SEPTEMBER 2023

GUIDE DIGEST





A PUBLICATION OF HMCTV AT HERSHEY'S MILL





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Publisher

Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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E-mail: editor@hmctvguide.com

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All submissions welcomed; with rights retained by the owner. Send to editor@hmctvguide.com, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and submitted as Word documents. Photographs should be high-resolution and saved as JPEG's. HMCTV determines suitability and has sole discretion to publish any submission. Submissions are due by the 23rd (37-40 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community TV, its officers, or directors.



Interested in advertising in the Guide and Digest?

CONTACT:
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From the Main Gate

Marc Fraser | Director of Security

Over the last couple of years, Hershey's Mill Security staff have noticed, and residents have reported, a sharp increase in the number of unauthorized guests attempting to tailgate other vehicles through our entry gates. These tailgating incidents, which Security witnesses on camera multiple times per day, have led to numerous broken gates, car accidents, and even instances of road rage stemming from unauthorized guests confronting residents who were attempting to prevent the tailgating.

After researching effective options to combat the increased tailgating, and in turn keep our residents safe, repair costs down, and traffic flowing more smoothly, the Hershey's Mill Security Committee recommended to the Board of Directors that Hershey's Mill pursue the installation of a 'Double-Gate Entry System' at the East Gate which is adjacent to Route 352. This recommendation is approved, and the installation of the system was completed in June 2023.

Understanding that the implementation of this new system raises questions in the minds of residents reading this notice, I will take a couple minutes to address the most frequent questions I have encountered:

HOW DOES THE DOUBLE-GATE ENTRY SYSTEM WORK?

When you pull up to the entrance, you will now see two gates instead of one.

Your existing windshield/headlight tag or card will work as it always has, and once the tag/card has been read, the

gate will open just as it does at any other gate.

When the first gate opens, the driver pulls up into the 30-foot space between the gates. (NOTE: The average car is 15 feet long, and the average pickup truck is 20 feet long.)

When the first gate closes behind the vehicle, it will automatically trigger the second gate to open.

(NOTE: Your tag/card is NOT read a second time. The closing of the first gate causes the second gate to open automatically.)

The driver then continues through the second gate.

WHO CANNOT USE THE EAST GATE FOR ENTRY?

Anyone with vehicles, or vehicle/ trailer combinations, over 25 feet long should NOT attempt to enter through the East Gate, even if they have a tag/card.

All deliveries and guests (without a tag/card) should continue to use the Main Gate entrance at 1500 Greenhill Road.

CAN EMERGENCY VEHICLES OVER 25 FEET LONG STILL ENTER?

Yes. A device is installed that will allow oversized emergency vehicles to travel through both gates without incident.

WILL THIS SYSTEM BE INSTALLED AT OTHER GATES?

This remains to be seen, as we wish to first measure the effectiveness

(continued)

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From the Main Gate (continued)

of this new system at the East Gate before considering implementation at other gates.

WHAT SHOULD I DO IF SOMEONE TRIES TO TAILGATE ME?

The scenario in which two vehicles will be able to fit between the first and second gates is going to be very rare. The limited space itself should dissuade anyone from attempting to tailgate.

Be aware of vehicles behind you. Most people attempting to tailgate will either (1) be right on your bumper, or (2) be waiting in the pull-off to try to sneak in.

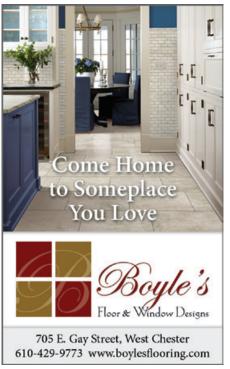
Once you pass through the first gate, come to a stop so that there is no room for a second vehicle to enter.

Allow the first gate to come down before another vehicle can pass through it.

Security officers in the Security Center will be closely monitoring the East Gate cameras during the early stages of implementation and will respond if an incident arises.

Thank you for your patience during the implementation process for this new technology designed to help maintain the security of our community. If you have further questions that were not addressed by this notice, please feel free to contact me at marcRfraser@yahoo.com or 610-431-4006.





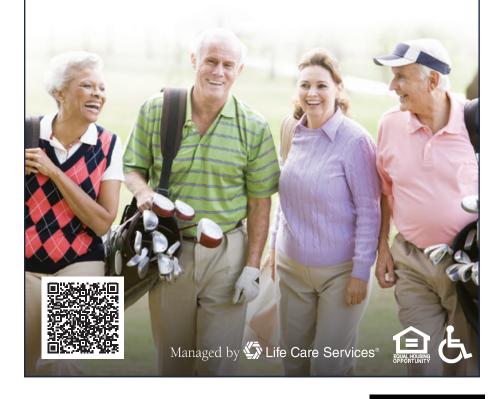


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Residents Update

Kallay, Michael & Jane

1198 Princeton Lane

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

All updates must be made in person through Security. The only exception is email changes which can be submitted via email to hmctv@comcast.net.

Cruit, Lori Marsh, Marcia 243 Chatham Way 63 Ashton Way

Richardson, Ward

Flatland, Sandra & Sharon
771 Inverness Drive 1543 Ulster Court

Schlomann, Barry & Brand, Harriet 223 Princeton Lane

Lundberg, Carol Soroka, Carolyn 452 Eaton Way 854 Jefferson Way Solimeo, Louis & Rubin, Marsha 1194 Princeton Lane

Turocy, Regis & Paula 1138 Merrifield Drive



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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-ofthe-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 September 21, 2023.

HONOR FLIGHT PHILADELPHIA **WELCOME HOME**

Saturday, September 9, 2023. Arrival time is 6:00 p.m. Join us ... as we welcome home over 170 American Veterans from their 'Tour of Honor' in Washington, D.C. Hug a Vet! Thank a Vet! ... for the freedoms they preserved for us! Sts. Simon and Jude Parish, 8 Cavanaugh Ct. (corner of Rt. 3 and 352) West Chester, PA 19382. For additional information contact Andrew at 610-662-1812, andrew@ honorflightphiladelphia.org, www. honorflightphiladelphia.org. This event is open to the public at no cost.

HM BRANCH OF THE CHESTER COUNTY **HOSPITAL AUXILIARY**

Fund Raiser, Fashion Show, & Luncheon HM Golf Club - October 26, 2023 Along with brilliant shades of gold, orange, yellow, red, and brown, October welcomes Hershey's Mill Auxiliary to the Chester County

Hospital's Annual Fundraiser Fashion Show and Luncheon.

This year a special addition of men's apparel has been added so you can shop both for yourself, the women in your life and for all those special men as well. Ladies' fashions will be provided by Silver Linings Boutique, and Englund's Apparel for Men will showcase their men's fashions. Both stores are well-known and established shops located in Malvern.

Besides the fabulous fashions and delicious luncheon, a 50/50 drawing and a silent auction with numerous items will be held, so please bring your checkbook and/or cash.

Remember - this is a fundraiser to support the Auxiliary's 'Breast Health for Life Pledge, so come prepared to be generous. Can't attend? Consider sending a donation. Make your check out to Hershey's Mill CCHA and send it to Rosie Taylor, 1215 Princeton Lane, West Chester, PA 19380. In advance, THANK YOU for your generosity. Registration for the event will be open in October, so check your E-mail for the date.

If you would like to become a member of the HM Branch to help the Auxiliary, please E-mail Kate Lindsay



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EQUAL HOUSING

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HERSHEY'S MILL COMMUNITY BIBLE STUDY

Bill and Teresa Judkins | Chatham

We will again be holding an in-person coed Community Bible Study (CBS) in Hershey's Mill and are looking forward to you being one of the studiers.

The CBS at HM meets on Fridays from 10:00 to 11:30 a.m. The first meeting will be on Friday, September 15, and we will begin our CBS this year with the book of Ruth, followed by 1 and 2 Samuel, and concluding with Ephesians.

The CBS meeting at HM is a part of the CBS West Chester meeting at Goshen Baptist Church on Monday nights. During the same week, we will be studying the same lesson as the CBS West Chester Monday night group. If this study piques your interest, please contact us for further information. We can hardly wait to see your smiling face.

Bill and Terese Judkins

HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

The first meeting of our new year will take place on Thursday, September 14 in The Sullivan House at 2:00 p.m. At that time, we will be discussing the best seller *Horse* by Geraldine Brooks, and Judy Klanderman will be leading our discussion. Inspired by the true story of the recordbreaking thoroughbred, Lexington, this is a novel of art and science, love

and obsession, and an unfinished reckoning with racism.

Kentucky, 1850: A slave groom and a bay mare forge a bond of understanding that will carry the horse to record-setting victories across the South. When the Civil War erupts, an artist who is well known for his paintings of racehorses joins the Union Army. On a perilous night, he reunites with the horse and his groom, far from any racetrack.

New York City, 1954: A gallery owner known for taking risks on edgy contemporary painters becomes obsessed with a nineteenth-century equestrian oil painting of mysterious provenance.

Washington, DC, 2019: A Smithsonian scientist from Australia and a Nigerian American art historian find an unexpected connection through their shared interest in this horse. One is studying his bones for clues to his speed and endurance, the other is uncovering the history of the unsung black horseman responsible for his racing success.

Please contact Carol Barkovsky at: for more

information.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Alas! The summer season at the pool is just about over. The Knitting Circle is now returning to the Paoli Room at the Community Center on September 7 for our weekly gatherings. If you are a knitter or crocheter, why not bring along your project and join our group? We meet on Thursdays from 1:00

to 3:00 p.m. In addition to knitting and crocheting, when we are able to help, we are happy to assist people with their knitting and crocheting problems. For information about the Knitting Circle, contact Ruth Schick at

HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

Our native plant garden was swarmed with the Art Group this summer. Come celebrate the Fall Equinox and the inaugural Art in the Garden show on Saturday evening September 23 from 4:00 to 6:00 p.m. Artwork will be displayed among the flowers for your enjoyment. BYO everything... drink, chair, binoculars...camera, too, and perhaps an appetizer to add to the table. Donations for future happy hours are gratefully accepted. We ask those who can walk to park at the sports complex and walk over to allow those unable to walk so far to park along the garden lane. The wind/rain location is the Community Center.

To further recognize celestial wonders, Dennis O'Leary will describe upcoming eclipses in his talk *Shadow* of the Moon on September 28 at 7:00 p.m. in Wooldridge Hall.

Take a look at The Garden Library! Thanks to the Art Group for making the library so colorful and charming. Books about native plants, birds, insects, trees, art in nature, and nature photography may be left for a new reader. Plant a Book; Pick a Book is our tagline.

It is not too late to take some photos of your own garden or your village





Photo captions top to bottom: Art in the Garden, Painting by Melaine Blair, Yardley; Photo by Barbara Crispin, Inverness. Tiger Swallowtail, Art Ramont, Jefferson.

common gardens and enter the Native Plant Garden Contest for 2023. Photos of the bees, butterflies, hummingbirds, and the flowers they visit should also be submitted to HersheysMillNature@gmail.com for the 2023 photo contest. Thank you, Christine McCormick,

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Cloud Post Office & East Goshen Township



Bill Schultz | Chatham

The Cloud Post Office was in Rocky Hill, on the southwest corner of the road known then and now as Route 160. Rocky Hill was listed with a population of only thirty people in 1890; the surrounding East Goshen Township area was also listed at that time as having 150 people. The post office began operations on January 20, 1881, with Thomas H. Smedley as its first Postmaster.

The other Postmasters during the eighteen years of existence were:

Millard F. Smedley, appointed September 16, 1884; Bernard Hawley, appointed March 27, 1886; John H. Davis, appointed April 16, 1890; and finally, Lizzie G. Davis, appointed April 25, 1890.

This post office was discontinued on August 15, 1899. It was briefly reopened on October 18 of that same year with M. Fillmore Smedley serving as postmaster. After December 30, 1899, the mail was managed by the West Chester Post Office.

Located one mile east of the West Chester borough, East Goshen Township is a 14-square mile area that was part of a larger tract purchased from William Penn in Wales in September 1681. Settlers named the area Goshenville, or "Land of Goshen."

The first settlers were mostly Swedes and Dutch. These early arrivals created a fully self-sufficient agricultural community with the establishment of grist mills around the village of Goshenville to grind their grain, and the development of Chester Road to take their produce

to markets for sale or trade. The first Quaker meetinghouse was built at the crossroads of Paoli Pike and Chester Road in 1702, and this area later became known as the village of Goshenville. The adjacent communities of Milltown, Rocky Hill, Hershey's Mill, and Dutton Mill were established around the grist mill operations in the township. East Goshen Township was incorporated in 1817. By 1883, the township had three post offices located in Goshenville, Milltown, and Rocky Hill, this last one being the Cloud post office.



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Carol Estornell



Karen Mulvey | Princeton

Carol Estornell, a longtime resident of Upper Darby, relocated to Devonshire four years ago. Her home is adorned with original art, including paintings and sculptures created by herself and friends. Throughout her life, Carol's passion for art has guided her on a remarkable journey of self-discovery and accomplishment.

Prior to kindergarten, Carol displayed her innate musical talent by teaching herself to play the piano. This early exposure to music was accompanied by her ability to read at the tender age of three. After high school, Carol embarked on a brief career in office support at the University of Pennsylvania's Faculty Club, where she encountered her future husband. Marriage and four children swiftly followed.

Following the birth of her last child, Carol yearned to pursue further education. However, she faced the dilemma of choosing a major. She had a passion and aptitude for art, writing, and music, but decided to pursue art. To finance her college years, she dedicated extensive hours to researching scholarships and submitting applications. Eventually, she secured full financial support, enabling her to earn her degree at Moore College of Art in Philadelphia, where she graduated as valedictorian, summa cum laude.

During her time at Moore, Carol's love for the arts flourished. She found inspiration in the unwavering support of the faculty and staff, as well as in the rejuvenating power of a good night's sleep. Balancing her academic pursuits with the responsibilities of motherhood posed a challenge, but with the dedicated support of her mother, who cared for her children during her classes, Carol managed to persevere. She recalls keeping her art history textbook open while simultaneously preparing dinner for her children and tending to a pot on the stove. Attending an all-women's college and gaining awareness of the contributions made by leaders and participants in the Women's Movement empowered Carol to embrace her new-found freedom and revel in a supportive environment. This environment encouraged her to fully explore and express her artistic capabilities.

Following her time at Moore, Carol went on to teach art at Stephens College in Missouri. Her teaching style emphasized the accessibility of art for

(continued)

Getting to Know You (continued)

all students, fostering their growth in painting and drawing. She also taught Women's Studies and provided piano and private and group guitar lessons.

Carol eventually returned to Philadelphia, where she taught at the Art Institute. Subsequently, she transitioned away from teaching and pursued a career as an illustrator and graphic designer. Her exceptional creativity and meticulous diligence proved invaluable during her 17-year tenure at The Philadelphia Inquirer.

After retiring, Carol served as a docent at the Barnes Foundation until she relocated to Hershey's Mill. In her current phase of life, she finds contentment as a retiree, devoted to reading, creating art, and playing the piano. She actively engages with



like-minded individuals in a book club and participates in her church's choir, further nurturing her artistic interests. Carol treasures her family, cherishes both old and new friends, and relishes the opportunity to meet with fellow artists to exchange ideas and share inspiration.





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Bus Trips

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/.

Dutch Apple Dinner Theatre - Guys & Dolls
Saturday, September 9, 2023
(Additional Trip)

Cost: \$85

Departs: 10:00 a.m. Contact: Priscilla Burt,

When Nathan Detroit needs money for his floating craps game, he turns to high-rolling gambler Sky Masterson. Nathan bets that Sky cannot get a date with a prim and proper missionary but ends up falling in love! From the bright lights of Broadway to the dance clubs of Havana, *Guys & Dolls* rolls the dice on love with the showtunes, "Sit Down You're Rocking the Boat," "I Have Never Been in Love Before," and the showstopping "Luck Be a Lady." The trip includes an all-you-can-eat buffet lunch with a full salad bar and a variety of entrees and desserts.

American Music Theatre – The Beach Boys Saturday, September 16, 2023

Cost: \$95

Departs: 5:30 p.m.

Contact: Mary Ann McCarry,

The Beach Boys are one of the most critically acclaimed and commercially successful bands of all time. For more than six decades, The Beach Boys' music has been an indelible part of

American history. Between the 1960s and today, the group has had over 80 songs chart worldwide, 36 of them in the US Top 40 (the most by a US rock band,) and four songs topping the Billboard Hot 100. Since the band's cofounder, lead-singer, and chief lyricist Mike Love penned the lyrics to The Beach Boys' first hit, "Surfin" (1961), dozens of the band's chart toppers have become eternal anthems of American youth at the time: "Surfin' USA," "Surfer Girl," "Fun, Fun, Fun," "I Get Around," "California Girls," "Help Me Rhonda," "Barbara Ann," "Good Vibrations," "Wouldn't It Be Nice," "Rock and Roll Music," and "Kokomo." Inducted into the Rock & Roll Hall of Fame in 1988 and recipients of The Recording Academy's Lifetime Achievement Grammy Award in 2001, The Beach Boys are a beloved American institution that remains iconic around the world. Join us for a fun trip down Memory Lane. **NOTE: This is the** Beach Boys, not a cover band.

Uptown Theatre – *Tommy & Me* Sunday, September 17, 2023

Cost: \$65

Departs: 1:00 p.m.

Contact: Mary Ann McCarry,

Take a trip to the Uptown Theatre in West Chester to see *Tommy & Me*, Ray Didinger's play about meeting and knowing Philadelphia Eagles' Hall of Famer Tommy McDonald. They met in 1960 when Ray was 10 years old, and his family was visiting Hershey, PA, the home of the Eagles summer training camp. Ray went on to become one of Philly's favorite sons, the legendary sportswriter, commentator, radio personality, storyteller, and author.

What began as remembrances of a childhood experience, Ray Didinger's autobiographical show of *Tommy & Me* recounts a seminal time in Ray's life when he helped his lifelong hero get into the Pro Football Hall of Fame. This performance includes a post-show talk-back with guests, including the playwright, director, cast members, and special visitors.

Grounds For Sculpture Wednesday, September 20, 2023

Cost: \$45

Departs: 8:45 a.m.

Contact: Maria Edwards,

Where nature and art are always at play! Opened on the grounds of the New Jersey State Fair in 1992, Grounds for Sculpture was established by artist and philanthropist, Seward Johnson. Grounds for Sculpture is a premier cultural destination of 42 landscaped acres of contemporary sculptures, gardens, arboretum, and museum. With more than 270 sculptures by renowned and contemporary artists, sculptures are carefully positioned on meticulous landscaping where you will see thousands of exotic trees and flowers. As part of the "New Perspective Series," an indoor exhibit, GFS presents Local Voices: Memories, Stories and Portraits, and Spiral Q: The Parade. Grounds for Sculpture is created for all people, so find your happy place here! Grab a friend and join us for a self-guided tour! Lunch is on your own at one of three different eateries located on premises: (1) Rats Restaurant, a ten-minute walk away is the most formal and reservations are necessary which can be made on www. opentable.com; (2) Van Gogh Café,

located inside the Welcome Center, and (3) Peacock Café, located in the Domestic Arts Building. Check the website (groundsforsculpture.org) for more information. There is no rain date for this trip, and we will proceed rain or shine. Please dress appropriately for the weather.

Philadelphia Phillies Saturday, September 23, 2023

Cost: \$70 + Food Departs: 1:15 p.m. Contact: Marc Fraser

Join us for an afternoon/evening of baseball at Citizen's Bank Park as we watch our Philadelphia Phillies take on division rivals New York Mets in a 4:05 p.m. game. Seats are in Section 327, and food is on your own at one of the

(continued)





Get answers from a Hershey's Mill resident



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Bus Trips (continued)

ballpark concessions. Call right away, as our trips to see the Phillies this season have been extremely popular! Children age 8+ are welcome.

Atlantic City, NJ – Resorts Casino Thursday, September 28, 2023

Cost: \$30 + Lunch Departs: 8:30 a.m. Contact: Marge Bach

Join us for a fun day at Resorts Casino in Atlantic City, NJ. Try your luck at the many casinos or simply enjoy an afternoon strolling on the boardwalk or beach on your own. Resorts will provide each rider with \$15 in slot play. Lunch is on your own.

Longwood Gardens – Drones & Fountain Show Friday, September 29, 2023

Cost: \$50 Departs: 5:00 p.m. Contact: Marc Fraser

New this year! They added choreographed drones flying in amazing aerial formations to the dancing fountains of infinite color, and you get the Longwood Gardens' new, captivating Drones & Fountains Show! The 30-45-minute performance begins at 8:15 p.m. and offers a spectacle unlike any other. Bring a chair to sit in because blankets are not allowed or stand back in awe. The water in all shapes, sizes, and heights combines with drones to illuminate the sky with infinite colors as they 'dance' to some of the most iconic themes from your favorite sports movies. "Eye of the Tiger" to "Spirit in the Sky" and "Centerfield" just to name a few. Our early arrival will allow time for exploring Longwood Garden's 1,083 acres of botanical gardens both indoors and outside prior to the performance.

Sight & Sound Theatre – *Moses* Wednesday, October 4, 2023

Cost: \$90

Departs: 1:15 p.m. Contact: Marge Bach

Join us at the Sight & Sound Theatre in Lancaster for *Moses*. Experience one of the Bible's most epic stories as *Moses* comes to life with massive sets, special effects, and live animals in this original stage production at Sight & Sound Theatre in Lancaster. PA.

Ocean City, NJ – Fall Block Party

Saturday, October 7, 2023 Cost: \$30 + Lunch

Departs: 9:00 a.m.

Contact: Mary Ann McCarry,

Join us for a fun day at the Fall Block Party in downtown Ocean City, NJ on Asbury Avenue, from 5th Street to 14th Street. There will be sidewalk sales, 400 crafters, lots of vendors, food trucks, music in the air, food, and sweet treats! You can take a walk on the boardwalk, enjoy the ocean view, and the boardwalk stores will have sales, too. Lunch is on your own at one of the restaurants/vendors.

Historic Painter Mansion – Prelude to Freedom! Friday, October 13, 2023 (Additional Trip)

Cost: \$55

Departs: 10:00 a.m. Contact: Priscilla Burt

The Hershey's Mill Discoverers is offering its first of four *Road* to *Freedom* narrated bus tours. Author, historian, and Hershey's Mill resident Bruce E. Mowday will speak on the events leading up to the American Revolution in

Chester County. The bus will travel the path of the British soldiers to the historic Painter Mansion on the Landmark Brandywine battlefield. You will dine (lunch included in cost) where British soldiers prepared to attack George Washington's army. As America prepares for its 250th anniversary, next year the Discoverers will offer three additional tours of the Brandywine Battlefield, Philadelphia, and Valley Forge.

Washington, DC Saturday, October 14, 2023

Cost: \$30 + Lunch Departs: 8:00 a.m.

Contact: Patty Saltzberg,

Join us as we experience fall in our nation's capital. From vibrant foliage and waterfront views to family-friendly festivals and fabulous shopping, there is an endless number of things to see and do in DC. Your time is your own to visit the many museums, monuments, or whatever you wish. Meals are on your own at one of the restaurants in the area. Remember that some museums require advanced ticket purchase or free timed-entry passes, for a few of the Smithsonian Museums such as the National Museum of African American History and Culture and The National Air and Space Museum. For more information or ideas, visit: www.washington.org/fall.

Delaware Park Thursday, October 19, 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.

Academy of Music – Tribute to Jerry Blavat Saturday, October 21, 2023

Cost: \$120 Departs: 6:00 p.m.

Contact: Mary Ann McCarry,

Join us for a trip down memory lane to honor Jerry Blavat, "The Geator with the Heater," "The Boss with the Hot Sauce." The scheduled performers include Darlene Love, The Happenings, The Intruders, Bobby Wilson, The Chantels, and more. The cost includes Parquet Level seating.

The Simeone Foundation Automotive Museum Wednesday, November 8, 2023

Cost: \$40

Departs: 12:30 p.m. Contact: Lynn Mander or

The Simeone Foundation Automotive Museum is one of the world's greatest collections of racing sports cars. The theme of "The Spirit of Competition" celebrates the history and evolution of these magnificent machines. Dr. Frederick Simeone, a neurosurgeon, assembled this collection over 50 years. The museum contains over 75 historically significant cars including Ferrari, Alfa Romeo, Bugatti, Mercedes, Jaguar, Bentley, Porsche, Aston Martin, Corvette, Ford, and more. You can do the self-guided tour or a tour with a docent. This museum does not have food service so be sure to have lunch before arriving at the bus.

(continued)

Bus Trips (continued)

For more information, visit https:// simeonemuseum.org/.

The Philadelphia Orchestra – Beethoven & Haydn Friday, November 17, 2023 Cost: \$20 + Admission Departs: 12:00 p.m. **Contact: Priscilla Burt**

Enjoy an afternoon at the Kimmel Center as the world-renowned Philadelphia Orchestra performs Beethoven's "Pastoral" Symphony and Haydn's dashing First Cello Concerto. Cost is for bus only, and individual tickets may be purchased in advance by calling 215-893-1999 or online at www.philorch.org.

SERIES TRIPS

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! Cost reflects both per-person admission and bus fee for the shows in the series. 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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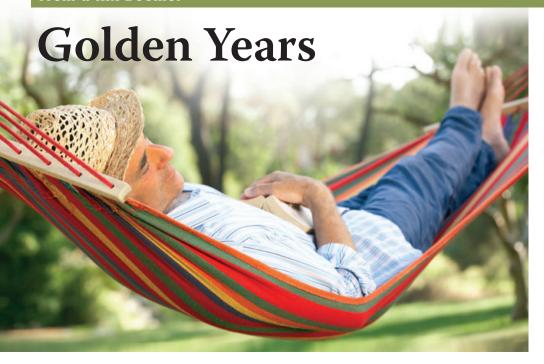








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Scott Burkhart | Inverness

"Everyone wants to live forever, but nobody wants to grow old."

- Ionathan Swift

With that in mind I thought I'd ask some HM residents to share any positive thoughts they could think of about aging. Here are their replies:

- We no longer must set an alarm clock because it doesn't matter if we get up at the crack of dawn or the crack of noon.
- I barely do anything at all but get to take a nap so I can continue to do barely anything.
- We get to spend time with friends and family, watch the grandkids grow older, and then give them back to their parents when they tire us out.
- The stress of our working days is over; now we can take time to stop

and smell the roses... if we can bend down that far.

- We stay active much longer thanks to Medicare, artificial joints, and pain pills.
- · We can save money and avoid crowds by traveling in the off-season, eating out during off hours, and using our senior discounts.
- We can appreciate the nice people that will hold doors open or even give up their seat for us the way we used to. (We did that, didn't we?)
- We have old friends and young memories.
- Living in Hershey's Mill makes it easy to pursue hobbies, interests, and sporting activities, as well as make new friends our age.

Quotes about getting older:

· As you get older, three things happen. The first is your memory goes, and I can't remember the other

- Aging seems to be the only available way to live a long life.
- Old age begins when one looks backward rather than forward.
- Old age used to be all in my head. Now it's in my joints too.
- Old age is always fifteen years older than I am.
- Kids today don't know how easy they have it. When I was young, I had to walk nine feet through shag pile carpet to change the TV channel.
- Getting older is just one body part after another saying, "Haha, you think that's bad? Watch this."

My thoughts about getting older:

• I wear a pedometer to bed so I can be sure I hit 10,000 steps for the

- day by just counting the ones on my nightly bathroom trips.
- When I get out of bed in the morning and look in the mirror, I see that 23andMe was on target saying I was descended from Neanderthal Man
- I'm at the age where I have old friends that often get together for organ recitals. We recite the state of our heart, liver, spleen, lungs, etc.
- I'm old enough to make my own decisions, just not young enough to remember what I decided.
- The older I get, the colder I get. It's 80 degrees out and I'm wearing a hoodie.

Time to end this story...right after a bathroom break and my nap. Pleasant dreams.



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Walt Woerheide

Bruce Decker | Yardley

Walt Woerheide is the volunteer writer of the Bridge column in the Hershey's Mill *Guide and Digest*. He comes to this role having been a bridge enthusiast from his high school years. Walt finds that bridge comes naturally given his inclination toward math and logic. He is currently within a point of earning his Regional Master ranking. However, Walt's main interest is in 'social' bridge, not competition. He plays three or four times a week with both regular partners and friends. Even as a university professor and

Dean, he found time to play bridge competitively and socially.

As an academic, Walt was frequently called on to edit scholarly papers and found it very satisfying. Even now, in retirement, he continues to referee articles for academic and professional journals. There is no payment for such editing, and it is largely anonymous, but the satisfaction comes from the process and the knowledge that one is giving back to the academic community. It is much the same with his volunteer editing for the *Guide and Digest* and writing for the Bridge column. It is

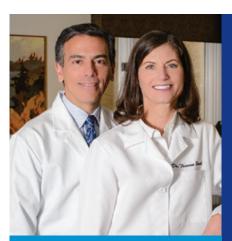
Walt finds that bridge comes naturally given his inclination toward math and logic. He is currently within a point of earning his Regional Master ranking.

not unusual for readers of the Bridge column to follow his suggestions, even to the point of laying out suggested hands and playing them out. Walt is even pleased when readers point out a mistake and he learns from it. "Some readers even think I am a brilliant guy."

Because of his background in finance, Walt serves the Advent Lutheran Church as a volunteer member of the endowment committee. He finds this work satisfying because it relies on his technical knowledge and benefits the church. Both Walt and wife, Pat, enjoy volunteering with the church.

Walt and Pat Woerheide and Dusty, their 14-year-old rescued dog, came to Hershey's Mill in 2019 after a search to downsize from their family home and to be near their daughter and grandchild locally. This was after long careers for him as a university professor and for her as a public health registered nurse. Walt's fascination with bridge

(continued)



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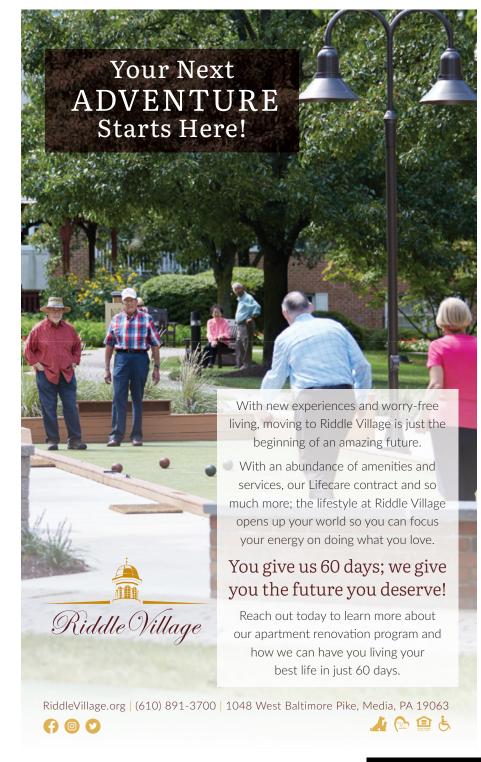
Volunteer of the Month (continued)

goes back to high school in Dallas, Texas where in addition to playing bridge and running track, he was a classmate and friend of the actor Tommy Lee Jones. High school was followed by his math and economics undergraduate degree at Brown University and graduate degree in finance from Washington University in St. Louis. At Brown, he enjoyed the fellowship of his Zeta Psi fraternity.

Walt served four universities teaching finance and, in his last position, was the Dean of Finance at the American College of Financial Services. Over the course of his 40-year career, he also served as President of the Midwest Finance Association. He wrote three learned books and 30 refereed research papers on financial issues. One of his texts continued for seven editions, a rarity in the academic world. He found time to serve on accreditation committees for several colleges.

When asked what he enjoyed most about his career, he quickly said "teaching." He very much enjoyed the role of "The Sage on the Stage" mainly due to the highly technical nature of his subjects.





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HERSHEY'S MILL SPEAKERS FORUM PRESENTS

CHRISTI MARSHALL

Local Historian, Poet Laureate, Stage/Production Manager, Lecturer, Environmental Advocate, and Interfaith Counselor/Educator

October 13, 2023, Hershey's Mill Golf Club at 11:30 a.m.

Karen A. Smith | Princeton

The Hershey's Mill Speakers Forum is pleased to introduce Christi
Marshall as our guest speaker for the October 23 event. From an early age Christi participated in the arts, including as a production and stage manager for theater, opera, music, and dance ensembles. She earned a degree in Literature from Notre Dame College with studies at John Hopkins University on a Maryland State Senatorial Scholarship. She continued her education at Catholic University, earning an MFA on a Helen Hayes Study Grant.

Her career then turned to stage managing theater productions in Washington, D. C. at the Folger Shakespeare Theater, Wolf Trap National Park, the Arena Stage, and the Twyla Tharp Dance Company. During this time, she was accepted as a member of the Screen Actors' Guild in Stage Management.

Christi then transitioned into her second career in interfaith relations. She earned a Master of Divinity degree and became an ordained Interfaith Minister. She also holds



Christi Marshall

a master's degree in Interfaith Counseling and a Ph.D. in Interfaith Education. During her affiliation with religious organizations such as the World Conference on Religion and Peace, she met Nelson Mandela, Desmond Tutu, and the Dalai Lama. While representing Interfaith Ministries, she delivered hundreds of lectures, talks, classes, and workshops around the country.

Christi's active involvement and thirst for knowledge did not end when she retired and moved to The Mill to care for a family member. She engaged with the community, serving as Chair of the East Goshen Township's Environmental Sustainability Advisory Council, the Vice Chair of the West Chester Green Team, and as a representative on the Chester County Environmental Alliance.

She also returned to her love of literature, history, and lecturing. She just retired as East Goshen's Poet Laureate and is now Resident Poet for the Malvern Library where she leads the Poetry Reader's Circle and the Poetry Writer's Circle. She continues her lifelong study of historic leaders and events and has developed a series of Chester County/East Goshen history lectures.

Her Speaker's Forum presentation will include William Penn's land grant, the purchase of the Welsh Tract from William Penn (which includes East Goshen), Penn's relationship with the Native Americans, the Quaker legacy of Goshenville, and the 1777 Battle of the Clouds. Christi will also include the history of Hershey's Mill Dam, the Sullivan property (on which our community is located), and the development of The Mill. She will field questions at the conclusion of her lecture.

Come hear this most interesting presentation about the history of our community and township.



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Lee Dastur | Quaker

Three hundred years ago, when the European settlers began exploring North America, nearly half of the continent was covered with grass. Broad stretches of prairie stretched from east of the Mississippi to the Rockies, veering northward into Canada.

Millions of bison grazed over the rich land. Butterflies and bees fed on pollen-laden plants. Coyotes and wolves trotted about, sniffing out prairie dogs for their dinner. The soil of the prairies was porous and dark, built up through the ages with organic matter.

Then the cattlemen rode in, driving their rowdy herds, using thousands of mounted cowboys to herd them. These heavy-footed cattle routinely over-grazed, leaving bare spots in the landscape, creating erosion.

The miners appeared next, digging for gold, unearthing sandstone and minerals in the process.

The farmers came last, plowing up the sod to plant corn and wheat and beans. The Midwest became "the breadbasket of the world." But prosperity screeched to a halt when the Depression began, along with an

unrelenting drought. Temperatures stayed high. Rainclouds disappeared. Hordes of grasshoppers and jackrabbits gobbled up withering crops. Sandstorms piled sand dunes over abandoned houses and barns and filled the skies with dust over Washington, D.C.

The government rushed in to oversee the planting of 200 million trees; it trained hundreds of farm agents in promoting better farming techniques - terracing, using crop rotation, planting cover crops. Early on, hopeful Midwesterners joked about birds flying backward to keep sand out of their eyes. But in the end nearly three million defeated farmers had to walk away from their homes.

When the rains eventually returned, big corporations moved in, using heavy equipment to irrigate and spread agricultural chemicals. Crop yields shot up, though these farming

practices contribute heavily to water and air pollution, and to the degradation of land.

Meanwhile, the end of the Second World War triggered a great housing boom. Suburbs sprang up across the country. Most of the new houses were surrounded by tidy lawns - 150 million acres altogether.

Lawns look a little like prairies, but the resemblance ends there. Mixedgrass prairies thrive on their deep, hardy roots. But lawn grasses require water and chemicals to survive. The machines we use to groom them pollute water, soil, and air. And lawns produce neither food nor shelter for native animals and plants.

As water shortages nationally become a more pressing concern, homeowners and urban planners are questioning lawns. Many municipalities are imposing restrictions on them.

"Grass-free lawns are an emerging trend across the United States now," *Better Homes and Gardens* states, featuring images of a shady green nook with a comfortable bench and a rain garden.

Landscapers are learning better ways of working with the land, using groundcovers, mosses, and perennial flowering plants, accented with native stones and pebble pathways. My neighbors and I have totally redesigned an island community in Quaker to make it more ecologically sound. Along the way we also enhanced our human community with social gatherings and cooperation. I am humbly gratified to know that other villages are following this model.

"Conservation is a state of harmony between people and land," Aldo Leopold wrote nearly a century ago.

We humans have had visions of 'conquering' the land. Hopefully, we're beginning to learn how to work with it.



Photo captions left to right, clockwise: Prairie Sunset. Photo used by permission of Getty Images. Migrant Mother by Dorothea Lange. Public Domain. Native Plant Garden. Photo by Jane Lytle, Quaker.

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Janice Saunders | Eaton

Shortly, the HM Library's annual book sale is happening! Scheduled for September 9 and 10 from 10:00 a.m. to 3:00 p.m. each day, there is a preceding wine and cheese party event on Friday, September 8, from 4:00 to 6:00 p.m. where you can preview and select your books prior to the general sale beginning on Saturday. If you act quickly, there is still time to come in and become a Friend of the Library prior to the sale. The annual \$10 fee not only provides monetary support for the library, it also entitles you to attend the Friday event. Our annual book sale is a primary fundraiser for our library, so please show your support by stopping by the Community Center that weekend.

A new bestseller addition to the library is The Wager: A Tale of *Shipwreck, Mutiny and Murder* by American journalist David Grann. The fifth nonfiction book by Grann, the book focuses on the HMS Wager, and the mutiny that took place after the ship's wreckage in 1741.

On January 28, 1742, a ramshackle vessel of patched-together wood and cloth washed up on the coast of Brazil. Inside were thirty emaciated

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

HM Library contact: Angela Linden 610-696-5374

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men, barely alive, and they had an extraordinary tale to tell. They were survivors of His Majesty's Ship, the Wager, a British vessel that had left England in 1740 on a secret mission during an imperial war with Spain. While the Wager had been chasing a Spanish treasure-filled galleon known as "the prize of all the oceans," it had wrecked on a desolate island off the coast of Patagonia. The men, after being marooned for months and facing starvation, built the flimsy craft and sailed for more than a hundred days, traversing nearly 3,000 miles of storm-wracked seas. They were greeted as heroes.

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But then, six months later, another, even more decrepit craft landed on the coast of Chile. This boat contained just three castaways, and they told a very different story. The thirty sailors who landed in Brazil were not heroes - they were mutineers. The first group responded with countercharges of their own, of a tyrannical and murderous senior officer and his henchmen. It became clear that while stranded on the island the crew had fallen into anarchy, with warring factions fighting for dominion over the barren wilderness. As accusations of treachery and murder flew, the Admiralty convened a court martial to determine who was telling the truth. The stakes were life-and-death - for whomever the court found guilty could hang. (Review by Goodreads.)

Correction:



In the July edition of the library article, the caption under the picture depicting the Volunteer Award was incorrect. The picture cites Library Board Treasurer Kay Petz with honoree Angela Linden, Library Board Chair. I regret and apologize for the miscommunication to our *Digest* editors.



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Goodbye Summer - Hello Fall!

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color Legend:	Ardmore Room, CC	Malvern Room, CC	Gardens		1	2
	Cove at Pool	Paoli Room, CC			10:00 am Fun Bridge	
	H-CC Main Hall	Sullivan House			10:00 am Quilters	
	Pool	See Digest Article & HM E-mails			2:00 pm Scrabble	
					4:00 pm Happy Hour with DJ	
For Sports times, please	e check Skedda at www.hersheysn	illhoa.skedda.com.				
Please remember to cal	I the Community Center Office to s	chedule a room - 610-436-6019.				
3		4	5	6 7	8	9
	10:00 am Fun Bridge	10:00 am Chester Cty Hosp Aux	9:00 am Art Group	10:00 am Caregivers' Support Group	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Mah Jong	12:30 pm Social Bridge	1:00 pm Knitting	10:00 am Quilters	
	1:00 pm Cards & Games	1:00 pm Pinochle	1:00 pm Groff Mah Jong	1:00 pm Card Games	2:00 pm Scrabble	
	6:30 pm Pool Closes					
10		11 1	2	13 14	15	16
	10:00 am Chester Cty Hosp Aux	1:00 pm Mah Jong	9:00 am Art Group	9:30 am Paoli Hospital Aux	10:00 am Fun Bridge	
	10:00 am Fun Bridge	1:00 pm Pinochle	11:00 am Cradle Stitchers	11:30 am Mermaid Book Club	10:00 am Quilters	
	10:00 am Photography Club	7:00 pm Singers	1:00 pm Groff Mah Jong	1:00 pm Knitting	2:00 pm Scrabble	
	1:00 pm Talking Bridge			1:00 pm Card Games	4:00 pm Pig Roast	
	1:00 pm Cards & Games			2:00 pm Book Disc Group	Advance ticket sales only	
17		18 1	9	20 21	22	23
	10:00 am Fun Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Knitting	10:00 am Fun Bridge	4:00 pm Nature Group
	1:00 pm Talking Bridge	1:00 pm Pinochle	12:30 pm Social Bridge	1:00 pm Card Games	10:00 am Quilters	Gardens
	1:00 pm Cards & Games	7:00 pm Singers	1:00 pm Groff Mah Jong		2:00 pm Scrabble	
	7:00 pm Folk Song Circle					
24		25 2	6	27 28	29	30
	10:00 am Fun Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Knitting	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Pinochle	1:00 pm Groff Mah Jong	1:00 pm Card Games	10:00 am Quilters	
	1:00 pm Cards & Games	7:00 pm Singers		7:00 pm Nature Group	2:00 pm Scrabble	
				Shadow of the Moon	7:00 pm Bingo	

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Community TV Programming

Programs	September 1 — September 15 (7:00 p.m. show September 15 will not be shown)			
Hershey's Mill Players With Jerry Pizzola Ever wonder how the Hershey's Mill Players create and execute a play? What else do they do? And what's coming up next? Tune in and find out. Any hints about next year's play?	10:00	4:00	7:00	12:00
	to	to	to	to
	10:45	4:45	7:45	12:45
	a.m.	p.m.	p.m.	a.m.

Movies
Noon
&
8:30 p.m.

September 1-7

North by Northwest (PG –13) (1959)

Cary Grant, Eva Marie Saint

A hapless New York advertising executive is mistaken for a government agent by a group of foreign spies.

(Run time 2:16)

September 7-15

Flight 93 (PG-13) (2006)

Jeffrey Nordling, Brennan Elliott

Story of heroic passengers that took back their plane in an effort to stop a 9-11 terrorist attack.

(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.

Programs	September 16 — September 29 (7:00 p.m. show September 29 will not be shown)			
Hershey's Mill Sewer System With Eileen Hotte This program is a repeat of the HM Tech Committee Zoom presentation shown in 2021. Eileen and Bob Zink tell us all about how the Hershey's Mill sewer plant system works and the upgrades to our plant that were made in 2021.	10:00	4:00	7:00	12:00
	to	to	to	to
	10:45	4:45	7:45	12:45
	a.m.	p.m.	p.m.	a.m.

	September 15-22 Iron Lady (PG-13) (2011) Meryl Streep, Jim Broadbent
Movies Noon & 8:30 p.m.	An intimate portrait of Margaret Thatcher, the first female Prime Minister of the United Kingdom. (Run time 1:45)
	September 22-30 Sully (PG-13) (2016) Tom Hanks, Aaron Eckhart
	The story of Chesley 'Sully' Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River. (Run time 1:36)

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

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Two Birds Cafe

Bill and Patricia Schultz | Chatham

When one desires a tasty brunch, breakfast or lunch, the Two Birds Cafe is a fine choice. It is located on Rt. 322 west of West Chester, but still in the borough, on the right-hand side heading towards Downingtown. It seems to be always crowded, so you might want to factor in a slight delay before being seated. Parking was not easy due to the crowd.

We got a nice table after a few minutes of waiting. The menu includes numerous selections but what jumps out as you enter the establishment is the array of finelooking pastries in brightly lit glass cabinets. We ordered two massive cinnamon buns and two large bowls of freshly prepared fruit including fresh pineapple. Bill ordered coffee to help wash down the generously iced

buns, warmed and amazingly tasty. The fresh fruit is worth returning to have again.

Also on the menu are eggs, pancakes, French toast, eggs benedict, and many other breakfast selections to make almost everyone pleased with the choices. We observed at a nearby table the corned beef hash with eggs and made a mental note to order that the next time we visit Two Birds Cafe.

Two Birds Cafe is open every day except Tuesday, which we think is unusual but worth noting for future visits. The service was pleasant and efficient considering that the place was full of patrons. (Always a good sign!) It only took us 15 minutes from HM to drive across West Chester to Two Birds Cafe.

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DISM and SFC File Repair Tools

Don Trauger | Kennett

Windows' built-in **Deployment Image Servicing and Management**command-line tool, a.k.a. DISM, has been around for about 15 years in various Windows versions. Its purpose is to maintain and repair Windows system files when the instruction (Dism) is commanded to run.

In Windows 10 or 11:

- 1. Click the Search field, then type Command Prompt. Right click the Command Prompt result in the window and click the **Run as administrator** option.
- 2. Type the following command to perform a scan: Dism /Online / Cleanup-Image /RestoreHealth then press Enter.
- 3. After it finishes the scan, it will notify you of what it fixed, or if no errors were found, it will say "Scan completed successfully."
- 4. Rerun Dism if it found errors, if not, run SFC.

SFC is another Microsoft repair tool for Windows system files.

If corrupted files are found, SFC will repair those files.

In Windows 10 or 11:

- 1. Repeat #1 as above.
- 2. Type the following command to perform a scan: SFC / Scannow then press Enter.
- 3. After it finishes the scan, it will notify you of what it fixed, or if no errors were found, it will say "Windows Resource Protection did not find any integrity violations."
- 4. Rerun SFC if errors were found.

These two tools focus only on Windows files. If you experience a problem in only one program, consider uninstalling then reinstalling that program.

Some programs offer a repair or reset feature that may work. To investigate that possibility, go to Settings > Apps > Installed Apps then select your App. Click the three horizontal dots on the right and click Advanced options if shown. Scroll down for Repair and Reset options.

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Organize Important Papers in Case of Emergency

Tips to Help If You're Incapacitated

No one ever plans to be sick or disabled. Yet planning can make all the difference if you take an unexpected trip to the hospital or suffer a health problem making it hard to remember where you put everything. Good planning and organization are gifts to those who will help you manage your health and financial affairs if needed.

Steps for Getting Your Affairs in Order

- Put your important papers and copies of legal documents in one place. You could set up a computer or paper file, put everything in a desk or dresser drawer, or just list the information and location of papers in a notebook.
- Scanning important papers and putting them in the same folder on your computer can make it easy to access these documents when needed. You can also E-mail them to a trusted friend or family member. Save the folder on your desktop and label it to make it easy to locate.
- If your papers are in a safe deposit box, keep copies on your computer or in a paper file at home. Check each year to see if there's anything new to add.



- Tell a trusted family member or friend where you put all your important papers or how to access them on your computer. You don't need to tell this friend or family member about your personal affairs, but someone should know where your papers are in case of emergency. You can also ask a lawyer to help.
- Give consent in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be

able to get the information necessary to assist you.

Which Legal Documents Are Needed?

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, state laws vary, so find out about the rules, requirements, and forms used in your state.

Wills and trusts let you name the person you want your money and

property to go to after you die. Advance directives let you make arrangements for your care if you become sick.

Living wills give you a say in your health care if you are too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. Another option is a Medical Power of Attorney that provides similar benefits. An advance directive can make it easier for family members to make tough health care decisions for you. Be sure a copy is included in your files at your doctor's office, in your paper files, and on your computer.

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Stylish Sadie of Jefferson

Karen A. Smith | Princeton

You may have seen her riding in a stroller wearing one of her fashionable outfits. She is a fashionista and a lady of leisure who has dedicated owners doing her bidding. This adorable West Highland White Terrier named Sadie is parented by Bob and Susan Schullery of Jefferson Village.

Sadie is fourteen years old, weighs fifteen and a half pounds, has dark, piercing eyes, and a pure white coat, typical of the breed. Fortunately, West Highland White Terriers, which are also called Westies, do not shed their thick coats. These coats are characterized by a soft undercoat, overlaid by a straighter, harder outer coat. Westies are known to be intelligent, faithful, independent, and agile. They have short legs, square jaws, pointed ears, and carrot-shaped tails. Bred in Scotland to find and kill vermin, they are aggressive hunters and will follow their prey down into burrows. The white color was developed through selective breeding by the Malcolm family in Scotland over three hundred years ago because



the white color made them easier to spot and not as likely to be accidentally shot during a hunt.

Bob and Susan purchased threemonth-old Sadie from a breeder in Rhode Island, following the loss of their previous Westie. Sadie is energetic, playful, enjoys riding in her stroller, taking walks, and kayaking. She even cooperates with the professional groomer.

A couple of months ago, Sadie did not seem to be her usual energetic self. Bob and Susan suspected that she might have a urinary tract infection,



so they took her to their veterinarian. He ordered an abdominal X-ray to rule out other potential problems, but it revealed a mass on Sadie's spleen. She was then referred to a Veterinarian Referral Center which recommended abdominal surgery. Bob and Susan had to consider the cost of the surgery and the surgical risk to their 14-year-old dog. The decision was made to schedule the surgery which resulted in

the removal of a non-malignant mass and the spleen. Sadie has made a full recovery and is now back to her usual activities.

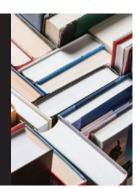
Bob and Susan are grateful to the veterinarians who diagnosed and treated Sadie's problem and restored her health. She continues to bring joy and love into their lives and that of others. Who could resist that face?



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SPORTS

Dave Nagurney | Glenwood

Summer brings people out to enjoy the good weather and keep active. The garden plots see a bevy of activity with preparing and planting the gardens for the summer. The Pool opened on Memorial Day to a record opening crowd, and all the outdoor sports facilities ramp into high gear. Clinics, instructional classes, open play, and tournaments are scheduled during the summer.

The new bocce courts were finished in time to kick off the Memorial Day activities, and the shuffleboard courts were finished two weeks later. The courts are very nice and professionally done. The east lawn project was conceived by John DeVol three years ago, and working with Karl Grentz laid the foundation for the development of this area. We want to thank John for his vision and the HM Master Association and BOD for the planning and investment in these courts. Special thanks to George Earle, who is the HM/BOD liaison to Sports, and Ed McFall, HM Managing Agent, for their efforts to plan, manage, and complete this project. Awnings have also been erected to provide shade to enjoy these wonderful amenities.

The development of the new sports courts in the east lawn area is now named the 'Village Green' by the HM/BOD. The name of Village Green is appropriate and consistent with the naming theme of our villages. The concept of a Village Green was originated in England in the Middle Ages as a central location in a village for people to gather, socialize, and interact with their neighbors.



Ribbon-cutting ceremony at the new Bocce and Shuffleboard courts in the Village Green. (L to R) Jack Hamilton, Lynn Mander, George Earle, Ed McFalls, Sherry Kane, Dave Nagurney.

The central hub of the Village Green in HM of common space contains sports facilities, the pool, the Community Center, Sullivan House, the Woodshop, the Lagoon, the garden plots, dog exercise area, walking trails, and nature areas and is bordered by Ridley Creek. This central area has the interests of all HM residents at heart, and hundreds of our residents use these facilities year-round. Several village social committees have already planned village socials in this common space of the Village Green.

The Summer Holiday season kicked off with a flourish on Memorial Day. Over 250 people came to the sports complex to enjoy the fine holiday weather and played bocce, tennis, pickleball, and corn hole or just to hang out and socialize. The lure of Long Island hot dogs with all the fixings, other delicious treats of veggie wraps, and fruit was sponsored by HM Sports. We also want to thank Bill and Jane Davis from Keller Williams Realty for the donation of water to keep this group fully hydrated.

The Fourth of July was also a repeat of our fine summer weather, and each Sport Leader had planned potluck and BYOB food and beverages to complement the activities on all the courts. The shuffleboard courts along with bocce were in full swing. Pickleball and tennis had open play and round robin play respectively. The pool beckoned as well, and DJ Steve played our favorite tunes. Another enjoyable and fun summer holiday in Hershey's Mill!

I encourage all residents to come to the Village Green and Sports Complex on Labor Day. A repeat of the Long Island hot dogs with all the fixing and other goodies is planned. The Second Annual HM Bake Contest is also planned. You should have received information in an email from Sherry and Bill Kane on how to enter. The best part is that we get to eat the desserts when the judging is complete...Yummy!



BIKE Jeff Smith | Princeton

Our Bird 'n Hand ride in Lancaster scheduled for June 24 was canceled due to the weather and was rescheduled for July 26. Details of this ride will appear in a later article.

On July 5, we rode the Delaware Canal Towpath south from Lambertville, NJ to the Washington Crossing Bridge, crossed over to the Pennsylvania side and pedaled north to New Hope.

(continued)



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HM Sports Committee (continued)



L to R: Jeff Smith, Pete Marcelli, Bill Dolton, Bob Zink.

The trail runs between the Delaware River and the canal on both sides of the river. The Pennsylvania side was more picturesque with some beautiful homes along the trail that overlook the river. The trail on the New Jersey side of the river is in better condition. It was a hot day, and fortunately much of the trail was in shade. Next year, we

Accredited

EVALUATION

are planning on going on a different section of this trail which extends from Easton to Bristol, PA.

Our annual Jim Thorpe Bike Train ride was on July 22 this year. Last year, the ride was marred by rain, but this year the weather was beautiful with low humidity and the temperature in the low 80s. The employees of the Lehigh Gorge Scenic Railway loaded our bikes onto a gondola car at noon and we boarded the train at 12:20 p.m. for the 70-minute ride from the town of Iim Thorpe to the town of White Haven. The ride included an informative narration of the sights along the way. After our bikes were unloaded at the trail head, we began our ride back to Jim Thorpe. The trail is part of the 6,100-acre Lehigh Gorge State Park that begins in the north at the Francis

Walter Dam and extends to the town of Jim Thorpe at the south end. The trail is adjacent to the Lehigh River and provides great views of the numerous kayaks and rafts on the river. There is a slight downgrade to the trail that is hardly noticeable.

Mark your calendars for September 30 if you're interested in taking a demo ride on an electric bike. The Pedego e-Bike Company will be in the parking lot by the tennis courts from 1:00 to 4:00 p.m. with several models of their e-bikes for you to ride. If you're considering an e-bike, this is a great opportunity to find out more about a battery powered bike.

Also, did you know you can access our ride schedule and bike related articles on the sports page of the HM website at https://hersheysmill.org/hmsg-organization/. Hold the mouse over HM Sports Organization in the upper left corner and click on 'cycling.'

Anyone interested in riding with us that is not already on our E-mail list can contact me at or by E-mail at and request to be put on our mailing list. Get A Life, Get A Bike!

BOCCE

Carroll Thompson | Princeton

What a hot summer! Bocce players certainly appreciated the sunshades erected on all the courts. The new courts provided many opportunities to schedule our matches and pleasant evenings for villages to hold social events.

The Bocce League teams are beginning the countdown to the Championship Match. The four bottom-scoring teams will play each other in a mini playoff - the two winning teams move on to the elimination matches until we reach the final two teams to play in the championship. Weather permitting, the final match will be played the week after Labor Day and promoted on the HM Bulletins.

Look for more news in the daily Hershey's Mill Bulletins or on the Skedda reservation system as the playoff and championship matches will be published so spectators can plan to cheer on their favorite teams.

BOWLING

Rosie Taylor | Princeton

The 2023-24 bowling season begins October 10, 2023, and ends April 2, 2024. Since many of our bowlers travel north, south, east, or west during the year, the bowling season has been split into the fall and spring seasons, allowing bowlers to join one or both seasons – whichever accommodates their travel plans.

The fall season begins October 10 and runs through December 19. The spring season starts January 2, 2024, and ends April 2. If you've already signed up — wonderful — we'll see you on opening day, Tuesday, October 10! If you're still thinking about it, contact Betsy Towell at towellelizabeth@yahoo.com and sign up as a sub. You don't want to miss the opportunity to join one of Hershey's Mill's best winter sports groups. It doesn't make any difference if you haven't bowled in 50 years or last week, you'll fit right in.

The HM Mixed Bowling League is about connecting with old friends, meeting new people, laughing, having fun, and getting some exercise. It's

(continued)

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HM Sports Committee (continued)

true! According to research, a person can burn 150 to 300 calories an hour when bowling. Though not proven, I believe the laughter burns at least another 300 calories.

For details: https://hersheysmill.org/hmsg-organization/hmsg-bowling/

Looking forward to seeing you in October at Palace Lanes in Downingtown.

PICKLEBALL

Dave Nagurney | Glenwood

Pickleball is a sport that all ages can play. From 10 to 100, there are no restrictions. The average age of pickleball players is 38 years old and is getting younger each year. While the largest segment is 55+ years old, the second largest segment is the 18-34 age bracket (28%). In fact, the #1 ranked female player, Anne Leigh Waters, is 16 years old, turned pro at age 12 and has a net worth >\$ 1 million. She plans on buying her first car when she is old enough to get her driver's license!

In HM, we have a large, active group of 55+ players and to my knowledge no one has turned pro. The patriarch of HM Pickleball, Tom Fant, recently turned 89, and he shows no signs of slowing down. Known as 'the lobster,' Tom is noted for his high lob shots over the heads of his opponents, particularly when they start to get frisky at the net. It is a great equalizer that Tom employs to his benefit and success. We recently celebrated his birthday with a large gathering of 40 people and of course cupcakes. He was presented with a T-shirt that reads "the LobFather" to honor his status with the Pickleball nation.



Tom Fant (center sitting) and the Pickleball Nation.



Tom Fant celebrating his 89th birthday.

SHUFFLEBOARD

Sandy Deckard | Jefferson

September and fall are here! We have had a hot, sometimes rainy summer, but lots of fun playing shuffleboard. We will continue to play as long as the outside temperatures allow, and we'll probably change the start time back to 10:00 a.m. as things cool down. In the past, we have sometimes continued playing until almost Thanksgiving.

Taking a quick look back at summer, our new courts became more playable the more they were used. One of the best things we learned was that turning the pucks upside down created less friction, so the pucks coasted along the surface much better. We had a great time at our July 4 celebration, so I hope our imminent Labor Day celebration turns out to be just as well-attended and fun.





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Transition

John Groch | Chatham

For many of us, September prompts mixed feelings. We lament the passage of summer, with its relaxing and rejuvenating moments, but we also look forward to the cooler weather and the heartwarming holidays that fall and early winter offer us. One of life's challenges is accepting change and transition gracefully and balancing nostalgic regret and hopeful anticipation.

Gardeners can offer some wisdom as fall approaches. While the height of the growing season is nearing its end and crop yields will diminish and cease, gardeners see an opportunity to extend the harvest by returning to spring crops, like lettuces, spinach, radishes, carrots, cilantro, kale, and broccoli. Some of these can be planted as seeds as early as August. Once the plants get started in warmer weather, they will flourish in cooler



temperatures well into the fall. Edward C. Smith, author of *The Vegetable Gardener's Bible*, claims that "Some of the best vegetables are ready when the weather turns cooler." In fact, he also reports that some crops thrive better and taste sweeter in autumn weather because they produce sugars to help





prevent freezing. Smith adds, "I've seen spinach survive under snow well into winter. It's incredibly hardy."

When facing life's transitions, it's important to train our eyes on the big picture, with all of its possibilities. We all have stories about people who have faced traumatic, unanticipated career changes, like being laid off, or even worse, fired. Many later report that the event was the best thing that



ever happened to them because, in the long run, they fared better than they could ever have imagined. So, while transitions can be stressful and disorienting, they also offer unforeseen benefits or advantages. While all transitions do not end happily, many do. Sometimes it's simply a matter of how you look at it. And that, to a great extent, is in our power.

Source: countryliving.com

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Hearing Aids Project

Jim Kane | Yardley

Members of the Greater West Chester Sunrise Rotary (GWCSR) and the Hearing Loss Association of America - Chester County Chapter (HLAA-Chesco) have collected used hearing aids over the past few years and sent them to the Concordia Rotary in Argentina for use by hearing-impaired people there. Shown at right is a photo of some of the recipients. Earlier this vear, GWCSR and HLAA-Chesco decided that they would like to expand the program to include people with lower incomes in Chester County. US Census data indicate that while 5.6% of the people in Chester County live below the poverty level, 22.1% of the people in West Chester live below the poverty level.

Steve Shugarts, HLAA-Chesco President, and Jim Kane, Yardley resident who is hearing impaired, have been working to identify possible programs for lower income hearing-impaired people. Findings include:

- 1. A US Medicaid program for hearing-impaired people with low incomes is available to those under age 21. In PA, this program is administered under a Medical Assistance program from each County Assistance Office.
- 2. For those between the ages of 21 and 65 and able to work, a hearing aid support

program is available at the PA Office for the Deaf and Hard of Hearing. This program does not financially support the acquisition of hearing aids for the needy.

3. While less-expensive overthe-counter hearing aids are now available from some stores, the staff at these stores are not well trained to support questions from people on the use of the hearing aids they supply.



THANKS JIM KANE ROTARY SUNRIS



Consequently, Steve and Jim have been pursuing other avenues to support low-income people who are hearing impaired. They have selected a program in NJ as a model to follow for PA. The NJ program is run under the auspices of the NJ Office for the Deaf and Hard of Hearing. The program is coordinated by Montclair

(continued)





The "Help 4 Hearing" Project! (H4H) proposed name?

Pre-owned Hearing Aids Collection and Distribution co-sponsored by
The Hearing Loss Association of America, Chester County Chapter
and The Greater West Chester Sunrise Rotary

Objective: Collection of pre-owned hearing aids, primarily to provide them to those underserved with hearing loss in Chester County, PA, notwithstanding other national and international non-profits helping disadvantaged people who are in need of hearing aids.

Strategy: HLAA-Chester County and the GWC Sunrise Rotary will collect and forward pre-owned hearing aids for use by the economically disadvantaged hearing-impaired people in Chester County, PA and elsewhere by transfer to the appropriate organizations for dispensing.

If you are a collection location, please contact HLAA Chesco for monthly device pickup or simply mail your preowned hearing aids to the Post Office Box address below:

HLAA Chester County, P. O. Box 1371, West Chester, PA 19380

Contact information for HLAA Chesco: (484) 402-4907 Email: hlaachesco@gmail.com

Website: www.hearinglosschesco.com

Project affiliations currently include the Sertoma / Hearing Charities of America (HCOA), the Hearing Aid Project (HAP) and Hearing the Call (HTC)









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Hearing Aids Project (continued)

State University that works with audiologists throughout the state to provide refurbished used hearing aids to those with incomes less than twice the poverty level identified by the US Government. Montclair refurbishes the hearing aids collected in NJ and has a bank of hearing aids that they use for the program.

Steve and Jim envision a program that might include Salus University to coordinate audiologists in PA and support from Sertoma/Hearing Charities of America (HCOA). HCOA accepts used hearing aids from others in the US and works with Kansas State University to refurbish them and send them to audiologists participating in the program. To pursue this goal, the following has been done:

- 1. Steve and Jim have contacted Dr. Tom Goyne, an audiologist from the area who is an adjunct professor at Salus, to help them establish a program with Salus similar to that run by Montclair State University.
- 2. They have met with Jason Camis, executive director of HCOA to see if they could establish a relationship with HCOA to mimic programs HCOA supports throughout the country.

Assuming positive responses from both these ideas, Steve and Jim hope to establish a program where used hearing aids are collected in PA, sent to HCOA for refurbishment, and then sent to audiologists in PA who are participating in the program.

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Hershey's Mill Golf Club

Maria Edwards | Ulster

Summer is flying by quickly. With vacations, family reunions, golf, gardening, and all activities outdoors, it's a wonderful season to enjoy. The golf outings have been very successful, and we received many compliments on the food and service.

Thank you for your comment cards as they have provided good feedback for our staff in presenting the best meals possible. The staff received lots of positive comments and rave reviews on Fish dishes, Lamb Chops, Duck and Quesadilla. I can't forget to mention the Strawberry Spinach salad which has been a favorite! Congratulations Jacqueline Cvinar!! You are the winner of the 'free drink' of the month! You will be contacted with the details.

I felt the following information bears repeating in case you may have missed it in the last issue. Over the years there has been an evolution in the tipping policy at HMGC. Originally discouraged, but now, because of the current economic times, it is encouraged. Over the last five years it has become more difficult to hire and maintain competent staffing in the dining areas of our club. Summer is no different, as we lose some staff to the call of living and working at the beach for the summer months of sun and fun.

In recognition of the fact that a growing number of members were tipping, management wanted to provide a way for this to be done more efficiently and allowing tipping to become essential in attracting and keeping competent staff. A 20% service charge is added to all food

and beverage sales. This fee contributes to the employee payroll fund to subsidize the hourly wages which are paid to restaurant wait staff. The



gratuity is given at the discretion of a member or guest when receiving excellent service. This is very much appreciated by your server and will only be a positive encouragement for continued excellent service at the Club.

UPCOMING EVENTS:

'GIRLS JUST WANNA HAVE FUN' -Buffet and DJ - September TBA



484-447-0640 -- JSW225@gmail.com

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Basic Bridge

Walt Woerheide | Springton

When bidding in bridge, there are basically three objectives for which one should be striving. The first is obviously to find the optimal contract for one's partnership. The second is to provide information to one's partner in case the opponents win the contract. The best example of this is the suggestion of a lead. The third is to disrupt the opponent's bidding to prevent them from getting to their optimal contract. This month's hand is an example of disruption.

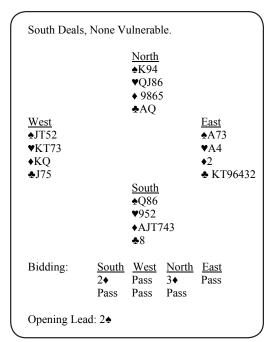
South's opening bid is what is known as a weak two bid. The requirements for this bid are that one has a six-card suit, that this suit contains either two of the top three or three of the top five honors, and that the high card point count ranges between five and ten points. If the hand contains more than ten points, then one should just open with a bid of one in that suit and a plan to rebid that suit on the next round. When vulnerable, it is best to stick to all three of these requirements. When not vulnerable, some players will fudge these

requirements. For example, they may hold only two of the top five honors. Finally, it is usually not a promising idea to open with a weak two bid if one has a second suit that is a fourcard major. While a weak two bid provides an accurate description of one's hand to one's partner, it also limits the partner's responses.

In this month's hand, South meets the point count requirement as he has seven high card points, three of the top five honors, and no four-card major. If North thinks his hand is strong enough that there is a chance of making three notrump, he will bid two notrump which would ask South if he had an entry to his hand other than in diamonds. If so, South would respond with that suit. If not, South would just rebid diamonds. In this case. North knows that with his hand of twelve high card points they have no chance of making a game in either notrump or diamonds. However, North sees that he can really disrupt the opponents bidding by raising the bid to three diamonds. A single step raise of a weak two bid serves no

purpose other than to make life miserable for the opponents. East is essentially shut out of the bidding. Without the disruptive three diamond bid, East could bid three clubs, which is a preemptive bid he could have made if he were the opener and would make four on the play of the hand.

West leads the two of spades and the nine is played in the North hand. Aces are best used to capture kings, so East ducks, and South wins with the queen. South leads his club to North's ace to set up a diamond finesse in case East holds all three of the outstanding diamonds. The finesse loses, but South makes his bid, losing one spade, two hearts, and one diamond.









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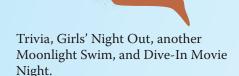
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Pool

Sandy Loose | Yardley

If at first you can't succeed, try, try, try, and try again! After three postponements, that's exactly what the Elderberries musical group did this summer to get to entertain folks at last during a Friday Night Happy Hour. To cap off this great night, a very large and appreciative audience turned out to hear their program.

Because of unfriendly weather, other planned events had to be postponed and then canceled altogether. The Pool Committee and staff hope that by the time this article is printed, we will have been able to hold Ice Cream Root Beer Floats Night, Poolside



Early this summer the Pool Committee added a bookcase with books to share and read at the pool. Games of chess and checkers were then added for your enjoyment. You could also bring your own books and games to enjoy under the new cooling fans in both pavilions.

The morning Aquacise Class was well-attended in spite of the weather. Even with occasional light rain falling







POOL MANAGER'S MESSAGE

It's hard to believe that summer is quickly coming to an end. Instead of focusing on how much time is left, let's make the most of the remaining days.

I want to express how much I enjoyed my second season at Hershey's Mill Pool. I feel fortunate to have such a supportive Pool Board and a fantastic

staff around me. If you haven't had the chance to visit the pool yet this year, I encourage you to stop by. You can relax by the poolside, read a book, or take a swim in the comfortably heated pool, with the temperature maintained at a pleasant 85 degrees.

I want to extend my gratitude to all the wonderful residents who have already visited the pool, and I'm excited to meet those who will be visiting for the first time. Looking forward to welcoming you all!

Tim McElhiney, Hershey's Mill Pool Manager

onto them, the Merfriends had fun singing while doing jumping jacks, bends and bounces, push-ups at the wall, tires (like the exercises football players do), and much more to get into shape. It's always an enjoyable group, so if you weren't able to join in the fun this summer, perhaps you will try it next season.

Thanks to the Pool Manager, Tim McElhiney, and his great staff for all

(continued)







Photo captions, left to right, top to bottom:
Elderberries Musical Group.
Big turnout to hear the Elderberries.
DJ Steve playing music on July 4.
Merfriends use Waterbells to enhance their strength.
Poolside Chess to use.
Important Checkers game!

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Pool News (continued)

they did to keep the water crystalclear at just the right temperature each day. Seeing their big smiles and friendly greetings, residents felt very welcome and comfortable as they entered the pool.

Though it seems that the summer has just begun, it's almost time to shut down the pool once again. To celebrate the summer season, DJ Steve will return on Friday, September 1 from 4:00 to 7:00 p.m. for an evening of listening, singing, and dancing. Rain date is Saturday, September 2. Here's hoping you can make this final festivity.

The pool will close on Monday, September 4, but the area around the pool will be open for your relaxation after the pool is covered. Come and enjoy the warm September weather outdoors while you play games, read, or just take a nap! Groups that wish to meet or have social events on the pool deck or under the pavilions must make reservations for them with the Community Center.

Have a great fall and winter. See you next season at the POOL!









Photo captions, left to right, top to bottom: First Moonlight Swim. Fun times dancing & singing on the 4th.

Typical Sunday at the pool.



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

Hot Corn Dip

Pam Hudson | Eaton

Ingredients

- 15 oz can white corn, drained
- 15 oz can yellow corn, drained
- 10 oz can diced tomatoes with chiles, drained
- 8 oz package cream cheese, diced and softened
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 c shredded cheddar cheese



Preheat oven to 350°.

In a medium baking dish mix all ingredients, bake in the preheated oven for 30 minutes. Serve with scoops or chips of your choice.

Roasted Asparagus With Parmesan

Pam Hudson | Eaton

Ingredients

- 1 bunch of asparagus, trimmed
- 2 tbsp virgin olive oil
- 2 tbsp grated parmesan cheese
- salt and pepper to taste

Instructions

Preheat oven to 450°.

Arrange asparagus in single layer on baking sheet: drizzle with oil and roll to coat.

Roast about 10 minutes and remove from oven.

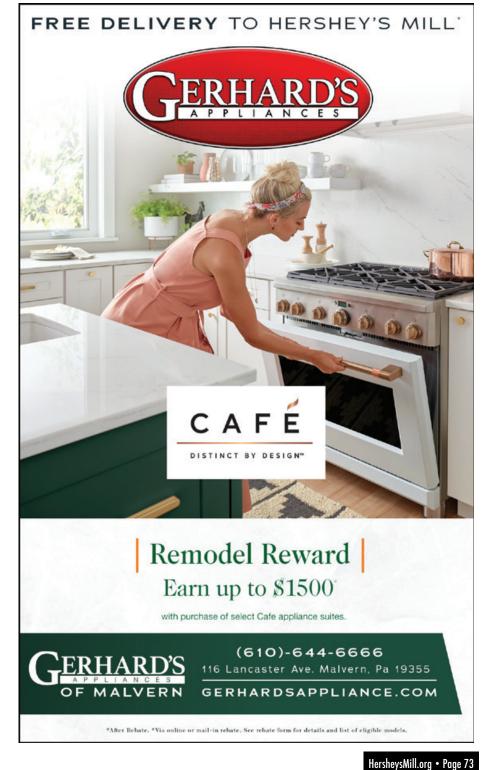
Season with salt and pepper.

Sprinkle cheese evenly over asparagus.

Return to oven and roast another 5 minutes, until cheese softens and browns.

(continued)





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Recipes (continued)

Fruit Swirl Ice

Charlotte Potter | Yardley

Ingredients

- 3 medium nectarines, pitted and diced, about 3/4 lb
- 16 oz plain yogurt
- · sugar substitute
- 4 medium red-fleshed plums, pitted and diced, about 3/4 lb

Instructions

In blender at medium speed, mix nectarines, 8 oz yogurt, and equivalent of 2 tbsp of sugar. Pour into small bowl.

Then blend 8 oz yogurt, plums, and equivalent of 2 tbsp of sugar. Pour into small bowl.

Put both bowls in freezer for 3 hours, then re-blend each until smooth but still frozen.

Pour nectarine mix in 8" x 8" baking pan. Pour plum mix over and swirl in to marbleize.

Freeze 3 hours.

Makes 10 servings.



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Activities Contacts

Art Group	. Sara Hamilton
Billiards Club	
Bingo	
Book Discussion Group	
Bowling (Oct-Apr)	,
Bridge Groups:	
Fun Bridge	Kathy Martinides
Golf Club Tuesday Bridge	•
Golf Club Friday Bridge	
Social Club Party Bridge	
Talking Bridge	
Cards & Games	
Caregivers Support Group	
Chester County Hospital Auxiliary	•
Cradle Stitchers	
Exercise to DVDs	
Gardens (Community)	. Jim DiCarlo
HM Folk Song Circle	
HM NEWS	•
Knitting Circle	•
Mah Jongg (Groff)	
Mah Jongg (Tuesday)	. Jaqueline Cvinar
Mermaid Book Club	. Karen Smith
MerryMakers	
Nature Group	
Paoli Hospital Auxiliary	
Photography Club	. Roger Fleming
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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