

MAY 2023

# GUIDE — AND — DIGEST



*Paul Atterton*  
Photography



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A PUBLICATION OF HMCTV AT HERSHEY'S MILL



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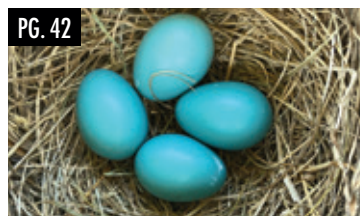
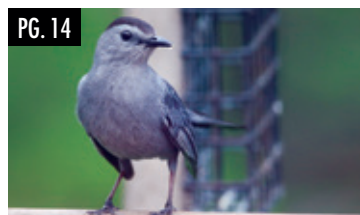
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*Guide and  
Digest?***

**CONTACT:**  
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Cover photo: Goldfinch, Paul Atterton, Jefferson





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## From the Main Gate

### Marc Fraser | Director of Security

From time to time, usually during inclement weather, Hershey's Mill villages and the surrounding community may lose electricity. While most outages last two or three hours, a few have lasted for more than 24 hours. During power outages lasting any length of time, the Security Department receives dozens of phone calls from residents who find themselves in inconvenient, or even emergency, situations that could be prevented with some advance planning. Listed below are suggestions that can better prepare people for a power outage.

**NOTE:** *Always take your house keys with you when you leave home, as you cannot rely on entering your home through your garage during a power outage.*

1. When the power is out, your automatic garage door opener will not operate. For those residents with detached garages, be sure you know how to operate your emergency door release.
2. Keep plenty of flashlights around the house and have extra batteries handy.
3. Keep a charged cell phone somewhere in your house, as your home phone will no longer have dial tone, unless you have a backup battery for your Fios equipment.
4. If you are dependent on any life-saving electrical devices (oxygen pumps, medical monitors, etc), please contact your medical supply company to discuss options for a backup power supply. You may



**want to make a plan to do this before a problem occurs.**

5. Turn off any appliances that you were using when the power went off. When the power goes out unexpectedly, a person may have been using their stove, heating pad, or other device that requires monitoring. A person might leave the house and forget that these items are left running. If the person is not home when the power is restored, then the stove, heating pad, etc. may begin operating again without any supervision, which is a fire hazard.

Please call PECO at 1-800-494-4000 to report that your power is out, and for all outage-related questions. PECO requires account holders to report their problem directly and does not provide the Security Department with any more information than they give to residents.

Please do not call Security for information regarding a power outage, as this ties up our phone line; and people with security-related issues or emergencies cannot get through.



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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.

Agoglia, Larry  
& Susan

281 Devon Way

Bennett, Pamela

68 Ashton Way

McElhaney, Christine

307 Devon Lane

McGreal, Thomas  
& Jean Marie

1041 Kennett Way

Melick, Judith

566 Franklin Way

Peppelman, Raymond & Marcie

1308 Robynwood Lane

Scatina, Michael & Maria

858 Jefferson Way

EMAIL UPDATES

Imperiale, Anne

Maranella, Mary Ellen



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

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

*Nancy Parke | Ashton  
Showcase of Homes Publicity Chair*

**It's Here! Your wait is over!** The Showcase of Homes (SOH) at Hershey's Mill is happening on May 11. The SOH is always a favorite event, and you still have time to secure your tickets to attend! You can view six lovely homes within Hershey's Mill Villages beginning at 10:00 a.m. These wonderfully-renovated and decorated homes will give you plenty of useful ideas to energize your own decorating schemes. You also have an option to attend the luncheon at the Hershey's Mill Golf Club for an additional fee. At the Club we will have nine exceptionally fine local vendors within our Vendor's Boutique and enticing raffles. Please note that you can visit our Vendor's Boutique and engage in our raffles until 3:30 p.m. without attending the Tour or the Luncheon. Remember, proceeds from this event benefit the expansion of the Paoli Hospital Emergency Department. If you don't have your tickets yet, what are you waiting for? Here's what you need to know:

**Tour Tickets for SOH - \$35**

**Luncheon Tickets (Optional) at  
Hershey's Mill Golf Club - \$35  
(Must be purchased by May 5)**

**DATES FOR TICKET SALES:**

*Community Center Upstairs Foyer –  
11:00 a.m. to 2:00 p.m.*

April 26  
(Wednesday)  
May 1, 2, 3  
(Monday, Tuesday, Wednesday)  
May 8, 9, 10  
(Monday, Tuesday, Wednesday)

#### *Hershey's Mill Golf Club Front Entrance*

April 26, May 3 (Wednesdays)  
4:30 p.m. to 6:30 p.m.  
April 29 (Saturday) 5:30 to 7:00 p.m.  
May 5 (Friday) 5:30 to 7:00 p.m.  
May 11 (Thursday) 9:00 to 10:30 a.m.

If you have questions about  
the tickets, you can contact  
Ferdie Lamb at  
or

#### 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 May 18, 2023.

#### HERSHEY'S MILL BRANCH OF CHESTER COUNTY HOSPITAL WOMEN'S AUXILIARY

*Rosie Taylor | Princeton*

Hershey's Mill Branch of the Chester County Hospital's Women's Auxiliary is raising funds for the Breast Health for Life Pledge. We invite you to sign up for the Second Annual Bowling Party on May 22 at the Palace Lanes in Downingtown.



Sign up as a single bowler or as a four-person team. The cost is \$30/person and includes ball, shoes, two slices of pizza, a soda, and loads of fun. Haven't bowled in years? Doesn't matter. All levels of bowlers are welcomed to support this wonderful cause.

*(continued)*

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## Community News (continued)

Sign-up deadline is May 15. Contact for an application.

If you can't join us that day, please consider sending a donation to Lynne Fleming at 1665 Yardley Drive. Remember - every dollar helps!

### FARMERS MARKET AND MINI HEALTH FAIR

May 24, 2023 10:00 a.m. to Noon at the Community Center

This event will feature many vendors such as: Moving Consultants, Financial Advisors, Insurance

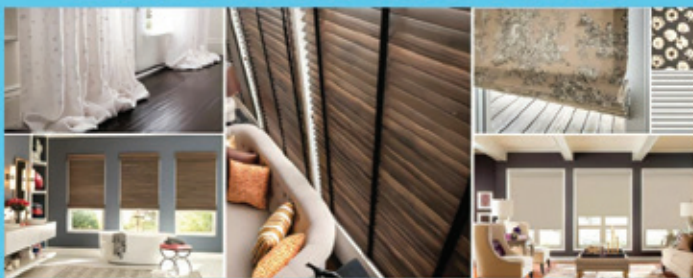
Advisors, Home Healthcare Providers, Senior Living/Assisted Living Facilities, FREE Blood Pressure Screening, Senior Living Advisors, AND MORE.

Come and enjoy morning refreshments with your friends and neighbors. Vendors will offer complimentary fruits and vegetables as well as providing valuable information on their services. Enter to WIN one of two beautiful raffle gifts! This event is sponsored by **Harmony Cares Medical Group** and **The Wagner Group/Compass Real Estate**.

We hope to see you there!!

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## HERSHEY'S MILL BOOK CLUB

*Carol Barkovsky | Eaton*

The Mill Book Club will meet on Thursday, May 11 in Sullivan House at 2:00 p.m. This month we will be discussing *The Rose Code* by Kate Quinn. Ellen Newman will be leading the discussion.

1940: As England prepares to fight the Nazis, three women report to a mysterious country estate, Bletchley Park. Here the best minds in Britain train how to break German military codes. Vivacious debutante, Olga, imperious, self-made, Mab, and local spinster, Beth, form a friendship. But war, loss, and the pressure of secrecy will tear the three apart.

1947 Post-war Britain: The three friends-turned-enemies are reunited by an encrypted letter. The key to this letter lies buried in a long-ago betrayal which destroyed their friendship. A mysterious traitor from their Bletchley Park past has emerged and they must band together and crack one last code. Each petal they remove from the rose code brings danger and their true enemy closer.

Planning ahead: We will be discussing *The Reading List* by Sara Nisha Adams on June 8. Please contact Carol Barkovsky at [redacted] for more information.

## HERSHEY'S MILL CAREGIVERS' SUPPORT GROUP

*Robert Hughes | Franklin*

Have you 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, 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. Locations in The Mill area are Active Day in Exton, SarahCare in Malvern, and Surrey Services in Devon/Media.

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 Robert Hughes at [redacted].

## HERSHEY'S MILL NATURE GROUP

*Christine McCormick | Ashton*

Participants look forward to meeting others on the May 9 bus trip to Stoneleigh. The bi-annual meeting will be held on May 11 at 7:00 p.m. in Wooldridge Hall. Join us to hear what we have been doing, what are our plans, offer your suggestions, and learn how to participate. On top of that, Bob Coldwell, resident photographer, will treat us to a display of Florida birds. The meeting is open to all residents. If you can't join these events, put June 27 at 7:00 p.m. on your calendar. Dawn White of Indian River Environmental Education Center and a few of her wild friends will return to tell us about Wildlife Encounters. We will be celebrating the Summer Solstice

in the Native Plant Garden on June 21. It will be a 'not-to-be-missed' festive event in the midst of a fantastic, blooming garden. The Mill's Homegrown National Park is growing — the Native Plant Demonstration Garden, the adjacent Riparian Buffer Area, and the Berm Meadow are being supplemented by several Village initiatives and resident commitments to native plant gardening. Plant your own garden or become an 'on-your-own schedule' weeder. Or, just take a walk and observe the birds — the brilliantly-showy and the suave. Share your successes, failures and questions with photos or verbal submissions to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com). Links to the past Nature Group Zoom lectures, photo shows, and more are posted at [hersheysmill.org/activities/hmng](http://hersheysmill.org/activities/hmng).



Photo captions top to bottom: Catbird, Jim Davis, Yardley Goldfinch, Paul Atterton, Jefferson

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# Pool NEWS



Sandy Loose | Yardley

It's that wonderful time of year when our Pool opens again. Opening Day is Saturday, May 27, with a special event to celebrate. DJ Wild Bill will enliven the day with great music for folks to dance, to sing along, or just tap your feet to from 4:00 to 7:00 p.m. So, get out your swimsuit, gather your friends, and bring your own food and drinks for a fun time. If it rains on our parade, Wild Bill will be there on Sunday instead.

We're fortunate that some pool personnel will remain the same. Tim McElhiney is returning as Pool Manager, Mike Bianco as Pool Committee Chairperson, and John Andrews as the Master Association's Liaison.

Also returning is the Aquacise Class with Sandy Loose and the Merfriends, which will begin on Tuesday morning,

May 30 from 9:45 to 10:30 a.m. (gate opens at 9:30 a.m.); and Monday through Saturday at those times each week thereafter. Any resident is welcome to join in the fun of exercising to music; however, class size is limited to 35 and to Hershey's Mill residents only. First come, first served! There is no charge, so come and join the group. The music will motivate you and get you moving to keep you Fit, to enjoy Fellowship, and to have Fun!

As of now, the daily pool hours are 10:30 a.m. to 7:30 p.m. Sunday through Saturday. There will be a Book-Lending Program for residents to share and borrow books to read at the pool.

Happy Hour on Friday evenings will continue and will highlight some special events on most weeks. There

will be a Game Night, The Folk Song Circle, Girls Night Out, DJs in July and September, Float Night, and a Movie Night. Specific information about all of the Pool Committee-sponsored events will be posted on the bulletin boards at the pool, in the Cove and Community Center, on the Pool Website; and will be sent to all residents through HM NEWS.

The Pool Committee and Staff look forward to an enjoyable season with Hershey's Mill residents.

(continued)



## Message from the Pool Manager

I am very excited to be returning as the Pool Manager for another great summer.

Here are a few reminders to make sure we all have a safe and happy pool experience:

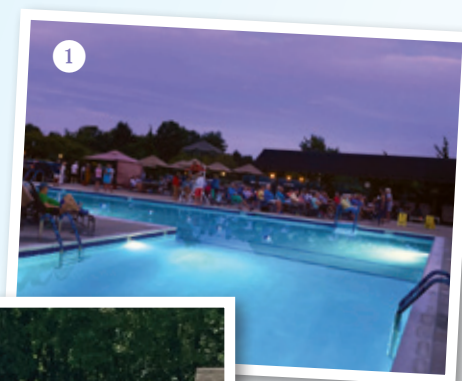
The pool is open every day from 10:30 a.m. to 7:30 p.m. Lifeguards will ask swimmers to clear

the pool at 7:15 p.m. and exit the pool area by 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. Children must be out of the pool area, not just the pool, by 5:00 p.m.

No glass or ceramic items are allowed at the pool at any time. My staff and I are looking forward to seeing the residents of Hershey's Mill soon.

Tim McElhiney, Manager, Hershey's Mill Pool





- #1 Movie Night
- #2 Opening Day
- #3 Aquacise
- #4 Dancing
- #5 Crowded deck of residents dancing
- #6 Folks enjoying pool, weather, and each other
- #7 HM dancers entertain



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## Getting to Know You

# George & Barbara Colby

Nora Liero | Merrifield

The Colbys welcomed me on a bright winter day to their Inverness home where they have lived since 2007. George is reserved in manner in contrast to Barbara who readily offers up a description of herself as very sociable. Our conversation revealed that they are both very engaged with their family and friends, their village, and communities beyond.

George grew up in Montpelier, VT. His father worked as a typesetter, and his mother as a secretary. She was adamant that he attend MIT. He did in fact earn his undergraduate and master degrees in electrical engineering there. His father was George's role model, "without a doubt. He was the solid foundation of the family, very supportive of my mother and my going to MIT." George has a solid foundation of another sort: He is a twelfth-generation direct descendant of Anthony Colby, a Puritan who settled in Massachusetts in 1630.

Barbara is a Lowell, MA, native. Her parents, both educators, made it clear to Barbara that she would go to college. She majored in business at Boston's Simmons College. Her father



was an early feminist it seems. He advised Barbara to be able to support herself and to have at least \$1,000 saved before she got married. (George jokes that she still has it!) Barbara still calls herself "a real women's libber" and often encouraged her granddaughter with the mantra "Girl Power!"

They met while in college, married, and moved to Tombstone, AZ, where George served two years in the Army's Signal Corps. Returning to Boston, George began a career in designing radar systems for both space-based and military applications. One project involved working with the FAA to upgrade the U.S. air traffic control system. In another, he developed high-powered lasers for use with a radar installation on a mountaintop

(continued)



George stands by one of his paintings

in Maui. His work has earned him five patents. Barbara worked for Raytheon for a time. While raising their three children, she also served as a board member and tutor for Teaching English as a Second Language and volunteered for Girl Scouts and church programs. Concerned about development in their hometown of historic Lexington, MA, Barbara became a founding member of the Citizens for Lexington Conservation.

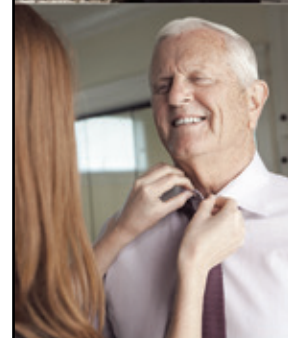
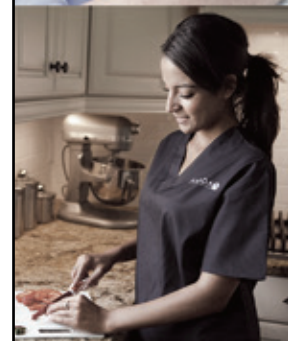
Soon after arriving here, they joined a local chapter of the Foreign Policy Association. When that disbanded, they saw a need for a way to share information among their village neighbors. With the help of about a dozen contributors today, their newsletter is in its thirteenth year. About five years ago, the Colbys and their friends, the Stedmans (Chatham), created the National



A lovely abstract by George Colby

Affairs Forum to study and discuss issues such as immigration, climate change, and charter schools. The small diverse group meets monthly, and members take turns moderating the discussion.

George also paints for his own enjoyment. Barbara is a HM book club member and loves non-fiction. "We enjoy the wonderful quality of life here." When asked what they are most proud of, they answered together, "Our children and five grandchildren."



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*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 Phillies**  
**Saturday, May 6, 2023**  
**Cost: \$75 + Food**  
**Departs: 4:30 p.m.**  
**Contact: Marc Fraser,**

Join us for an evening of baseball at Citizen's Bank Park. We will watch our Philadelphia Phillies take on the Boston Red Sox in a 7:15 p.m. game. Seats are in Sections 326/327, 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.

**Springtime at Stoneleigh:**  
**A Natural Garden**  
**Tuesday, May 9, 2023**  
**Cost: \$30**  
**Departs: 9:30 a.m.**  
**Contact: Jayne Lytle,**

Stoneleigh in Villanova, a spectacular 42-acre natural garden that opened to the public in 2018, comes alive in springtime with trillium, dwarf iris, woodland phlox, trumpet honeysuckles, flowering dogwoods, redbuds, and much more. Our staff-guided walking tour of the gardens will provide us with interesting facts about newly-designed gardens while maintaining an appreciation of the past landscape designs by the

Olmsted Brothers. We will also tour the magnificent Tudor Revival-style mansion which is usually only open for special events. So don't miss this opportunity for a peek inside! Expect extensive walking on paved pathways. **Should weather prohibit our tour on May 9, we have booked a rain date of May 16. Be sure to mark your calendar for both dates.**

**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**  
**First Trip: Thursday, May 25, 2023**  
**Second Trip: Thursday, June 29, 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. \$20 free slots play is given to everyone on the bus. Lunch is on your own.

**The Barnes Foundation**  
**Thursday, June 1, 2023**  
**Cost: \$85**  
**Departs: 10:00 a.m.**  
**Contact: Priscilla Burt,**

Join our visit to the Barnes Foundation for a docent-led tour of Dr. Albert Barnes' amazing collection of impressionist, post-impressionist, and modern paintings that is now celebrating its 100th anniversary. After the tour, we will have lunch in the Museum Dining Room, followed by free time in the Museum or Gift Shop. Lunch is included in the cost.

**Philadelphia Phillies**  
**Friday, June 9, 2023**  
**Cost: \$70 + Food**  
**Departs: 4:30 p.m.**  
**Contact: Marc Fraser,**

Join us for an evening of baseball at Citizen's Bank Park, as we watch our

Philadelphia Phillies take on the LA Dodgers in a 7:05 p.m. game. Seats are in Section 327, and food is on your own at one of the many ballpark concessions. Fans age 15 and over receive a free Dick Allen Bobble Figurine. Call right away, as we expect our trips to see the Phillies this season to again sell out quickly! Children age 8+ are welcome.

**Stone Harbor**  
**Thursday, June 15, 2023**  
**Cost: \$30 + Meals**  
**Departs: 9:00 a.m.**  
**Contact: Joan Bove,**

Enjoy a day on your own at the beautiful seaside town of Stone Harbor. With the Intercoastal Waterway to the West and the Atlantic Ocean to the east, visitors can enjoy peaceful beaches, a quaint downtown, and exceptional restaurants on this

*(continued)*



HM residents 'Electrified' at Philadelphia Flower Show L to R: Ginny Kettenring, Joanne O'Connor, Karen Loprete, Jean Cox, Priscilla Burt, Pam Pennypacker

## Bus Trips (continued)

barrier island. The shopping district is home to a variety of boutiques and shops that offer seashore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner. NOTE: Rain date is Thursday, June 22, so be sure to mark your calendar for both dates.

**Fulton Theatre – Grease**  
**Wednesday, July 5, 2023**  
**Cost: \$80**  
**Departs: 12:15 p.m.**  
**Contact: Mary Ann McCarry,**

Join us at the Historic Fulton Theatre as we go back to Rydell High with the Class of 1959! Poodle skirts, leather jackets, bobby socks, pedal pushers, and lots of fun! It's the love story of

Danny Zuko and Sandy Dumbroski with lots of singing and dancing.

### SERIES TRIPS PLAN FOR THE UPCOMING SEASON

**2023-2024 Walnut Street Theatre Series**  
**Thursday & Saturday Matinees**  
**Cost: \$285 (Series) or \$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! The cost reflects both per-person admission and bus fee. The Walnut Street Theatre's 2023-2024

Season includes the following shows for both series:

Thursday 10/26/23 & Saturday 10/28/23 - *Elvis: A Musical Revolution*

Thursday 12/14/23 & Saturday 12/16/23 - *Disney's Beauty and the Beast*

Thursday 2/1/24 & Saturday 2/3/24 - Edward Albee's *Who's Afraid of Virginia Woolf?*

Thursday 3/7/24 & Saturday 3/9/24 - *Groucho: A Life in Revue*

Thursday 4/18/24 & Saturday 4/20/24 - *Beautiful: The Carole King Musical*

### 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 .




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## Maria Edwards | Ulster

It's good to be back! After missing several months, I'm ready to roll with new and exciting events with information that will guide you in enjoying our Club. We want to welcome our newest members Ferdie Lamb, Norm Jester, Victor Orlando, and Michael Scartozzi to our committee. They all come with experience in the food and hospitality arena, and we are happy to have them aboard.

Two new committee members randomly selected two winners from the Comment Sheets, one from November and one from December. The two names chosen to receive their free drink were Tom Cugini and Rob Henninger! Speaking of Comment Sheets, please remember to indicate the day of service and kindly write legibly your first initial and last name. We sincerely appreciate your informative and respectful comments. Sunday dinners have returned to the Club, serving dinner from 5:00 to 7:00 p.m.

Writing this in March, I can't neglect to mention the success the Hershey's Mill Branch to the Chester County Hospital Women's Auxiliary had at the club with the Jazz Brunch on March 12. There was an orchestra, complete with Flappers, all-you-could-eat sensational buffet, raffles, and silent auction, which all contributed to a very entertaining and profitable afternoon. A good time was had by all!

This month the Paoli Hospital Auxiliary will host the 'Showcase of Homes' on May 11. This entails touring the six featured homes at your leisure between 10:00 a.m. and 3:30 p.m. Tickets for this event will be sold at the Community Center and the

Club for \$35 during the first two weeks of May. Tickets are also sold separately for lunch \$35 (11:15 a.m. to 2:00 p.m.).

There will be a Vendor Boutique at the Club selling clothes, jewelry, food, and gifts from 10:00 a.m. to 3:30 p.m., as well as amazing raffle gifts and prizes.

*Enjoy this beautiful weather and the merry month of May!*

May 6 – DERBY DAY! The Kentucky Derby will be on the TV at the bar. Ladies, you are welcome to wear that lovely hat!

May 14 - MOTHER'S DAY Brunch Buffet. Call for reservations. Details will be announced.

May 28 - Annual MEMORIAL DAY COOK-OUT. Details will be announced.



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# Low Vision

Frances Waldron | Chatham

Are those socks black or navy blue? Maybe brown? Or could they be dark green? Do I own any green socks?

If you've had that conversation with yourself, you're likely experiencing a loss of contrast sensitivity. What is contrast sensitivity?

At its most basic, contrast sensitivity is the ability to distinguish between different shades of gray, or at least between very similar shades. Contrast ranges from no contrast (0%) to high contrast (100%). For perspective, high-quality print (such as glossy periodicals) has 85-95% contrast. Newspapers are 70-75%. US currency is 55-60%. Contrast is just as important as visual acuity (i.e., how large an object must be to be seen clearly) for overall clear vision, function, and safety.

Good contrast sensitivity allows us to see our world in all its glorious colors, light and shadows, and subtleties of facial expressions. It allows us to move about in dim lighting, to locate items in drawers or closets, and to distinguish among similarly-colored items. For example, all my cooking utensils have black handles, but I can still tell them apart without any thought. When contrast is diminished, everything looks dull, and fine details are missing. Reading can become difficult, especially newspapers and paperback books. Those kitchen utensils all become a black blob. When more seriously impaired, the loss of contrast can become dangerous and affect our quality of life. We can lose the ability to see a car approaching on a cloudy day, miss a curb or step, lose our ability to judge distance while driving, and miss subtle social cues from facial expressions.

Loss of contrast is a normal aspect of 'vintage' eyes. It can be caused by simply aging, dry eye, cataracts, needing a different glasses prescription, or various eye diseases, such as glaucoma, macular degeneration, scarring inside the eye, and diabetes. To be certain that what you are experiencing falls within normal parameters, consult your eye care professional for a dilated eye exam at least yearly.

Assuming that it's age-appropriate contrast loss, what do you do about it? Lighting is the easiest solution. Be sure you have enough light without causing glare. Increase the contrast of items in your home. If you can't find your black wallet in a purse with a black lining, switch to a red wallet. In the kitchen, use a cutting board that is a different

color than the food you're preparing and different from your countertops (an onion on a bright green cutting board on a black countertop.) A common solution for stair treads found on many internet searches is contrasting tape. I would caution against tape because it can come loose and create a fall hazard. Use paint instead. Fit-over contrast filters, aka sunglasses, can also be helpful. The idea is to add brightness to enhance contrast. For indoors, rainy conditions, and nighttime, various shades of yellow are helpful and generally better-tolerated than oranges. The yellows help with glare from LED headlights and are legal for night driving in Pennsylvania.

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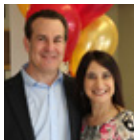
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## Local History

# The Malvern Post Office



Malvern Post office

## Bill Schultz | Chatham

The Malvern Post Office, located in the Borough, has operated from December 8, 1876, to the present day. It is only eight miles from Hershey's Mill. The Borough of Malvern was incorporated August 13, 1889, having separated from the northern portion of Willistown Township.

The Pennsylvania Railroad Main Line enters Chester County in Radnor Township, heads west along the north side of Lancaster Pike, travels through Easttown, goes through the southwest corner of Tredyffrin Township, then on to the northern part of Willistown



Malvern Train Station

Township, through the southwest corner of East Whiteland Township, then through West Whiteland, East Caln Township, and finally into Downingtown Borough. The towns and villages that were formed along

(continued)

## Local History (continued)

the railroad route coming west from Philadelphia include Strafford, Devon, Berwyn, Daylesford, Paoli, Green Tree, Malvern, Frazer, Exton, Whiteland, and Whitford.

The borough of Malvern, overlooking Chester Valley and the Lincoln Highway west of Paoli, lies among the hills where General Anthony Wayne was almost annihilated by a superior British force on the night of September 20, 1777 in the Battle of Paoli. Following the granting of 24 acres here to David Evans in 1866, solid rows of brick houses were erected at the junction of the West Chester branch with the main line of the Pennsylvania Railroad, and the settlement was known as the West Chester Intersection. In 1873, when the Pennsylvania Railroad straightened the tracks and built a new station 100 yards north of the West Chester Intersection station, railroad officials named it Malvern

in memory of a famous Civil War battlefield in Virginia. Settlers there had served under General McClellan in July 1862, when the last battle of the Seven Days' Battles was fought on Malvern Hill. Its name is also attributed to the town of the same name in England. Malvern entered the Postal Guide on December 8, 1876, when Lewis K. Reeves was appointed the first postmaster.

The early Malvern Postmasters along with their dates of appointment included the following: Lewis K. Reeves, December 8, 1876; Powell Bailey, September 14, 1885; Edward Weir, December 7, 1889; Alfred Elliott, March 7, 1894; George R. Walton, March 29, 1898; Edward Weir, February 27, 1905; T. Cheyney Scott, June 17, 1913; William G. Biddison, February 2, 1922; Edna M. Biddison, March 30, 1923; Warren Ruth, May 23, 1923; and Elmer R. West, January 19, 1929.



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# Scott Burkhart

Bruce Decker | Yardley

Scott Burkhart and his wife came to Hershey's Mill needing to downsize from their three-story family home due to his wife's difficult health. She had been very active as a hospital liaison working with physicians, which involved a lot of driving. A stroke set her back a year while she learned to drive again, but she began to lose her sight and Scott found himself as the principal caregiver until her death.

COVID was a major problem for Scott because of the social isolation. This and the loss of a friend led

to Scott's role with the *Digest*. His favorite article was about a friend and former tennis partner, Bruce, who was also a landscape supervisor here in the Mill. The story told how Bruce was working in one of the villages when a woman saw him lying on the ground. He was immediately attended by a local resident nurse but failed to survive. It was this story that earned him the writing assignment.

Scott finds his assignment, From an HM Boomer, to be fascinating because it is his life. As a small boy, he grew up as many of us did, wandering by day on his bike, free as a bird. Unlike kids today, he and a

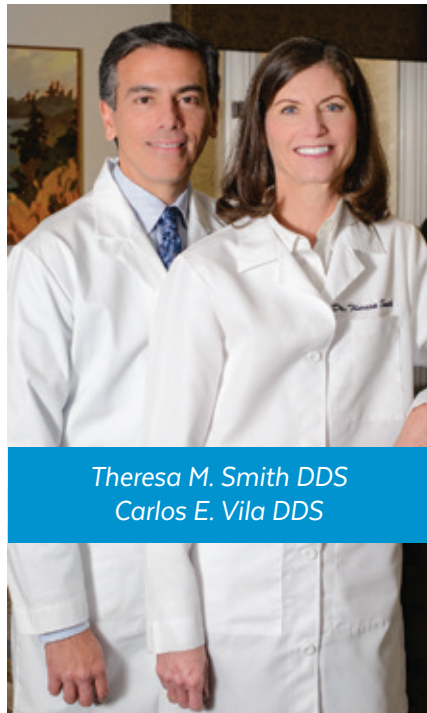
friend had the freedom to bike to a stamp store in Pottstown or wherever he wanted.

We Boomers share a unique perspective resulting from living during a long period of peace and prosperity that has shaped the rest of our lives. In addition to the pleasure of writing, Scott enjoys the structure of having assignments and deadlines in his life.

Scott's role as the From an HM Boomer Writer led him to meet and write about a new lady in his life who filled a major emotional gap. After the pandemic had waned, he became involved in pickleball and swimming and met Dawn, whom he describes as a beautiful person. They became acquainted through long walks,

talking, and sharing an interest in pickleball, which Scott describes as like playing ping pong if you were standing on the table.

As a volunteer at the *Digest*, Scott has met a wide variety of Villagers, many of whom remark that he is telling the story of their lives. Indeed, Scott wants readers of the *Digest* to approach him with their thoughts and memories about growing up as Boomers that they think might be of interest to others. One woman said that one of his stories touched her deeply, having recently lost a son. At the time of our interview, he was working on "The Toys of Our Youth" which he hopes will let people reminisce about their own childhoods.



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# Enjoy the warmer weather!

## May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games 4:00 pm Garden Seed Exchange	2 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Singers Rehearsal	3 9:00 am Art Group 12:30 pm Social Bridge 1:00 pm Groff Mah Jong	4 10:00 am Caregivers 1:00 pm Knitting 1:00 pm Card Games	5 10:00 am Fun Bridge 10:00 am Quilters 2:00 pm Scrabble	6
7	8 10:00 am Chester Cty Hosp Aux 10:00 am Fun Bridge 10:00 am Photography Club 1:00 pm Talking Bridge 1:00 pm Cards & Games	9 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Singers Rehearsal	10 9:00 am Art Group 1:00 pm Groff Mah Jong	11 10:00 am Paoli Hosp Aux HM Showcase of Homes 11:30 am Mermaid Book Club 1:00 pm Knitting 1:00 pm Card Games 2:00 pm Book Disc Group	12 10:00 am Fun Bridge 10:00 am Quilters 2:00 pm Scrabble	13
14	15 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games 7:00 pm Folk Song Circle	16 7:00 am - 8:00 pm Primary Day 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Singers Rehearsal*** ***Note Change of Location	17 9:00 am Art Group 12:30 pm Social Bridge 1:00 pm Groff Mah Jong	18 1:00 pm Knitting 1:00 pm Card Games	19 10:00 am Fun Bridge 10:00 am Quilters 2:00 pm Scrabble 7:00 pm Bingo	20
21	22 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games	23 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Singers Rehearsal	24 9:00 am Art Group 1:00 pm Groff Mah Jong	25 1:00 pm Knitting 1:00 pm Card Games	26 10:00 am Fun Bridge 10:00 am Quilters 2:00 pm Scrabble	27 10:00 am Pool Opens 4:00 pm DJ
28 Rain Date Pool 4:00 DJ	29 9:30 am HM Sports Committee Hot Dog Day - RSVP req 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games	30 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Singers Rehearsal	31 9:00 am Art Group 1:00 pm Groff Mah Jong	<b>Color Legend:</b> <b>Ardmore Room, CC</b> <b>Cove at Pool</b> <b>H-CC Main Hall</b> <b>One Time Events:</b> See Digest Article & HM E-mails		
					<b>Malvern Room, CC</b> <b>Paoli Room, CC</b> <b>Sullivan House</b> <b>Pool</b>	

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.



Programs		May 2 – May 15 (7:00 p.m. show May 15 will not be shown)			
<b>Pardada Pardadi: A Beacon of Hope to Girls</b> <i>With Edie Taylor</i> Edie interviews Mary Cairns, an Inverness resident, about her volunteer work with the Pardada Pardadi Educational Society (PPES). PPES is an Indian non-profit organization, located in the second poorest state in India, that provides free education, job opportunities, healthcare, and livelihood enhancement for girls and women. 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.

Programs		May 16 – May 31 (7:00 p.m. show May 31 will not be shown)			
<b>Today's Health: Shoulders</b> <i>With Edie Taylor</i> Are your shoulders giving you pain and less range of motion? Don't miss this interview with Dr. Gabe Kresge, Physical Therapist, who will talk about the shoulder joint and various injuries that are common. He will discuss ways to prevent injuries to the shoulder and exercises and therapy that can help improve the shoulders' strength and range of motion. 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>May 1-8</b> <b>Impromptu (PG-13) (1991)</b> <i>Judy Davis, Hugh Grant</i> Based on a true story. Composer Frederic Chopin is pursued by eccentric novelist George Sand. <i>(Run time 1:47)</i>
	<b>May 8 -16</b> <b>Mermaids (PG-13) (1990)</b> <i>Cher, Winona Ryder</i> The story of an unconventional mother, her two daughters, a quirky teen, and an imaginative nine-year-old. <i>(Run time 1:50)</i>

<b>Movies</b> Noon & 8:30 p.m.	<b>May 16 -24</b> <b>Men in Black (PG-13) (1997)</b> <i>Tommy Lee Jones, Will Smith</i> A police officer joins a secret organization that polices and monitors extraterrestrial interactions - on earth. <i>(Run time 1:38)</i>
	<b>May 24 -31</b> <b>The Sentinel (PG-13) (2006)</b> <i>Michael Douglas, Kiefer Sutherland</i> A secret Service agent is framed as a mole in an assassination attempt on the President. <i>(Run time 1:48)</i>

For **Programs and Movies**, go to NEW channel numbers **970 & 971** (Bulletin Board information appears only if neither is currently airing). Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to [www.hersheysmill.org](http://www.hersheysmill.org) and navigate from TV & Digest to HMCTV to Original Programming.

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24 hours/day channel 971	<b>Bulletin Board Times</b>
12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 970	

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

# The Force of NATURE



John Groch | Chatham

While explanations vary, the most likely origin of the name of the fifth month is the goddess Maia, claimed by both the ancient Greeks and Romans. The Greek goddess's name is derived from the root for 'mother' or 'midwife.' The Romans viewed Maia as the goddess of fertility. We easily associate these themes with our own experience of the month as compelling evidence of the remarkable, life-affirming force of nature. The lifeless browns and grays of winter become dramatically transformed into the technicolor magnificence of spring, almost, it seems, overnight. We can finally warm ourselves in the comforting rays of the sun and watch the plants and trees around us burst into colorful luxuriance.

While those who live in tropical climates can appreciate the inherent

beauty of nature year-round, we who live in temperate zones may have an even deeper appreciation for spring's lushness after having survived the cold winter months. Do contrasts like love and hate, poverty and wealth, oppression and freedom, good and evil sharpen our perception of life's realities? Are we more acutely aware of both the afflictions and the blessings of life? Do we strive more consciously to reduce the negative and nurture the positive? Do the dramatically changing seasons of the year inspire us with greater insight into life's mysteries?

Not all of us aspire to be gardeners, but watching a single potted plant emerge from the seed beneath the soil's surface, then stretch its stem skyward, and finally sprout blossom or fruit, can provide us with a great deal of satisfaction and pleasure. But what may frustrate some is that we must assume some responsibility for

nurturing Nature's magic by supplying water, some fertilizer, and maybe strategic pruning. But as any gardener will confirm, the reward is worth the effort and care. We become more intimately immersed in the beauty of the natural world around us. We become not just spectators but also participants in the mystery of new life that engulfs us in the miraculous month of May.



Photo captions clockwise, left to right: Robins Eggs. White Blossoms. Poppies. *Photos by John Groch*





# Ole'! Los Aztecas

Bill and Patricia Schultz | Chatham

Truly a find for one looking for a Mexican cuisine delight! We were introduced by an acquaintance to this gem of an epicurean highlight of Mexican food served with care and purpose. In early 2023, we traveled up Rt. 100 north from Exton to just north of the town of Pottstown. The restaurant is off Shoemaker Road buried in a shopping center but very visible from Rt. 100. This is one of the most colorful and enchanting eating establishments in the greater West Chester area. Yes, it is a few miles up Rt. 100, but worth the drive. Los Aztecas has not disappointed us one bit. The food is tasty, reasonably priced, and served in a fun restaurant full of things to observe while enjoying one's meal.

The interior is warm and inviting and done in an artsy manner. The Mexican décor is worth the trip, and the food just doubles your reward for the drive. The artwork extends to the table tops, the booths, the chairs, and the walls. It is bright and ebullient, and it underpins the total dining event.

But of course, one cannot eat the décor, so it must be the food that keeps encouraging us to return numerous times. And make no mistake, it is truly a magnificent, tasty, hearty, and nicely-priced restaurant that appeals to one and all. The fine meal choices jump off the pages of a lengthy menu. The choices are all tempting including tacos, enchiladas, tamales, burritos,

**We were introduced by an acquaintance to this gem of an epicurean highlight of Mexican food served with care and purpose.**

seafood, beef, pork, vegetables, and more. The combo plates are well worth the price.

On our recent visit, we both ordered the San Jose combo platter which included three different enchiladas – cheese, beef, and chicken. On the side and served very warm were

refried beans and Mexican rice. The enchiladas were filled to overflowing, and all three were served with a tasty tomato-based sauce with a nice portion of sour cream drizzled over the top. The hot sauce was served on the side, which was a good idea as it was very tangy. Prior to the combo platter, we were served gratis a large basket of warm nachos with a bowl of spicy red-chili dipping sauce. The nachos were crispy and very flavorful.

We added in store-brewed iced teas but we were way too full to even contemplate dessert. This Mexican restaurant might just be at the top of the pyramid of nearby Mexican dining for the flavors, service, and the extremely reasonable pricing, and in nice weather is in driving range of Hershey's Mill. The restaurant is open

for lunch and dinner from 11:00 a.m. to 9:00 p.m. every day which is a fine idea. When one has a hankering for the best Mexican taste experience available, we suggest the platters that are offered at Los Aztecas are the best choice.

It is located at 223 Shoemaker Rd. Pottstown, PA and offers a wide array of fresh food – such as jumbo shrimp quesadilla, chicken wings, fajitas texanas, burrito grande de carne asada, choripollo, an order of three soft tacos, a burro de casca lunch, and crab enchiladas. They use the freshest ingredients in preparing the food to provide the best quality and taste. We intend on revisiting to try more delicious items from the very inclusive menu.

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# Former Neighbors Return

Lee Dastur | Quaker

When Geoffrey Chaucer penned *The Canterbury Tales* in the 1300s, he described a well-to-do merchant “sitting high on his horse, wearing a Flemish beaver hat.” Beaver hats remained in high fashion for centuries, leaving the beaver population of Europe teetering on the edge of extinction.

Fortunately, the American colonies eventually opened up, providing an economy solidly founded on the astonishing abundance of furs. Images of beavers soon adorned American coins and flags. Beavers seemed to embody the very spirit of the pioneers - busy, industrious, productive.

‘Conservation’ was not a word much used at that time. Bison and prairie dogs were slaughtered and left to rot; elk, bear, and wolves were summarily mowed down. Heath hens and Carolina parrots were slaughtered.

Eventually, of course, the once-dense clouds of passenger pigeons disappeared, along with mink and



Top Hat Illustration by Lee Dastur

**Most of us are no longer wearing beaver hats. But we’ve discovered a plethora of new reasons to have beavers around.**

otter and muskrats. The forests became quieter as deer slipped away.

By 1902, Pennsylvanians had noticed an alarming decline in beavers in

our state. We began restocking these industrious animals, creating local ordinances to protect them.

Most of us are no longer wearing beaver hats. But we’ve discovered a plethora of new reasons to have beavers around.

Beavers are “Nature’s Engineers,” as the Pennsylvania Department of Conservation and Natural Resources is quick to point out. They provide an astonishing variety of benefits to our natural ecosystem.

Beavers live in lodges that are cozy and dry, with underwater entrances for protection. If the lodge is built in a flowing stream, they will construct a dam across the stream in order to keep the water levels stable.

The wetlands which form behind the dams create a remarkably rich habitat for wildlife and native plants. They slow down water runoff, help to mitigate drought, and are useful in preventing erosion. They filter out pollution, sequester carbon, and can even help to buffer wildfires.

Since our American west is facing sobering shortages of water now, the beaver’s innate water management

techniques are increasingly valued.

“Farmers and ranchers are always grappling with water scarcity,” Jodi Brandt, a researcher at Boise State University, points out. “There’s ‘beaver fever’ out there for restocking them.”

“Beavers ...are one of the most cost-effective and sustainable solutions for ecological restoration and (resilience to) climate change,” the US Fish and Wildlife Service says firmly.

Here in the East, we may have more reservations about the critters. Beavers do gnaw down trees. And the dams that they build can cause flooding.

Be that as it may, here in Hershey’s Mill we’ve recently acquired our own lodge. We don’t have a dam, since the lodge sits in a pond, where the level of the water is already stable. Will we and the beavers be able to peacefully co-exist? Keep watching...

Our new neighbors tend to be nocturnal and shy, so it’s pretty unlikely that we’ll see much of them. To learn more about them, you can check out David Attenborough’s documentaries on YouTube. They’re amazing!



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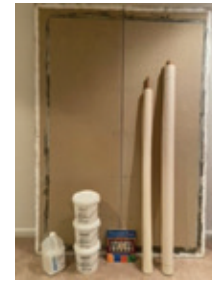


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## Easy Chicken Enchiladas

Mary Katherine Kennedy | Oakmont

Historians believe that the origins of enchiladas date back to Aztec times, when the tradition of rolling or folding food into tortillas is believed to have begun. (The word enchilada is derived from the Spanish verb *enchilar* which means “to season with chili.”)



### Ingredients

- 2 tbsp olive oil
- 1 small white onion, peeled and diced
- 1-1/2 lbs boneless skinless chicken breasts, diced or shredded rotisserie chicken
- 1 (4 oz) can diced green chilies
- sea salt and freshly cracked black pepper
- 1 (15 oz) can black beans, rinsed and drained
- 8 large flour tortillas
- 3 c Mexican blend shredded cheese
- 1-2 cans red enchilada sauce
- optional toppings: fresh cilantro, chopped red onions, diced avocado, sour cream

### Instructions

Preheat oven to 350°.

Saute the filling mixture. In a large saute pan, heat oil over medium high heat. Add onion and saute for 3 minutes, stirring occasionally. Add diced chicken and green chiles, and season with salt and pepper. Saute mixture for 6-8 minutes or until chicken is cooked through. Add beans and stir until evenly combined. Set aside.

Assemble the enchiladas. To assemble, lay out a tortilla, and spread 2 tablespoons of red enchilada sauce over the surface of the tortilla, add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup of cheese. Roll up tortilla and place in a greased 9” x13” baking dish. Assemble the remaining enchiladas. Spread any remaining sauce over the top of the enchiladas, followed by any extra cheese.

(continued)



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## Recipes (continued)

Bake uncovered for 20 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside.

Serve the enchiladas immediately while they are nice and hot; garnish with lots of fresh toppings. Disfrutar!! (Enjoy!!)

## Slow-Cooker Mexican-Style Dip

Charlotte Potter | Yardley

### Ingredients

- 1 lb lean ground beef
- 1 lb ground pork (I use Jimmy Dean hot)
- 16 oz Velveeta cheese
- 1 16 oz jar salsa (mild or hot to your liking)

### Instructions

Brown the meats and drain fat.

Cut Velveeta into approx. 1" cubes.

Mix meats, cheese, and salsa in slow-cooker.

Cook on medium approx. 2 hours or until cheese is melted, stirring occasionally.

Serve hot dip with tortilla chips or Frito's Scoops.

## Cinnamon Buns

Pam Hudson | Eaton

### Ingredients

- 2 loaves of frozen bread - thawed
- 1 c raisins
- 1 c nuts
- 1 stick butter
- 1 c brown sugar
- 2 tbsp milk
- 2 tsp cinnamon
- 1 large package vanilla pudding (not instant)

### Instructions

Grease a 9 x 13 pan.

Sprinkle raisins and nuts on the bottom of pan.

Roll walnut size or larger of dough and lay them in rows on bottom pan.

Heat butter, brown sugar, milk, cinnamon, and pudding in a sauce pan until melted; pour mixture over bread.

Cover lightly with plastic wrap and refrigerate overnight.

Bake at 350 for 30 minutes.

Wait a few minutes, invert and serve.

## Motis Eggs

Pam Hudson | Eaton

### Ingredients

- 10 eggs
- 1/2 c flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 pt. cottage cheese (small curd)
- 1/2 c melted butter
- 1 lb Monterey Jack cheese, shredded
- 4 oz can diced green chilies

### Instructions

Beat eggs – add everything except cheese & chilies. Mix, then stir in the rest.

Grease 9 x 13 pan. Bake 35 – 45 minutes at 350 degrees until center is firm (jiggle to see if cooked).

Serve with sour cream, salsa, olives, bacon.

*(continued)*



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### Overnight French Toast

Pam Hudson | Eaton

#### Ingredients

- 2 sticks butter, melted
- 2 c light brown sugar
- 2 tsp cinnamon
- 1 loaf French bread, cut into 2-inch slices
- 2 c milk
- 8 eggs, beaten
- 1 tsp vanilla extract

#### Instructions

Pour melted butter into an 11 x 15-inch baking dish. Sprinkle brown sugar and cinnamon over the butter and top with bread slices, making sure slices are placed close together.

Mix milk, eggs, and vanilla extract in a bowl until thoroughly combined; pour over bread in the baking dish. Cover with aluminum foil and refrigerate, 8 hours to overnight.

Preheat the oven to 350 degrees F (175 degrees C).

Place the covered casserole in the preheated oven and bake for 30 minutes. Uncover, and bake until puffed and lightly golden, about 15 minutes more.

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## Janice Saunders | Eaton

In her 2022 annual report to the Board of Directors, Hershey's Mill Library Chair Angela Linden summarized some key statistics pertaining to our library.

- In 2022, 5,427 residents visited the library.
- We sent welcome letters to 122 new residents.
- The library purchased 395 new editions, and 17 more were added as gifts.
- We are privileged to have 46 volunteers who staff the library during normal business hours of 10:00 a.m. to 2:00 p.m. on weekdays and 10:00 a.m. to Noon on Saturdays.
- The library has 569 audio books on CD and 659 DVDs available to borrow on the honor system. The DVDs are located on the revolving bookcase outside the library.
- The library continues to purchase the *Wall Street Journal* and *Consumer Reports* so that residents can continue to read them in the library.
- Free copies of the Book Pages are available for the taking. This monthly publication provides new information on books as well as reviews. Look for the latest edition at the front desk of the library.

Information on the library's collection of books is available on line at [www.hmlibrary.com](http://www.hmlibrary.com). You can use the search bar to find an author or title. As well, large print editions can be found by entering "large print" in the search bar. While this search engine may save you a trip to the library, what it cannot tell you is whether the book you are looking for is checked out to another

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[www.hmlibrary.com](http://www.hmlibrary.com)

resident. A volunteer can inform you as to the date the book is due, but privacy issues prevent disclosure of the lender's name.

Please note that we've had numerous inquiries regarding renewals by phone. Currently, we can renew books only in person, because the library phone line is designated solely for outbound, emergency calls.

## NEW BOOKS

## FICTION

Angel-Ajani Asale – *A Country You Can Leave*  
 Berry, Steve – *The Last Kingdom*  
 Catton, Eleanor – *Birnam Wood*  
 Chokshi, Roshani – *The Last Tale of the Flower Bride*  
 Ferguson, Sarah – *A Most Intriguing Lady*  
 Frumkin, Rafael – *Confidence*  
 Hallett, Janice – *The Twyford Code*  
 Hoover, Colleen – *Heart Bones*  
 Hoover, Colleen – *Never Never*  
 Jackson, Jenny – *Pineapple Street*  
 Kelly, Julia – *The Lost English Girl*  
 Napolitano, Ann – *Hello Beautiful*  
 Penner, Sarah – *The London Séance Society*

Santopolo, Jill – *Stars in an Italian Sky*  
 Schine, Cathleen – *Künstlers in Paradise*

## MYSTERY

Black, Cara – *Night Flight to Paris*  
 Box, C. J. – *Storm Watch*  
 Coben, Harlan – *I Will Find You*  
 Ellison, J. T. – *It's One of Us*  
 Greaney, Mark – *Burner*  
 Holmes Rupert – *Murder Your Employer*  
 Jance, J. A. – *Collateral Damage*  
 Kent, Kathleen – *Black Wolf*  
 Landay, William – *All That Is Mine I Carry With Me*  
 Leon, Donna – *So Shall You Reap*  
 Makkai, Rebecca – *I Have Some Questions for You*  
 Maxwell, Jessa – *The Golden Spoon*  
 Maxwell, R. S. – *Through A Darkening Glass*  
 North, Alex – *The Angel Maker*  
 Patterson, James – *3 Days to Live*  
 Preston, Douglas – *The Cabinet of Dr. Leng*

## NONFICTION

Kazdin, Cole – *What's Eating Us*  
 Leebaert, Derek – *Unlikely Heroes*  
 Odell, Jenny – *Saving Time*  
 Schwalbe, Will – *We Should Not Be Friends*  
 Zernike, Kate – *The Exceptions*

## BIOGRAPHY

Roberts, Rebecca – *Untold Power*  
 Waldstreicher, David – *The Odyssey of Phillis Wheatley*

## LARGE PRINT

Albright, Madeleine – *Hell and Other Destinations*  
 Atkins, Ace – *The Heathens*  
 Atkins, Ace – *The Revelators*  
 Bentley, Don – *Target Acquired*  
 Brown, Dale – *Arctic Storm Rising*

Brown, Dale – *Countdown to Midnight*  
 Cash, Wiley – *When Ghosts Come Home*  
 Chiaverini, Jennifer – *Resistance Women*  
 Davis, Fiona – *The Chelsea Girls*  
 Doerr, Anthony – *Cloud Cuckoo Land*  
 Finn, A. J. – *The Woman in the Window*  
 Greaney, Mark – *Relentless*  
 Morris, Heather – *The Tattooist of Auschwitz*  
 Patterson, James – *I, Michael Bennett*  
 Taylor, Brad – *Hunter Killer*  
 Wiggs, Susan – *The Lost and Found Bookshop*  
 Williams, Beatriz – *All the Ways We Said Goodbye*





### Scott Burkhart | Inverness

To quote Bob Dylan: “The Times They are A-Changin’.” I thought of this song as I was listing the devices I will need to have reset when Verizon puts in my new router. It hit me that when I was growing up none of these devices existed. It made me recall how life was different in my olden days compared to now.

Evidently, my internet speed is too slow now because Verizon is going to speed it up. Before computers, I tried speeding things up by enrolling in a high school speed reading course. My reading speed increased by 50 %. Excellent! Not so excellent, my comprehension decreased by 45%.

Remember when research meant reading encyclopedias or textbooks to find things out? Now we use computer searches, Google searches, or Alexa. As a college student before computers, I thought I could speed up my reading of what I considered boring by using CliffsNotes instead of actually reading the assignment. That worked as well as my speed reading. I could have used Verizon upgrades during my student years.

I have Amazon Echoes throughout the house that replace all the archaic ways I used to listen to music, and a cellphone that I use for a plethora of things but rarely to make calls. Verizon will upgrade these, but of most interest to me are the television

upgrades. I have watched the tube as far back as I can remember and consider myself a child of the television era.

As I look at my giant flat screen, ultra hi-def TV now, I find it hard to believe that I grew up with a 19-inch black and white model. The picture quality was far from hi-def and everything was manual. You had to get out of your seat to pull the power button that turned the TV on. To change stations, you had to get out of your seat again and twist a knob on the front of the TV. If the picture was too fuzzy or had horizontal lines running through it, you had to get out of your seat again to adjust the picture as best you could by twisting rabbit ears into different positions. Early TV gave you entertainment and an aerobic workout.

My parents were visionaries and had the first version of a voice-command remote ...me. “Go change the channel.” “Fix the fuzzy picture.” The remotes I’m upgrading allow me to use voice commands too. Thank goodness. That button pushing when I’m changing channels was wearing out my thumbs.

Growing up, I only had the three Philadelphia channels to watch, and they signed off at midnight with the playing of the National Anthem. Now I have at least 425 that play 24/7. Can you imagine the size of that *TV Guide*?

I started with Dylan, so I’ll finish with one of his quotes: “Everything passes. Everything changes. Just do what you think you should do.”

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# Fios Voice Remote

## Basics:

The new FiOS1 TV® Voice Remote is a smaller and more advanced remote than many. It works with the FiOS TV ONE or the FiOS TV ONE MINI set top boxes.

The remote is motion-activated: when it detects motion in the area, the LED indicator at the top will light up red making it easy to find. If you lose the remote, you just push the On/Off Power button on the Box twice quickly and the remote will BEEP - *Brilliant!* (To stop the beep, just push any button on the remote.)

The controls on the remote are simple, familiar, and intuitive given your many years of using remotes.

ON/OFF on the top right and controls for playback of a recorded or On Demand show, Last Channel, Volume, Mute. You have seen those control buttons for decades so need to fear!

## Using the Voice Control

With the FiOS1 TV Voice Remote, you can use your voice to tell your FiOS1 TV what to do. Simply press and hold the microphone button to give commands. Speak normally, holding the FiOS1 TV Voice Remote about 12 inches from your mouth. If held too closely, your voice may be difficult for the remote to



Voice button



Okay Button



Back Button

understand. The blue microphone button is the Voice Control. *You must hold the blue microphone button down the whole time you are speaking.*

## Here are the steps:

- Push the button, say “Football” and let go.
- Every channel with Football appears on the TV screen.
- Cursor over and push the big OK button in the middle to select the channel.
- Push the button down and say “TOM SELLECK” — now Tom Selleck won’t appear in your room, but every TV program with his name in the Guide will show up on your TV screen. Just cursor over and select.

Mess up?? Click on the back arrow in the middle of the remote and you will go back to the last screen.

## Try Some Voice Commands:

*Hold the microphone button down and say one of the following:*

Guide  
 Netflix (This will take you to NetFlix if you have a subscription to NetFlix)  
 ABC News  
 Jeopardy  
 Comedies  
 Weather Channel  
 Volume Down 2  
 Volume Up 3  
 Mute  
 ON DEMAND  
 Turn on Closed Captioning  
 DVR  
*In DVR:* Rewind 30 seconds  
 Football  
 Turn TV OFF

(continued)

### Buttons On The Voice Remote Control

**Menu** - The Menu button takes you to the main on-screen menu. From there, use the ring surrounding the OK button on the Fios TV Voice Remote to move between menu options.

**Guide** - The Guide button takes you directly to the programming grid guide. Pressing the Guide button again brings up a selector that allows you to choose another Channel.

**Navigation ring and OK/Select** - Press the navigation ring segments for up, down, left, or right and the OK button to navigate and make on-screen selections.

**Using Navigation ring buttons to Skip Forward and Back** - Press the Left and Right navigation ring segments to skip video forward or back while using the DVR or watching Video on Demand.

**Back (arrow) button** - Go back to the previous screen.

**Exit button** - The exit button will leave your current menu location or screen and return you to normal TV viewing.

**Info button** - Press the Info button to get more details on the show you're watching.

**Mute Button** - Use this button to mute the sound from your TV.

**Last button** - The Last button jumps back and forth between the last two programs you were watching.

**Play/Pause, Rewind and Fast Forward buttons** - These buttons control the following:

- Live TV


- Video On Demand (where allowed)

- DVR recorded programs

Tapping the Fast Forward or Rewind buttons increases or decreases the video speeds.

**Note:** A long press of the Fast Forward or Rewind jumps you back towards the beginning of shows, and/or forward to the live point of currently airing programs. Channel / Page +/- - Use the Channel plus and minus buttons to choose one channel up or down in the guide or to page up or down when viewing the Guide.

**Record** - Use this button to record any show that you're watching on live TV. It will record back to the moment you started watching that program.



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## Tech Tips

# Privacy–Windows 11

**Don Trauger | Kennett**

We are all concerned about our privacy, especially when using our digital devices. Do you know how to go about it? This article addresses the most important privacy settings in Windows 11.

- Start by going into **Settings**. Click the **Start** icon (lower left corner of the screen) then click the **Settings icon** (gear) in the window and go to **Privacy & security**.
- In the center pane that appears, click **General** and move the sliders to **Off** for the top 4 settings.
- Next, go to <https://choice.microsoft.com/en-us/opt-out> and move the slider to **Off**. This will not stop all ads but will stop ads that come from sources that track you across the internet.
- Under **Windows permissions**, click **Inking & Typing personalization** and move the slider to **Off**.
- Move down and click on **Diagnostics and feedback** and turn off the sliders for **Send optional diagnostic data** and **Tailored experiences**.

Also under **Windows Permissions** is **Activity history**. I have mixed feelings about this item as it does help the user to bring up previously viewed websites just by typing the first few letters of the site. It also works in the same way when you use Google. If you want to review a previous search, type the first few letters of the previous search and it

should reappear. The downside is that Microsoft tracks your activities for this item. If you don't want to be tracked, remove the check in the box next to **Store my activity history on this device**.

Under **App permissions**:

- **Location:** Wherever you go, Windows 11 knows you're there. Some people don't mind this, because it helps the operating system give you relevant information, such as your local weather, what restaurants are nearby, and so on. But if you don't want Windows 11 to track your location, you can tell it to stop by moving the slider to **Off**. Doing that turns off all location tracking for every user on the PC.
- **Camera & Microphone:** Both should have the top three items in their respective lists turned on. If you use Zoom it will be listed at the bottom for both and should also be turned on.

The rest of the items under **App permissions** have a minimal privacy risk.

This article covers Windows 11 privacy settings. However, to complement these privacy settings, read my previous article about Microsoft's Edge browser that includes the recommended privacy/security settings for Edge. Here's the link: <https://hersheysmill.org/resources/technology/computer-security-tips/microsoft-edge-and-security-feb-2022/>. If you don't use Edge then it's not necessary to perform this task.

# Basic Bridge

Walt Woerheide | Springton

There are many times when a bridge player wants to make a particular bid but should not because of the lack of points. The first two passes are automatic due to a lack of points. East has a thirteen-point hand but has a flat 4-3-3-3 distribution. But in case his side has the majority of points, he opens one diamond. As the partnership uses the better minor convention, his bid only says he has at least three diamonds. As he is in the third seat, he may have as few as ten or eleven points. South has a

five-card spade suit and nine high-card points, and the doubleton makes his distribution more interesting. By overcalling a spade bid, he may block his opponents from finding a game in hearts if they have one.

West has two possible bids, and neither is perfect. He has only nine high-card points, and many people play that to respond at the two-level, one must have a minimum of ten. So rather than bid his five-card club suit, he chimes in with one no-trump, even though he lacks a spade-stopper, which his bid would imply. North

West Deals, NS Vulnerable.

				<u>North</u>			
				♠987			
				♥AQ975			
				♦QJT			
				♣73			
<u>West</u>				<u>East</u>			
♠QT				♠K65			
♥KJ3				♥T82			
♦K43				♦A652			
♣T8654				♣AQ2			
				<u>South</u>			
				♠AJ432			
				♥64			
				♦987			
				♣KJ9			
Bidding:				<u>West</u>	<u>North</u>	<u>East</u>	<u>South</u>
				Pass	Pass	1♦	1♠
				1NT	2♠	All Pass	
Opening Lead:				3♦			

West leads his partner's bid suit with a low diamond, which would usually promise an honor in that suit. East wins with the ace and returns a low diamond for West's king. Leading a third diamond is risky as North will win it with the queen, and this might give South a chance to sluff a loser on the queen. West might try leading a low heart on the assumption that South could not believe West would underlead a king, and so might put up the ace rather than take the finesse. Alternatively, West knows that East has enough high card points to open, and he has only shown four so far. He cannot have anything in hearts, and the diamonds are gone. So, the remainder of his points must be in clubs and spades. Leading spades is a bad choice as South

might try a finesse for the queen. So, he would lead the ten of clubs to show he has no honors in clubs. East realizes South must have the king and jack, so he takes the ace, and to minimize any benefits from cross-ruffing, he should lead a trump. No matter what South plays on this lead, he will lose two spade tricks, but he will just make his bid.

has nine high-card points and three spades. He too does not have enough points to bid his five-card heart suit at the two level, especially as his partner's bid is an overcall, but he can legitimately raise his partner's bid to two spades as this promises six to nine points and at least three spades. East has already bid the full value of his hand, so he passes in the hope his partner might have more to say. But, alas, his partner falls silent.




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### *Dave Nagurney | Glenwood*

Mark your calendars for the major summer holidays and much, much more. We should see the completion of the East Lawn project by May, which will bring three new bocce courts, four new shuffleboard courts, and the return of horseshoes and corn hole courts. Memorial Day weekend is the kick-off to summer. Sports will host a Memorial Day celebration on Monday, May 29 at the Sports complex. Tennis, Bocce, Shuffleboard, Pickleball, Horseshoes and Corn Hole will be hosting events for HM residents to come out to play and enjoy themselves. You do not have to play a sport to have fun. This event will bring the return of the Long Island Hot Dogs (\$5) and other delightful treats of fruit, wraps, cookies, and cool beverages. So, bring a chair, your favorite beverage, have lunch, and join in the fun. The Pool opens on Saturday, May 27, so you can transition from the Sports complex in the morning to the pool in the afternoon to continue to enjoy the holiday. There will be similar planned events for Tuesday, July 4 with a pot luck dish event. On Labor Day, Monday, September 4 we will see the return of the Long Island Hot Dogs and the second annual Bake Contest.

We look forward to many other summer activities. Tennis will host Inter-club play with local tennis teams. Bocce will see the return of the HM tournament on their new courts. Last year we had 160 people participate in the Bocce Tournament, with the championship match in September. Shuffleboard will be planning clinics, socials, and open play. Pickleball will have new-player clinics, open play, player-development clinics, and social events.

### **BIKE CLUB**

#### *Jeff Smith | Princeton*

We have an increasing number of electric bike riders in The Mill. Like many devices such as cell phones and laptop computers, e-bikes use a lithium battery. Advantages of lithium batteries are many. They are compact, can be charged hundreds of times, and they contain lower levels of toxic heavy metals than many other types of batteries. However, they can be flammable. Manufacturing defects, design flaws, improper use (i.e., placing a battery near a heat source or leaving it in intense sunlight for an extended period of time, which may lead to overheating), and using chargers not intended for the device can all lead to an explosion when the battery overheats. If you have an e-bike, there are several precautions you should take to avoid a fire. Always read the owner's manual and adhere to the manufacturer's precautions. Only use the charger supplied by the manufacturer. When charging your bike, try and keep it a safe distance away from anything flammable. It's also a good idea to have a smoke detector in the area where you're charging the battery. Lastly, battery technology is constantly changing and improving, and you probably should consider replacing the battery every five years, regardless of use.

Most of the bikes donated to the Bike Club are sold, with the proceeds going to the Hershey's Mill Sports Committee. On rare occasions, we donate a bike to a worthy charitable organization. Late last year, a Hershey's Mill resident told us about a Chester County benevolent organization called Home of the Sparrow in Exton. Their mission

is "to partner with women facing homelessness to secure housing, achieve long-term stability, and chart new paths for their futures." Many of these women have children, and we were able to provide a bike for one of them.

Now that the riding season is just around the corner, make sure your bike is mechanically sound and tires are inflated to the recommended pressure. Don't just press on the tire and if it feels tight, assume it's fully inflated. Use a tire pressure gauge to check the pressure. A fully-inflated tire makes pedaling much easier. Tire pressure gauges are inexpensive and can be purchased at any auto parts or bicycle store.

The 2023 Ride Schedule includes some past rides and a couple of new ones. Anyone interested in riding with us this year who is not already on our E-mail list can contact me at

or and request a copy of our schedule. Hope to see you on some of our rides this summer.

### **BOCCE**

#### *Carroll Thompson | Princeton*

Spring is so beautiful in Hershey's Mill! Last month we enjoyed Bocce clinics – designed for inexperienced players or as a refresher for the rest of us after the long winter.

May means sign-up for the competitive Bocce League, so bring a partner and join the fun! Depending on the number of people who sign on we usually have groups of ten teams with unique group labels such as Hershey Bars, Donuts, or Apple Pie. Each team will promise to play the other nine teams in their group



anytime throughout the summer beginning May 20 until September 1. With the help of three new courts and the efficiency of Skedda scheduling, finding time for your matches should be a breeze.

After September 1, the elimination matches of the top ten teams will narrow the field to the last two teams who will play for the championship title sometime during the second week of September – weather cooperating. Be sure to watch the Hershey's Mill Daily Bulletins for more details as the season progresses. There's always room for spectators – so join the fun in any way you are most comfortable.

### **BOWLING**

#### *Jeff Taylor | Princeton*

Balls, shoes, and crying towels have been retired to our bowling lockers or shelves at home, but the memories of a great 2022-2023 season linger. With fond memories, regular and substitute bowlers remember chances to win a free game on red pin Tuesday, two hoagie luncheons, a pizza day, and 'sweet' surprises for Valentine's Day and Halloween - all supported by the weekly 50/50 drawing. Most important, we cherish the fun we had and the friendships we bonded.

The 2023-2024 season begins in October. Sign-up sheets will come out in mid-August, so put a reminder on your calendar to sign up early and join the best HM winter activity sport.

*(continued)*

For additional information and to find out the winning teams for the first and second halves of the 2022-2023 season, check out our website <https://hersheysmill.org/hmsg-organization/hmsg-bowling/>.

From the Bowling Committee, have a wonderful summer. See you in the fall.

### PICKLEBALL

*Tom Fant | Yardley*

For the Pickleball Nation, when we experience a mild winter, we feel like we were involved in some sort of fun larceny. How so? Well in 2022 - 2023, 1) We met some new folks from other two-season sports, 2) Some days were so spring-like, there were seven or eight courts in use several days in January, 3) We provided one-half ton of food to the Chester County Food Bank for the less fortunate locals to celebrate Valentine's Day, and 4) We had several visits from a bald eagle to brighten our day.

Last summer with the bocce tournament, we learned that senior sports players can be a 'draw' with enthusiastic crowds, when it attracted over 80 spectators to watch the finals match. Maybe pickleball players can match that kind of show...stay tuned!

### SHUFFLEBOARD

*Sandy Deckard | Jefferson*

Things are still up in the air about shuffleboard activities pending the completion of the new courts. Hopefully we will start playing this month as well as be scheduling some clinic time. In the meanwhile, we will continue our birthday get-togethers and participate in the official Memorial Day weekend opening of our sports year with the annual party around the different sports venues and the pool.

Remember, shuffleboard is a great way to get out, meet your fellow Hershey Mill Residents, and get a little sun and exercise. We always have a great group playing. If you're new and/or would like to get on our E-mail address list, please send me a message at either

or

Please also send your village address, phone or cell phone number, and your birthday – never mind the year. I will keep you informed as best I can of the progress of our relocation and playing times.

### TENNIS

*Dave Clewell | Robynwood*

Happy spring to everyone. It is time to start thinking about tennis at HM for this season. The weather is nice this spring, so let's play tennis. Starting in May, we will have courts reserved Tuesday, Thursday, and Saturday at 9:30 a.m. and Monday, Wednesday, and Friday at 3:00 p.m. for open play. Open play is a drop-in time for anyone interested in playing tennis. Let me know if you will be playing this season and would like to be on the E-mail list. We can remind you each day before of the next day's schedule and the anticipated players. You can use the Skedda system to reserve a court any time you wish to play.

Our first scheduled event this season will be Memorial Day, May 29. There will be a sign-up sheet at the tennis bulletin board, or call me and I will sign you up. Come join us for this event. It is a lot of fun. Enjoy the spring and let me know if you have any questions about the tennis program.

Thanks, and see you on the courts.

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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 .....	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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