thursday, April 13, 2023**  
**Cost: \$145**  
**Departs: 12:00 p.m.**  
**Contact: Terri Morse,**

With an all-new 2023 program of new stories, costumes, and choreography, Shen Yun takes you on an extraordinary journey through China's 5,000 years of divinely-inspired culture. Established in New York in 2006, Shen Yun Performing Arts is the world's premier classical Chinese dance company that is reviving the beauty and goodness of China before communism. Experience a lost culture through the incredible art of classical Chinese dance, and see legends come to life. Shen Yun makes this possible by pushing the boundaries of the performing arts, with a unique blend of stunning costuming, high-tech backdrops, and an orchestra like no other.

**Dutch Apple Dinner Theatre –**  
***Footloose***  
**Wednesday, May 17, 2023**  
**Cost: \$85**  
**Departs: 10:00 a.m.**  
**Contact: Maria Edwards,**

See a live performance of *Footloose*, the musical based on the 1984 movie. Teenager Ren McCormack moved from Chicago to small-town Bomont

where the Reverend has convinced the town to outlaw dancing. Ren must convince the town to allow the teenagers to dance again and eventually heal from a tragedy that affected them all. The trip includes an all-you-can-eat buffet lunch with a full salad bar and a variety of entrees and desserts.

**Delaware Park**  
**Thursday, May 25, 2023**  
**Cost: \$20 + Lunch**  
**Departs: 10:00 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.

### SERIES TRIPS

**2022-2023 Walnut Street Theatre**  
**Series – (Wait List Only)**  
**Thursday & Saturday Matinees**  
**Cost: \$60 (Per Show)**  
**Departs: 12:30 p.m.**  
**Thursday Series Contact:**  
**Jayne Lytle,**  
**Saturday Series Contact:**  
**Priscilla Burt,**

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 each show in the series. The Walnut Street Theatre's 2022-2023 Season includes the following shows for both series:

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, passengers riding on the Hershey's Mill bus are not required to wear masks.**
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 .

# To 'O', Or Not To 'O', That Is The Question

David 'DOC' OConnell | Merrifield

Some of our Irish forbears dropped the 'O' in their surname while some others later added back the 'O'. In Gaelic the sound 'Ui' before a last name had meant 'son of,' or 'grandson of.' Since few Irish could read or write in the 1600s and 1700s, they never realized that the British, who then controlled the island, had shortened it to 'O' in their official documents, thinking that this sound meant 'of' and had contracted it to O apostrophe, 'O'!



Over the course of time the British, trying to suppress Irish nationalism, dropped the 'O' in most of their legal documents. Catholic (nationalistic) church records continued to retain the 'O' whenever the family did, since they were a dominant foe of British (Church of Ireland) authority. In the mid 1800s the 'O' became common again among the Irish due in part to their new nationalism and in part to their opposition to the British Church of Ireland. Later, sometimes in order to gain employment (*"Irish Need Not Apply"*), some decided to drop the 'O' again. It was common for our forebears to be known both

as 'OConnell' and as 'Connell.' My great grandfather, born in Doon, Ireland, was shown in the Church's handwritten baptismal record as 'David Connell,' and later married in the US as 'David OConnell.' His youngest brother, Patrick, dropped the 'O' immediately and came to America as 'Patrick Dundon Connell.' They were interchangeable. I have chosen to not show any apostrophe between the 'O' and the 'C' since the British had added it in error.

**SO NOW YOU KNOW THE REST  
OF THE STORY.**







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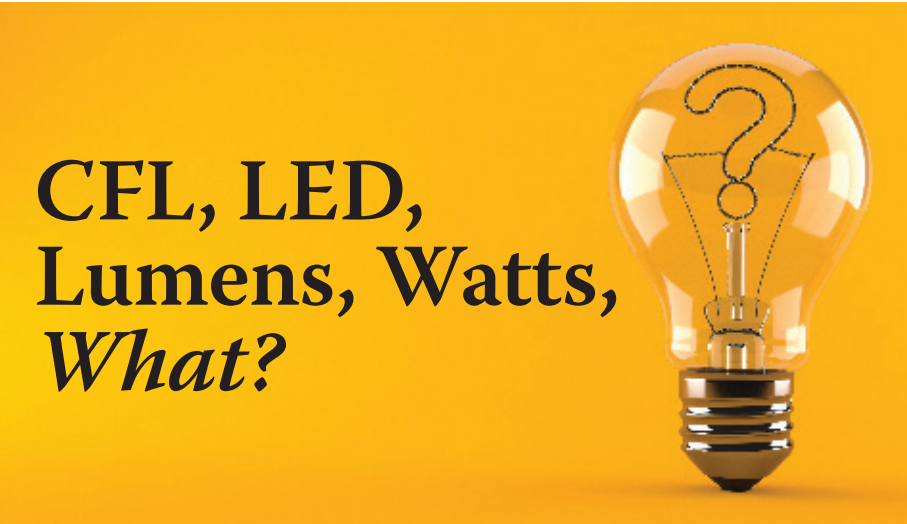


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Frances Waldron | Chatham

Lighting! How is lighting part of health and wellness? We need lighting to function, for things like cooking and matching clothing, for safety so we don't fall, and for quality-of-life issues, such as viewing a painting, reading or seeing our loved ones clearly. Lighting is essential to mental and physical health. Finding proper lighting can be a challenge.

This article will address choosing your favorite lighting and buying the correct bulb. Included are two charts I use regularly to teach people about LED terminology for you to take with you when you shop.

**Choosing your preferred lighting color**

In general, as we age, we need more light. However, for some of us brighter lighting can become detrimental, causing a 'snow blind' effect. Discomfort is the least of the problems glare can cause, falling being among the worst.

Now that the country is switching to LED lighting almost exclusively, buying the bulb you really want can be a challenge. This article aims to demystify buying a light bulb!

Historically, Americans bought bulbs based on wattage, which is a measure of electrical usage, not of light output. We've been doing this wrong forever!

Newer bulbs are labeled with more accurate information, allowing us to know the color of the light and the brightness or lumen output. LED bulbs are brighter, having a higher lumen output than incandescent bulbs, all while using less electricity.

The color, or temperature, of light is determined by the Kelvin scale. Light at the lower end, 2000-3000k is warm or soft white, having a yellowish glow. Light from 3100-4500K is called 'cool' white. It is slightly yellow and slightly blue, but not fully either. The upper end of the scale, 4600-6700, is daylight. It looks blue or very white, and generally seems brighter.

Incandescent bulbs were often soft white. Fluorescent lighting is generally cool or daylight. Where a warmer, cozier ambience is desired, such as homes and upscale restaurants, soft white lighting is often used. Settings such as doctor's offices and hospitals frequently use daylight.

For optimal lighting, function, and comfort, you need to determine your favorite part of the light spectrum. The easiest way to do this is to visit a lighting store and ask them to

show you the different parts of the lighting spectrum in ISOLATION. It is impossible to determine what color you like if other ambient lighting is available and interfering. Big box stores cannot or will not isolate the light for you.

**Choosing your preferred lumen level and buying a bulb**

The next step is to determine your preferred lumen output. Lumens are how light output is measured, commonly known as 'brightness.'

Color Temperature (KELVIN)	2000K - 3000K	3100K - 4500K	4600K - 6500K
Light Appearance	Warm White	Cool White	Daylight
Ambiance	Cozy, calm, inviting, intimate	Bright, vibrant	Crisp, invigorating
Best for	Pendants, wall/coach lanterns, restaurant/commercial ambient lighting, residential recessed lighting, table & floor lamps	Basements, garages, work environments, task lighting	Display areas, security lighting, garages, task lighting

Lumens to watts table

Lumens	Incandescent light bulb (watts)	Fluorescent / LED (watts)
375 lm	25 W	6.23 W
600 lm	40 W	10 W
900 lm	60 W	15 W
1125 lm	75 W	18.75 W
1500 lm	100 W	25 W
2250 lm	150 W	37.5 W
3000 lm	200 W	50 W

(continued)

Lumens tell you what you are getting out of the wattage you are buying. You can pick your preferred lumens at the lighting store or by using a 'smart' lamp. Smart lamps include all three colors of the light spectrum and a variety of lumens, but they are notorious for overstating lumen output. Once you determine how bright you like the light for reading, determine which setting you are using on the smart lamp. For example, if it has five lumen settings, do you like the lower or higher ones? A ball park figure is good enough. The lower lumen settings generally translate to about a 500 lumen bulb, while the higher settings may be as much as 1100-1300 lumens.

Light bulb boxes now have a new section on the back of 'light bulb nutrition facts.' It looks very similar to the nutrition facts on food packages. It is where the truth about any given bulb lies, not on the front of the box! The front of the box usually states wattage and 'cool' or 'daylight.' The back of the box tells you the truth: the color will be given in Kelvins and the output will be listed in lumens. Often, the back and front don't match. Read carefully and get what you are paying for!

For reading, I usually recommend 900 lumens or less. That generally aligns with the higher lumen settings on a smart lamp. Around 1100 lumens begins to feel a little bright for most people. If you start with 800-900 lumen and need more light, you can always increase the lumens. Conversely, if 800 lumens is too much,

you can always replace it with a lower lumen bulb. We all have a preferred lighting color, and it may change based on usage. For example, daylight might be perfect for woodworking, but too harsh for ambient lighting. If in doubt, I would recommend cool white as a starting point, but be sure to read the back of the box to be certain it is cool and not daylight. If you have multiple bulbs in a fixture or lamp, do the math. Ten 300 lumen bulbs in a bathroom will be 3000 lumens, a bit bright! Stick with a 1200 lumen maximum until you know you can tolerate or like more brightness.

I also recommend buying one bulb and trying it. LED bulbs are more expensive, but more efficient. Don't replace all your bulbs until you know what you like.

If you are glare sensitive, I recommend frosted bulbs instead of clear ones. While clear ones are nostalgic and in vogue at the moment, they can cause a tremendous amount of glare, even for those who are not glare sensitive. If you are changing light fixtures, or just want to update your globes on your ceiling fans, consider having them face upwards toward the ceiling to reduce glare (and the need for dusting!) Frosted globes will also cut glare with little effect on the brightness of the light.

Questions or comments: Frances Waldron, . Please call if you are interested in having a low vision support group in Hershey's Mill. Leave me a message and I will get back to you.

## Appraisal of Coins



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# Aggression

John Groch | Chatham

March is named after the Roman god of war, Mars, or *Martius*. While this is common knowledge for most, a little-known fact about Mars is that he was also the guardian of agriculture. Festivals honoring him were held in March and in October, which marked the end of the farming season and the beginning of military campaigning. For the ancient militaristic Romans, Mars' month was placed first in the original calendar, presumably to show his preeminence in Roman culture. Only later were January and February placed at the beginning of what is now the traditional twelve-month year.

The ancient Roman Empire struck fear in conquered nations whenever the heavily-armored legions marched through their territories. The sound of pounding feet and rustling weapons could be heard for long distances, well before the legionnaires appeared above the horizon. While most nations today have abandoned this cultural trait of aggression, a level of aggressiveness remains part of human nature. We encourage children to recognize and develop their talents and assert themselves in positive ways for the betterment of society. Properly-directed assertiveness is also respected and rewarded in many careers and professions. But overly-aggressive behavior is generally discouraged. Many years ago, one of my colleagues, known for his shyness and submissiveness, decided to take

a course in EST, Erhard Seminar Training, to develop his self-confidence. Upon returning from the controversial, intense four-day indoctrination, my colleague was unrecognizable in his aggressive behavior. While he had been a likeable person prior

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**March is named after the Roman god of war, Mars, or *Martius*. While this is common knowledge for most, a little-known fact about Mars is that he was also the guardian of agriculture.**

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to the training, he returned as an irritating co-worker whose offensive assertiveness made him impossible to work with. Personal forcefulness and self-confidence are positive traits when exhibited in moderation but become counterproductive at unreasonable levels.

It is curious that the Romans associated Mars with both war and farming, until one walks one day in the shoes of a farmer. Professional agriculture involves long hours and hard work. Even with industrial farm machinery, plowing and cultivating the soil can be exhausting. Harvesting crops can be backbreaking labor, often reserved for migrant workers who are desperate to accept this work to earn money for their families back home. Of course,

backyard gardening is not comparable to commercial farming. It's supposed to be 'fun.' But there is a level of aggression that must be employed by the most casual of gardeners – against pesky critters and invasive weeds. On some small level, even hobby farming involves 'battling' the forces of nature, such as the weather, excessively hot or cold, wet or dry, and those destructive furry creatures that wreak havoc in the smallest of gardens.

So, assertiveness and self-confidence must play a role in our lives if we are to apply our talents with positive impact upon the world around us. But unlike the ancient Romans, we should avoid striking others with fear and dread and, instead, inspire them with our creativity and leadership. As the ancient Greek predecessor of the Romans, Hesiod, claimed in 700 BCE, "Moderation in all things."

Clockwise from left: Yellow Blossoms. Daffodils. White Blossoms. Photos by John Groch



# Lee Dastur

Bruce Decker | Yardley

Lee Dastur graduated from the University of Northern Alabama with an English major and a Library Science minor. Her career was as a teacher/librarian, working almost entirely in the elementary grades. Since the school curriculum had been packed with subject matter, visits to the library had been expanded into a regular class, where Lee touched on a wide variety of subjects. Children were introduced to basic research skills, various authors, and forms of literature: poetry, biography, myths, and legends.

Lee became interested in the HM Nature Group after learning about the pollinator garden, an area near the gardens where the Nature Group is replacing non-native plants with native plants that once flourished here. This work triggered Lee's memories of growing up on a farm in northern Mississippi where people were well-acquainted with foraging for nuts and berries and other edible plants.

"I have been gardening all my life," Lee says, "but only recently came to the realization that buying imported plants from nurseries provided no food to the pollinators that our food chain depends on. That was eye-opening for me."

This realization stimulated her curiosity about our planet's unique and very complex ecosystem. How have we humans interfered with

the natural order of things? She became convinced that someone needed to look up information about our planet's unique and complex ecosystem and to present it in a simple, readable format. "The teacher in me loves to do research and clarify our understanding of the world," she notes.

**Lee feels that volunteering has been very meaningful work. It has helped her to meet new people and to have some effect on addressing issues within the community. "I needed to meet more people after we moved here. "Volunteering has really helped me do that."**

During a meeting of the Nature Group, she expressed her interest in writing such articles for the *Digest* and was given an enthusiastic "go-ahead." Her first column was called "Dirty Talk." It focused on how our fertile soil got here and what we need to do to retain it. Christine McCormick is very helpful in reviewing her work for accuracy before it's published. So far it seems to be right on target!

Writing the Nature column has become a passion for Lee. She is hopeful that it's providing useful information to the community.

Previously, Lee had volunteered with ESL, an organization helping immigrants from Guatemala and Uzbekistan learn English. At present, she is working with the Hershey's Mill Art Group, hoping to encourage more community members to begin making art. Just recently she worked with fellow artists to hang a new show of residents' work in the Community Center. Come out and see it. It's impressive!

Before Covid struck, Lee had been a volunteer with the HM Folk Singers. She hopes to soon reconnect with that lively group. Meanwhile, she continues to work with other Village volunteers to beautify the traffic island on their cul-de-sac, where

they are using native plants that belong here.

Lee continues to be marginally involved as an election volunteer, but is discouraged by the rise in partisan quarreling. She wishes that people could realize how privileged we are, and focus on working together more effectively.

Lee feels that volunteering has been very meaningful work. It has helped her to meet new people and to have some effect on addressing issues within the community. "I needed to meet more people after we moved here. "Volunteering has really helped me do that."



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# Four Dogs Tavern



John Groch | Chatham

The Four Dogs Tavern, about twenty minutes west of West Chester and built c. 1800, is a very popular establishment featuring an eclectic menu, many items with a French flare. Across from the historic Marshallton Inn, the tavern, a former stable, offers a warm colonial pub atmosphere, enhanced by two fireplaces, one in the cozy bar area, another in the wood-paneled dining room. In warmer weather, patrons enjoy a large outdoor patio, where pets, especially dogs, of course, are most welcome.

While perusing the menu of charcuterie boards, soups, salads, sandwiches, pastas, and flatbreads, my wife ordered a pinot grigio and I selected a Chimay red ale. For dinner, my wife chose a mushroom flatbread, featuring a generous spread of tangy, browned Kennett mushrooms, goat cheese, and a deliciously crispy crust. I ordered smoked salmon with gruyere cheese served on slices of hearty sourdough bread, accompanied by a mixed green salad, lightly flavored with an oil and vinegar house dressing. When I expressed my surprise at how quickly our meal arrived, the server replied the kitchen's goal is to prepare meals in eight minutes, even on busy evenings like that one.

The tavern's philosophy of service is further captured by an earlier experience we had when dining outdoors with friends. While we lingered in conversation and after our server had approached us for the third time, we apologized that we had not yet decided on lunch. She very kindly replied, "Please, enjoy



Photo captions left to right clockwise:  
Four dogs at entrance: "Follow the dogs to the Four Dogs!"  
Kennett mushroom flatbread.  
Smoked salmon and gruyere.  
Chimay red ale on tap!

each other's company!"

If you're looking for a relaxing excursion through idyllic Chester County horse country, you may want to consider Four Dogs Tavern for a rewarding dining experience. And don't forget your pet!

# Spring is almost here!

## March, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color Legend:	Ardmore Room, CC	Malvern Room, CC	1	2	3	4
	Cove at Pool	Paoli Room, CC	8:00 am Men's Bible Study	10:00 am Caregivers	10:00 am Fun Bridge	
	H-CC Main Hall	Sullivan House	9:00 am Art Group	1:00 pm Knitting	10:00 am Quilters	
One-Time Events	Location in calendar	Offsite**	12:30 pm Social Bridge	1:00 pm Cards	2:00 pm Scrabble	
			1:00 pm Groff Mah Jong	6:30 pm Poker		
			1:00 pm Cards & Games			
5	6	7	8	9	10	11
	10:00 am Fun Bridge	9:45 am Bowling**	8:00 am Men's Bible Study	9:30 am Paoli Hosp Aux	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Mah Jong	9:00 am Art Group	11:30 am Mermaid Book Club	10:00 am Quilters	
	1:00 pm Cards & Games	1:00 pm Pinochle	1:00 pm Groff Mah Jong	1:00 pm Knitting	2:00 pm Scrabble	
			1:00 pm Cards & Games	1:00 pm Cards		
				2:00 pm Book Disc Group		
				6:30 pm Poker		
12	13	14	15	16	17	18
	10:00 am Fun Bridge	9:45 am Bowling**	8:00 am Men's Bible Study	1:00 pm Knitting	10:00 am Fun Bridge	
	10:00 am Chester Cty Hosp Aux	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Cards	10:00 am Quilters	
	10:00 am Photography Club	1:00 pm Pinochle	12:30 pm Social Bridge	6:30 pm Poker	2:00 pm Scrabble	
	1:00 pm Talking Bridge	7:00 pm Singers Rehearsal	1:00 pm Groff Mah Jong			
	1:00 pm Cards & Games		1:00 pm Cards & Games			
19	20	21	22	23	24	25
	10:00 am Fun Bridge	9:45 am Bowling**	8:00 am Men's Bible Study	1:00 pm Knitting	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Cards	10:00 am Quilters	
	1:00 pm Cards & Games	1:00 pm Pinochle	1:00 pm Groff Mah Jong	6:30 pm Poker	2:00 pm Scrabble	
	3:00 pm Spring Equinox Gathering	7:00 pm Singers Rehearsal	1:00 pm Cards & Games			
	Far end of personal gardens					
	7:00 pm Folk Song Circle					
26	27	28	29	30	31	
	10:00 am Fun Bridge	9:45 am Bowling**	8:00 am Men's Bible Study	1:00 pm Knitting	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Cards	10:00 am Quilters	
	1:00 pm Cards & Games	1:00 pm Pinochle	1:00 pm Mah Jong	6:30 pm Poker	2:00 pm Scrabble	
		7:00 pm Singers Rehearsal	1:00 pm Cards & Games		7:00 pm Bingo	

For Sports times, please check Skedda at [www.hersheysmillhoa.skedda.com](http://www.hersheysmillhoa.skedda.com).

Please remember to call the Community Center Office to schedule a room - 610-436-6019.



<div> <b>Programs</b> <div>March 1 to March 15 (7:00 p.m. show March 15 will not be shown)</div> </div>				
<b>Red Satins Concert in the Park</b> The Red Satins performed at the HMGC parking lot in August 2022. They're a vocal group from Downtowntown specializing in songs of the 50s and 60s Doo-Wop. Six guys that like to sing and bring back memories. 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.

<b>Movies</b> Noon & 8:30 p.m.	<b>March 1 to 8</b> <b>Bicentennial Man (PG) (1999)</b> <i>Robin Williams, Sam Neill</i> An android endeavors to become human as he gradually acquires emotions. (Run time 2:12)	
	<b>March 8 to 16</b> <b>The Birds (PG-13) (1963)</b> <i>Rod Taylor, Tippi Hedren</i> Alfred Hitchcock's winged thriller about a town and its mysterious battle with an increasingly violent flock of feathered friends. (Run time 1:59)	

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.

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<div> <b>Programs</b> <div>March 16 to March 31 (7:00 p.m. show March 31 will not be shown)</div> </div>				
<b>The Left Edge Concert in the Park</b> The Left Edge performed at Hershey's Mill in August 2022. They are all vocalist-musicians and played a broad spectrum of cover songs from the 50s, 60s, 70s, 80s and beyond. Their performance included a Blues Brothers revue, an Elvis medley, and a Crosby-Stills-Nash-Young set. 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.

<b>Movies</b> Noon & 8:30 p.m.	<b>March 16 to 24</b> <b>Avatar (PG-13) (2009)</b> <i>Sam Worthington, Zoe Saldana</i> An ex-marine finds himself thrust into hostilities on an alien planet filled with exotic life forms. (Run time 2:41)	
	<b>March 24 to 31</b> <b>D-Day: Last Words (NR) (2013)</b> In this unflinching documentary you'll get a 360-degree view of June 6, 1944 invasion from the perspective of a British sailor who laid underwater charges to blow up German defenders. (Run time 1:30)	

24 hours/day channel 971

12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon,  
4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 970

**Bulletin Board Times**

**IMPORTANT NOTE:** To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

HERSHEY'S MILL SPEAKERS FORUM PRESENTS:

# THERESA GRENTZ,

*recent inductee into Basketball Hall of Fame*

April 26, 2023, Hershey's Mill Golf Club; 11:30 a.m.

## Karen Mulvey | Princeton

After graduating from Cardinal O'Hara High School, Theresa Grentz played first string center with the Immaculata Mighty Macs where she was named three times All American. Her team's performance in the mid-1970s put Immaculata on the map; they seized three consecutive National Championships, an astonishing achievement.

Theresa left Immaculata without a hint of a thought about coaching. That career path was not open to women. Teacher, wife, nurse - those were her options. Theresa took a job as a sixth-grade teacher, but her elementary teaching career was thankfully short lived. Theresa accepted an assistant coaching position at St. Joseph College, now University. Theresa shone. St. Joseph began their women's basketball program the year before she arrived, and as assistant coach Theresa was influential in establishing a successful team that reached the Regional Championships during her tenure.

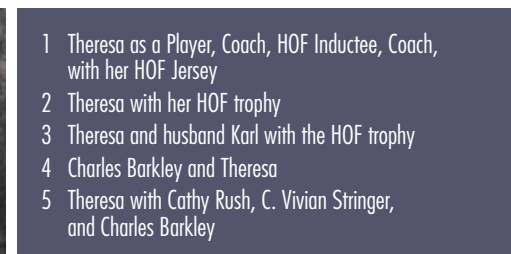
Bigger challenges beckoned. When the opportunity to coach a Division I team arose at Rutgers Theresa jumped on it. She made history in

her role as the full-time women's basketball coach, the first woman to ever hold such a position in the nation. It was at Rutgers that Theresa experienced the level of success she was driven to achieve. The Lady Knights won four tournament titles, six Atlantic 10 Conference titles, and one National Championship, which was in 1982.

Theresa received awards galore. While at Rutgers Theresa was named Atlantic 10 Coach of the Year four times; The Newark Star Ledger also named her Coach of the Year (1986); honored as National Coach of the Year after leading Rutgers to a 30-3 record during the 1986-1987 season. Eight times she was the New Jersey Coaches/Writers Association Coach of the Year; the Metropolitan Women's Basketball Association named her Coach of the Year in 1993; Converse named her Coach of the Year, and she was inducted into the Nike Hall of Fame in 1992.

1992 was a busy year, Theresa went to Barcelona with Team USA Women's Basketball to capture the bronze medal, 4-1. Among numerous qualifications that Theresa possessed, she had experience coaching

(continued)



- 1 Theresa as a Player, Coach, HOF Inductee, Coach, with her HOF Jersey
- 2 Theresa with her HOF trophy
- 3 Theresa and husband Karl with the HOF trophy
- 4 Charles Barkley and Theresa
- 5 Theresa with Cathy Rush, C. Vivian Stringer, and Charles Barkley





## Hershey's Mill Speakers Forum (continued)

internationally which made her a shoo-in for the role of Olympic coach. Theresa coached in Israel, Seattle, Taiwan, and Malaysia, and in every competition won a gold or silver medal.

Many of Theresa's protégées developed into Players of the Year or were inducted into the Basketball Hall of Fame. They were accustomed to recognition on campus and elsewhere. They embraced Theresa's enthusiasm and were eager to put in the hard work that becoming a star required. Theresa coached these young women to become champions. "Coach Grentz made us believe we could do things we didn't believe we could," said Amy Berggren.

Never one to shy away from a challenge, Theresa, an enthusiastic and driven leader, would prove her top-notch skill as head coach again at another Division I team when in 1995 she took on the coaching position of a losing team in the Midwest. She was confident and committed to transforming University of

Illinois' national reputation to one of excellence in academia and athletics. Her big aspirations at Illinois for the Fighting Illini team were realized when they had 210 wins, succeeded in 10 out of 12 post-season tournaments, brought home a Big 10 Championship, and competed in numerous Sweet 16 runs.

Theresa's quintessential recognition came September 10, 2022 when she was enshrined in the Naismith Memorial Basketball Hall of Fame in Springfield, MA. When the call came, "I was speechless. I never thought in my wildest dreams..." (Tidbit - James Naismith invented the game of basketball.) Speeches were made, some of which are available in their entirety on YouTube, dinner was served, hugs were exchanged, thousands of photos taken, and plaudits profusely given. Come hear it all from this inspired leader.

Here is the link to September 10, 2022 enshrinement video... <https://youtu.be/K3LNkpMidWk>



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## Local History

# Graceanna Lewis: 19th Century Ornithologist from Chester County

Kate Lindsay | Brighton

The landscape of The Mill is beautiful and provides many activities through our natural resources. The Nature Group is dedicated to preserving and enhancing experiences for all of us and continues a long tradition that goes back to a woman who was born on a Chester County farm in August 1821.

**She did not ignore her love of the natural sciences and, during this time, she moved to Philadelphia and continued her work in the natural sciences with other Quakers.**

Graceanna Lewis was born into a Quaker farming family. Quakers believed in education and wanted both their sons and daughters to participate in education. Her mother had been a teacher before her marriage and started teaching her daughters at home. As the girls got older, she sent them to the Kimberton Boarding School for Girls. Graceanna met a teacher there, Abigail Kimber, who was a botanist. Her mother loved nature and instilled this love in Graceanna. So, there was a natural

Illustration Icterus Graceannae



connection with this teacher that built on her love of nature.

She finished her education in 1842 and became a teacher herself. She was able to teach botany and chemistry at a boarding school near York, Pennsylvania. She remained in this position for two years before returning home. Upon returning home she devoted herself to social activism which lasted throughout the civil war. She did not ignore her love of the natural sciences and, during this time, she moved to Philadelphia

*(continued)*



## Local History (continued)

and continued her work in the natural sciences with other Quakers.

Graceanna was able to study with John Cassin from 1862 to 1869 at the Academy of Natural Sciences in Philadelphia. Cassin was supportive of Graceanna and named a bird after her which is known as the *Icterus graceannae*, a white-edged oriole. Once Cassin died, she was not able to use the resources of the Academy of Natural Sciences of Philadelphia. But later in her life, she was one of the first three women admitted as a member to the Academy of Natural Sciences.

Graceanna was not able to attain her goal of a college degree that would

allow her to teach at the college level. As with many talented women of her time, she did not have the funding and there was the problem of institutional misogyny. Nonetheless, she continued to teach throughout her life in high schools and through private lectures.

She died in 1912 and is buried in Media, Pennsylvania. She did not move far from her original home and dedicated her life to ornithology. It is not clear if the *Icterus graceannae* can be found here in The Mill, but the members of the Nature Group may let us know.



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# Clearing The Wilderness

Lee Dastur | Quaker

An ancient Chickasaw legend tells how the Great Spirit himself guided the people to their ancestral homelands in Mississippi. It was a rich and fertile land, with forests teeming with deer; there were many small streams full of freshwater fish. Fruits and nuts grew in the clearings.

The Chickasaws lived on this land for hundreds of years, building villages and sacred mounds, establishing a network of trade routes that led all the way to the sea.

But by the 1800s, European settlers had arrived and claimed the land as their own. They forced the Chickasaws

west to Oklahoma. The settlers cleared the dense forests and planted houses and schools. They plowed up the land to plant cotton. They killed off the wolves to protect their cattle. Then they lived for a time much as the Native Americans had done, hunting and fishing and farming.

But within a hundred years, cars and tractors appeared, and the ancient ways changed. 'Commercial fertilizers' replaced animal manure. Weedkillers shriveled unwanted plants. DDT decimated the boll weevils. The children were going to school now and finding better jobs in town. Gradually, they moved away from their traditional ways of living.

Clearing the Wilderness, illustration by Lee Dastur



Pulpwood companies swooped in and bought up the abandoned farms, felling the useful timber and torching the undergrowth, planting the ashy residue in fast-growing pine.

The elders had talked about persimmons and muscadines. But now exotic invasive foreign plants began to spring up - kudzu and mimosa and deep-rooted clumps of dense invasive grass. Layers of aquatic ferns clotted the little streams. Pine beetles tunneled under the bark of fledgling pines. Armadillos, wild boar, and fire ants appeared.

The area's ancient ecosystem had been upended.

"What will happen when our forests are gone...when the soils have (been) impoverished and washed into the streams, polluting the rivers, denuding the fields?" Teddy Roosevelt had wondered, as he established game preserves and parks in the 1900s.

Most of us had not yet thought about the way our environmental systems were intertwined. Indeed, the very word 'ecosystem' had not been coined until 1935. "An ecosystem is a diverse community of living and non-living things, working co-operatively together for the benefit of the whole,"

one scientist explains now.

Yellowstone Park had been established in 1872, intended as "a... pleasuring ground for the benefit and enjoyment of the people." Nobody liked wolves, so they were purged from the park - an exclusion that soon led to an overpopulation of elk, who trampled down creek banks and changed the course of streams. This, in turn, caused a decline in beavers and fish and small mammals and birds. Decades would pass before wolves were reintroduced to the park, allowing the system to begin righting itself.

It's clear that our environment is becoming more chaotic now; we have droughts and floods and wildfires, 'atmospheric rivers,' even 'bomb cyclones.'

Grassroots and global programs are trying hard to restore the balance of things. Our own Native Plants Garden has been designated as part of the "Homegrown National Parks" group. Check out what they're doing. It's important.

"Cherish the natural world; you are a part of it and you depend on it," David Attenborough reminds us.

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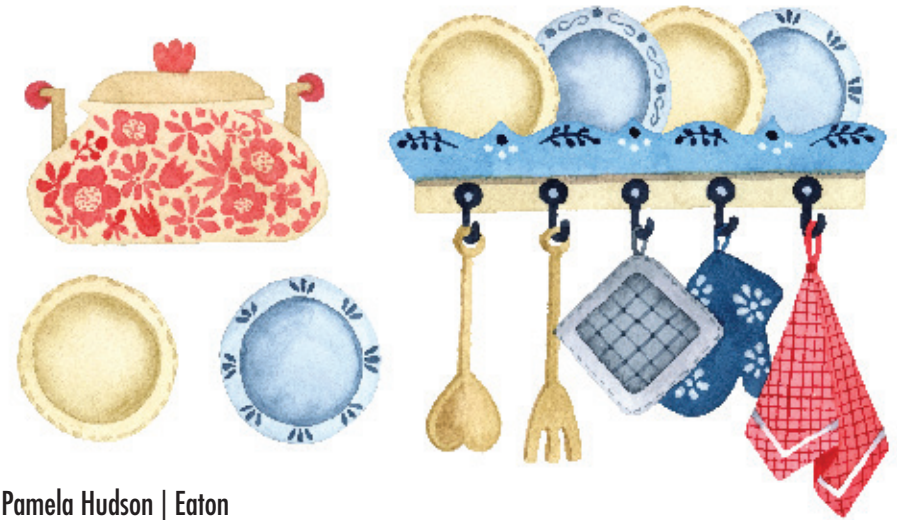
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## Recipes



Pamela Hudson | Eaton

### Corned Beef and Cabbage in the Crock Pot

#### Ingredients

- 1 corned beef, about 4 lbs
- 1 head of cabbage
- 4 medium potatoes, peeled

#### Instructions

In a 6-quart crock pot place the corned beef.

Use enough water to cover the meat and use the seasoning packet in the corned beef package to sprinkle in the water.

Quarter the head of cabbage and place on top of the corned beef in the pot.

Place the potatoes on top of the cabbage.

Set the crock pot on low for 8 hours.

### Irish Cheddar Herb Scones

#### Ingredients

- 2 1/2 c all-purpose flour
- 1 tbsp baking powder
- 1 tsp salt
- 1 stick of cold unsalted butter
- 1/2 c low-fat milk
- 3/4 c shredded cheese
- 1/2 c green onions
- 1/4 c chopped parsley and dill
- 2 large eggs, divided

*(continued)*



## Recipes (continued)

### Instructions

Preheat oven to 400.

Line a 13 x 18 inch baking sheet with parchment paper.

In a large bowl combine flour, baking powder, and salt.

Cut the butter into small pieces.

Mash the butter into the flour mixture.

To the bowl add the milk, cheese, green onion, herbs, and 1 egg.

Using a spatula stir together until a small ball forms.

Knead the dough a few times and roll out into an 8-inch circle about 1 1/2 inches thick.

Make four cuts into the circle forming 8 wedges.

In a small bowl add eggs and whip with 1 tbsp of water.

Using the egg wash brush tops of scones.

Bake in oven for 20-25 minutes until an inserted toothpick comes out clean.

## Beef Stroganoff

### Ingredients

- 2 lbs lean sirloin or other lean beef, cut in bite-size pieces
- 1/8 lb of butter
- 1 tbsp of flour
- 1 c beef bouillon
- 2 onions, chopped
- 1 pint sour cream
- 3 oz tomato paste
- 1 small can mushroom caps
- 1 ham bone - 2 pounds ham shanks or 2 pounds smoked pork hocks

### Instructions

Melt butter in a Dutch oven and add beef to pan to brown.

Sprinkle with the flour.

Add the bouillon.

Add the chopped onions.

Cover and simmer for 30 minutes.

Add sour cream, tomato paste, and mushrooms.

Simmer 90 minutes.

Serve on top of cooked noodles.

## Easy Mardi Gras Beignets

### Ingredients

- vegetable or canola oil for frying
- 3 1/4 cups of pancake and waffle mix, plus more for dusting
- 2 tbsp baking powder

- 2 tbsp sugar
- 1 c low fat milk
- 2 large eggs
- Confectioners' sugar as needed

### Instructions

In a large Dutch oven place several inches of oil and heat the oil to a temp of 325.

In a large bowl add the pancake mix, baking powder, sugar, milk and eggs. Stir with a fork until the batter becomes thick, then use hands to form into a ball.

Lightly dust the work surface.

Roll the dough into a 1/4 inch thickness.

Use a cookie cutter or pizza cutter – cut into 2-inch squares.

Fry 3 - 4 squares at one time in the oil.

Fry them for 2-3 minutes per side or until golden brown.

Remove and place on a paper-towel-lined plate.

Sprinkle with powdered sugar.



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The more that you learn, the more places you'll go.....*

- DR. SEUSS

### Janice Saunders | Eaton

The next Hershey's Mill Speakers Forum event featuring Theresa Grentz is scheduled for April 26 at Hershey's Mill Country Club. Grentz is a veteran women's collegiate basketball coach whose career spanned five decades, with over 680 career wins, multiple national and conference coaching awards, and a national championship. When she was hired at Rutgers in August of 1976, she became the first full-time women's basketball coach in the nation. Recently, she was elected to the Naismith Memorial Basketball Hall of Fame (Class of 2022).

The next time you visit the library, check out our new DVD carousel near the entrance way. You may take out DVDs on the honor system with no checkout required.

In an ongoing effort to update and expand our large print book collection, the library purchased 23 large print books in January. Over the coming months, we plan to add to this collection.

Thanks to our Hershey's Mill Library patrons who participated in our recent puzzle sale by donating and/or purchasing puzzles. Our annual sale proves to be one of the library's most popular events. The library has numerous puzzles available on loan, so stop by and take one home. While you are there, help us complete a



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# Mind Your Words

Scott Burkhart | Inverness

As I write this March story in January, I am celebrating two milestones. One is that 2023 begins my seventh year in The Mill, and the other is that January 24 begins my 74th year of life. March is the third anniversary of my providing monthly stories for the *Digest*. This is my 36th article, all but one under the banner FROM A HM BOOMER. Not to brag, which means I am now bragging, but my Boomer sisters and brothers have embraced these stories as exemplified by an email I received that congratulated me on the most recent article and noted it was unquestionably terrific. I am not lying.

It has come to the attention of the Pickleball Nation that there has been some foul language on the courts accompanying errant shots and miscues in the heat of battle. Cursing is offensive to some and should be curtailed. Hence, a *swear jar* has been implemented so that swearing players are expected to put money in the jar. The swearer decides what his or her outburst is worth. That begs the question, should there be a standard

fee, and should all curse words rate the same amount?

My research shows that Pennsylvania is 23rd in the country for the amount of profanity used, and Philadelphia is tied for 4th among cities. Georgia is the worst state, and Columbus, Ohio is the worst city.

---

**My research shows that Pennsylvania is 23rd in the country for the amount of profanity used, and Philadelphia is tied for 4th among cities.**

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How do these facts relate to our pickleball situation? Is the profanity-laden City of Brotherly Love's vernacular reaching The Mill? It is more likely the fact that Baby Boomers on average swear ten times a day. In our case, more when watching Philadelphia sporting events.

While these statistics show there is a possibility of hearing a profanity, they don't solve the problem of what to

charge for that profanity. To that end, here are my thoughts:

- A one dollar fine should be levied if you use a word that is on George Carlin's 7 Words You Can't Say On Television list. This list can be Googled.
- Swearwords not vulgar enough to be on said list should cost fifty cents.
- Foreign language swearwords are charged at the current exchange rates of that country.

For those that must visit an ATM as part of getting ready to play pickleball, you can use 'sweet swear words' such as FUDGE and SUGAR,

or 'soft swear words' such as DARN, HECK, or SON OF A GUN. People will know what you mean. These words are free of charge and feel just as good when you yell them.

I have put a swear jar in my car to aid my retirement fund. My father often told me that there are only two good drivers around, him and they are still looking for the other one. I drove to Berks County today and used up my Baby Boomer quota of swearwords by the time I got halfway there just to prove him right.





# ChatGPT

Don Trauger | Kennett

This article is not in the same vein as what I usually write. Rather, it's an introduction to a new concept of artificial intelligence (AI). AI has been around for a while, but ChatGPT takes it to a new level. Basically, you feed it a question and it comes up with the answer.

The link to ChatGPT is <https://chat.openai.com/chat>. It's free for now, although you'll have to set up an account. It's also experimental at this point—as evidenced by the difficulties I had simply copying its result into Word. While at this stage, it won't

put Google out of business, ChatGPT allows one question and one answer at a time (compared to Google's many hundreds of results). Take a look at the Q&A I tried below—maybe you'll want to give ChatGPT a try!

*Note: The following ChatGPT answers were not written by me, although the questions were.*

**Q.** What is the history of the Hershey's Mill Community, West Chester, Pa. 19380?

**A.** "Hershey's Mill is a community located in West Chester, Pennsylvania. The community is made up of a variety of homes, including townhouses,

AI has been around for a while, but ChatGPT takes it to a new level. Basically, you feed it a question and it comes up with the answer.



condominiums, and single-family homes, as well as amenities such as a golf course, swimming pools, and tennis courts. The development of Hershey's Mill began in the 1970s, and it has been a popular place to live for retirees and older adults. It is known for its active adult lifestyle, with many clubs and organizations catering to the interests of residents. The community is surrounded by natural beauty, with plenty of opportunities for outdoor activities such as hiking and biking. The area also has a rich history, with many historical sites and landmarks nearby."

**Q.** What is the underlying danger of Yellowstone National Park?

**A.** "The underlying danger of Yellowstone National Park is the potential for a volcanic eruption. The park sits on top of a supervolcano,

which has the potential to produce a massive eruption that could have a significant impact on the surrounding areas and the global climate. However, it is important to note that while the potential for an eruption exists, it is not imminent and the chances of it occurring in the near future are low."

**Q.** When is Covid expected to be of no concern?

**A.** "The timeline for when the COVID-19 pandemic will no longer be a concern is uncertain. Factors such as the effectiveness of vaccines, the emergence of new variants of the virus, and compliance with public health measures will all play a role in determining when the pandemic will end. It's important to continue to follow the guidance of public health officials and to get vaccinated when a vaccine becomes available to you."



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# Verizon Upgrades and How to Schedule an Upgrade Appointment

The Verizon renewal includes four upgrades: 400 Mbs Internet Speed, upgraded Routers, and optional FiOS TV One Set Top Boxes and Remotes. Installation is at no cost if installed *within the install & upgrade period, January through October, 2023*. The fourth upgrade is 1 Gig of Internet speed has been reduced to \$10/month.

**Increased Internet Speed** has already been accomplished throughout the Community by Verizon without action on the part of residents.

**Upgraded Routers** will be installed free, within the specified installation dates, with no monthly fee. The Upgraded Router is WiFi 6E certified, the newest version available. It is faster, broadcasts farther, and uses a different service protocol, making it ideal to support multiple devices

used within your home. *Residents who have router Model #CR1000A (installed in the last three months) are not eligible for this upgrade.*

Upgrading to **FiOS TV One Remotes and Set Top Boxes** is not required but is a choice that individual residents can make. *The installation must be completed during the appointment to upgrade your Router.* This equipment provides Voice Command using the remote with no need to point directly at the set top box. Other benefits include seamless Netflix integration, RFT allowing set top boxes to be placed out of sight, and more. *Residents who already have this technology are not eligible.*

The advantage of FiOS TV One is the ability to also operate your TV using verbal commands. The voice remote allows you to change and search for channels/shows or go to the DVR,

Guide, etc. by holding down the microphone button on the remote and speaking the number or name.

When switching to FiOS One, all set top boxes throughout the home (except for digital adapters on older TVs) must be changed at the same time. The FiOS One Set Top Boxes do not have a clock on them. The non-FiOS One Set Top Boxes (the ones with a clock) and their remotes will not work with FiOS One Set Top boxes and remotes.

Any stored DVR recordings are not transferable to the FiOS One Set Top Boxes and will be lost. Scheduled recordings will have to be scheduled again, so make a list of current recordings for ease in setting up the

record schedule again. During the free upgrade and install period, all old equipment will be removed so that you are not charged for it.

A Call-In Schedule by Address is sent out via email. Calls for times other than the addresses scheduled will not be given an appointment date, so please call during the scheduled dates and times for your address.

**Don't assume, attend a Zoom.**

Details are also provided in the HM News email updates. The Tech Team is available to assist, via an email, with details on the issue needing attention. *When you email, always include your full name, address, and a call-back phone number.*

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# Basic Bridge

Walt Woerheide | Springton

It is incredibly important in bridge for the declarer to plan his play before calling for the first card from dummy, no matter how obvious the play from dummy might seem to be.

The first two bids here are standard. South's jump to three diamonds shows a strong hand of 18 to 19 points and indicates at least five hearts and four diamonds, which means no more than four cards in the other two suits. North has 12 high card points, one point for his doubleton and one point for his fifth spade. With a combined 30 to 31 high card points, along with his two distribution points and at least two distribution points in South's hand, he asks for aces. South says he has two, so given that they are missing only one ace, that South should have hearts and diamonds covered, and North has spades and clubs covered,

North tries for a small slam in hearts. For the opening lead, West opts to be passive by leading his only trump.

When dummy is laid down, South sees he has ten sure tricks: five hearts, three diamonds, one club, and one spade. He has three opportunities for the additional two tricks: a spade finesse, a diamond ruff in dummy, and taking a second club if West has the ace. The big question is in which order he should try for these extra tricks. He will lose a trick to the ace of clubs no matter what. The spade finesse has a 50 percent chance of success, but he can only win two spade tricks at most even if the spade king is held by West because he cannot repeat the finesse as he only has a singleton spade. He can ruff the three of diamonds in dummy with the ten, but has to play the ace and king of diamonds first. For the king

to be ruffed, diamonds would have to split either six - one or seven - zero. So, the diamond ruff is a near certainty. If declarer plays the spade finesse first and loses, he will almost certainly go down when the ace of clubs wins.

So, declarer must win the opening lead in his hand and immediately lead a club. If West takes his ace, declarer is now virtually sure of 12 tricks. If East has the ace, then declarer can later try the spade finesse. In this layout, if West does not take his ace, declarer returns to his hand by leading a low trump. He then leads the two top diamonds and trumps the three of diamonds in dummy with the ten, which cannot be overruffed. He next leads dummy's last trump and plays one more round of trumps, which pulls the last trump from East and leaves South with one trump in his hand. He now leads a second club, and whether West takes his ace, declarer will have made his 12 tricks.

South Deals, EW Vulnerable.

		<u>North</u>	
		♠AQJ87	
		♥T76	
		♦65	
		♣KQ8	
<u>West</u>			<u>East</u>
♠T92			♠K643
♥5			♥9842
♦8742			♦JT9
♣AJT42			♣95
		<u>South</u>	
		♠5	
		♥AKQJ3	
		♦AKQ3	
		♣763	
Bidding:	<u>South</u>	<u>West</u>	<u>North</u> <u>East</u>
	1♥	Pass	1♠ Pass
	3♦	Pass	4NT Pass
	5♥	6♥	All Pass

Opening Lead: 5♥

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The Hershey's Mill Sports Committee (HMSC) was created September 2021 by the Hershey's Mill Board of Directors (HM/BOD). The purpose of this committee is to:

- Organize and promote an active life style in HM
- Coordinate with others to enhance and maximize use of the sports facilities
- Promote use of the HM sports facilities by HM residents
- Ensure all HM residents are welcomed with the spirit of openness and fairness
- Promote the community spirit
- Be caretakers of the sports facilities
- Aid the HMMA ongoing and future needs of the sports venues
- Communicate to the broader community events and learning opportunities
- Promote and coordinate social events and prevent overcrowding and conflicts
- Keep all sports leaders up to date on HM/BOD rules and guidelines for sports and field issues that arise to the HM/BOD liaison

The HMSC works in concert with the sports leaders. Each sport has a volunteer leader to lead and promote the activities of that sport. Each sport has a cyclic nature to it for the seasons, weather, clinics, tournaments, and other activities to promote an active life style at HM. Most of the sports provide clinics and learning opportunities for new,

beginning, and established players. Many leaders engage a group of interested people to assist with the activities and promotion of their sport. You are welcome to contact the leaders and discuss the plans and activities of their sport.

The Sports and their leaders are:

- Billiards - Jim Short
- Bike - Jeff Smith
- Bocce - Carroll Thompson & committee
- Bowling - Rosie/Jeff Taylor, Jim/Carol Burnham
- CPR - Barbara Trimble
- Horseshoes - Dave Mathews
- Paddle Tennis - Joe Maranella
- Pickleball - Dawn Kowalchuk, Tom Fant
- Table Tennis - Dave Kagan, Bob Schullery
- Tennis - Dave Clewell
- Tennis Interclub - Thomas Flannery
- Shuffleboard - Roseanne Havird

Just east of the Sports Complex parking lot, work has started on what is known as the East Lawn Project. When completed this spring, the East Lawn will be the home of three bocce courts, four shuffleboard courts, as well as two horseshoe pits and two corn hole platforms. West of the Sports Complex parking lot, there are four 'Tiger Turf' tennis courts, eight pickleball courts, and two paddle courts (behind the pool) to complete the outdoor sports amenities. Billiards and table tennis are played

year-round in the Community Center, and bowling is played 'off campus' at the Downingtown Bowling Palace. Bike plans and schedules several trips on recreational pathways/trails and quiet public roads. CPR offers classes for CPR, AED, and choke training.

HMSC and the sports leader has many, many ways to communicate the cadence of activities with the residents of HM. They include:

- Emails from Sherry and Bill Kane
- Bulletin boards at sporting venues
- HM web page
- Summer holiday events and activities
- Semi-annual All-Residents meetings
- *Guide and Digest*
- HM Youtube channel
- Community Open Houses
- Lawn signs
- Skedda (scheduling tool) and QR codes

**Stay Active, Stay Healthy - participate, have fun, make new friends, and enjoy all the HM Sport activities!**



East Lawn Sports Complex - Future site of new shuffleboard, bocce, horseshoes, and corn hole facilities.



### BOCCE

*Carroll Thompson | Princeton*

Writing this on a cold day in January is giving me hope for spring! We will be bringing back the popular bocce clinics. Sign-ups will begin right after Easter or April 10, and the clinics will be held during the last two weeks of April.

Sign-ups for the competitive league play will also begin on April 15. Hopefully we will have teams assigned so that matches can begin by May 15. All sign-ups must be done by May 10 – no exceptions please. Adding players after the deadline interferes with our efforts to divide teams into equal groups. Villages can contact me any time after April 10 to reserve their village social dates for summer play. Look for more details in the Hershey's Mill Daily News Bulletins beginning in April.

### BOWLING

*Jeff Taylor | Princeton*

How do you define SUCCESS? The HM Bowling Mixed League, that's how!

The 2022-23 season ends March 28, and what a season it was. 80 bowlers the first half and 72 for the second half, plus over 30 subs playing at different

*(continued)*

times. In total, over 150 people will have participated.

With fun, fellowship, physical activity, and a touch of competition both the theme and the focus, this season exceeded all expectations and again proved the HM Mixed Bowling League to be the number one winter event.

Of course, success doesn't happen in a vacuum. Thanks to Palace Lanes for treating HM like celebrities, the bowling committee, Betsy Towell, Jannie Serkin, Chris Schaffer, Debbie Schaffer, Jim Burnham, Carol Burnham, Jeff Taylor, and Rosanne Taylor, regular bowlers and substitute bowlers.

With the 2022-23 season in our rear-view mirror, we'll focus ahead 2023-24. Be on the lookout for details that should begin late summer. In the

meantime, may health and happiness be your constant companions. See you in the fall!

### PADDLE TENNIS

*Marie Derby Ed.D. | Jefferson*

Blessed with this rainbow while playing through a sprinkle seemed symbolic to the season! We've been having a blast playing outside; fresh air, the calming picturesque setting of the HM woodlands, camaraderie, belly laughs, and blood flow have been good. The level of play improves each year, and as more people come out to play, our capacity to teach newcomers expands. In case you haven't had a chance to try platform tennis, there are balls and racquets located right near the courts in a plastic bin for you to use. Before you head out you may find it helpful to watch APTA players

in action. Here is a link: <https://www.youtube.com/watch?v=VJ7YJzz6VZE>. I've enjoyed watching APTA matches on YouTube and I know you will too.

Last month's platform tennis article focused on serve and return of serve. According to Edward Prince (1974), developing a consistent soft serve gives you a higher percentage of success than using a power serve as does a steady dink return hit on the rise of the ball. As the season comes to an end, I want to give you some food for thought. As one of the best players of his time, Edward strongly promoted the idea of steadiness in play. He said, "Restraint, patience, purpose, and tenacity far outweigh forced flashy power shots." Ninety percent of the points are realized through error. Steadiness and patience increase your chance to earn the point as your opponent makes an error. It's a waiting game. Slow and steady wins the points in platform tennis. As platform tennis is designed for cold weather, the transition to tennis begins.

See you on the courts!

### SHUFFLEBOARD

*Roseanne Havird | Devonshire*

Shuffleboard at Hershey's Mill is scheduled from early spring through October, weather permitting. As spring begins to emerge and you want to be outdoors in the sun, you'll find the shuffleboard equipment in the storage shed on the new courts facing Jefferson Village. Rules for the game are located conveniently behind the green scoreboard at the end of the courts.

Clinics for new players will be available in April. Those who know now they want to participate in the clinics can send their names to me:

. You will be contacted when the clinics begin. Often members of villages will want to form a 'Village Team.' Contact me for scheduling a clinic for your village. Hoping to see new faces playing shuffleboard this year!

### TENNIS

*Dave Clewell | Robynwood*

We still have some winter to go but spring is coming fast, so let's think about tennis. We will have Round Robin open play tennis again this year 9:30 a.m. Tuesday, Thursday, and Saturday, and 3:00 p.m. Monday, Wednesday, and Friday starting late April/early May. Our Inter-club team will start preparing for the season and shake the dust off for another good season. Memorial Day will be our first scheduled event, followed by July 4 and Labor Day. Keep your eye on the bulletin boards at the tennis courts and emails for these and other events this season. Most of all come out to meet people and start playing tennis. You can use the Skedda reservation system to reserve a court for your personal play. Last season tennis participation grew, so getting a game is easier now with more people coming out to play on our beautiful courts. We look forward to seeing you, and if you have any questions call or email me -





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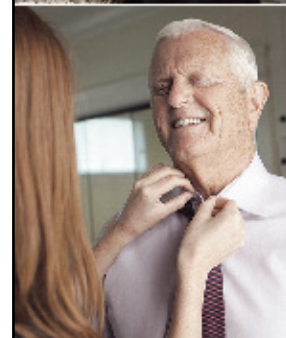
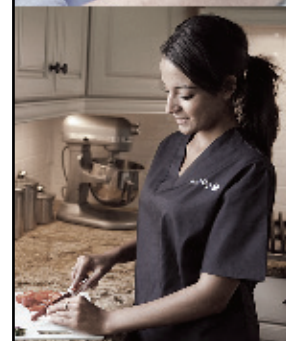
## Activities Contacts

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 Germscheid .....
Caregivers Support Group .....	Robert Hughes .....
Chester County Hospital Auxiliary.....	Kate Lindsay .....
Cradle Stitchers .....	Donna Faunce.....
Exercise to DVDs.....	Barbara Scott.....
Games & Cards .....	Agnes O'Leary .....
Gardens (Community).....	Jim DiCarlo .....
HM Folk Song Circle .....	Lynne Urian .....
HM NEWS.....	Sherry Kane.....
Knitting Circle .....	Ruth Schick .....
Mah Jongg (Groff) .....	Lisa Groff.....
Mah Jongg (Tuesday) .....	Carol Poling .....
Men's Bible Study.....	Ken Mertz .....
Mermaid Book Club.....	Karen Smith.....
MerryMakers .....	<a href="mailto:hmmerrymakers@gmail.com">hmmerrymakers@gmail.com</a>
Nature Group .....	Christine McCormick.....
Paoli Hospital Auxiliary.....	Judy Molt.....
Photography Club .....	Carol Poling .....
Pinochle Club .....	Kate Lindsay .....
Poker Club .....	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox .....
Singers (Hershey's Mill Singers).....	Dolores Manion.....
Social Club.....	Rosalind Baker.....
Sports .....	Dave Nagurney .....
Sullivan House (FoSH).....	Elaine Becker .....
Table Tennis .....	Dave Kagan .....
The Players .....	Shauna Flynn.....

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