

MARCH 2024

# GUIDE — AND — DIGEST



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A PUBLICATION OF HMCTV AT HERSHEY'S MILL



## Lunch & Learn: Moving Made Easy

**Friday, March 15 • 1:00pm–3:00pm**

It's easy to get overwhelmed when moving, so let the professionals help. Guest speaker John Hall from Caring Transitions will share his expert strategies for downsizing and decluttering, reducing stress for you and your loved ones during your relocation, and using estate sales and auctions to help clear out your home. Enjoy a three-course chef-prepared lunch as we answer any questions you may have. We can't wait to see you!

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## HMCTV Guide and Digest

E-mail: [editor@hmctvguide.com](mailto:editor@hmctvguide.com)

Volume XXVIII, Number 3 – March 2024

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Digest?**

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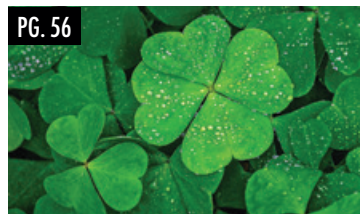
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PG. 66



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Cover Photo:  
Spring Beauties, Christine McCormick, Ashton



## Marc Fraser | Director of Security

The Hershey's Mill Security Department would like to remind pedestrians that they should utilize sidewalks where available. Where sidewalks are unavailable, pedestrians should utilize the shoulder on the left side of the road facing oncoming traffic to allow drivers and pedestrians alike a much better opportunity to see the other approaching. Also, if pedestrians are walking around at dusk or after dark, they should wear bright-colored clothing, reflective if possible, and carry a flashlight, to make them more visible to motorists.

Motorists are reminded to adhere to the 27 MPH speed limit along Chandler Drive and Mill Road, and drivers should always yield to pedestrians in crosswalks.

Keep in mind that Hershey's Mill roadways also have several "blind spots" that hide small rises in the road, curves, and other areas of poor visibility. In these areas, pedestrians should use extra caution and be aware that drivers may have a challenging time seeing them. Just because a pedestrian notices the vehicle coming toward them does not mean that the driver has also seen the pedestrian. Both parties should always use caution when sharing the roadways within Hershey's Mill!

Lastly, all pedestrians and operators of automobiles, golf carts, bicycles etc. utilizing Hershey's Mill roadways and walkways are required to abide by the traffic rules and regulations of Hershey's Mill.

*Thank you!*



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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.

All updates must be made in person through Security. The only exception is E-mail changes which can be submitted via E-mail to [hmctv@comcast.net](mailto:hmctv@comcast.net).

Del Pizzo, Maryann  
608 Glenwood Lane

Fordham, Kenneth &  
Suzanne  
1296 Robynwood Lane

McCaney, Tom  
63 Ashton Way

McGuinn, Patricia &  
Ringe, Thomas & Thomas  
1059 Kennett Way

Mehok, John &  
Patricia  
104 Ashton Way

Moyer, Marcelle  
912 Jefferson Way

Pyskocek, Donald  
& Shapiro, Barbara  
1667 Yardley Drive

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850 Jefferson Way

### EMAIL CORRECTIONS

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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-of-the-art service center and superior craftsmen, they can expertly repair your fine jewelry and fine timepieces. They also repair fine mantel clocks, wall clocks, or grandfather clocks. Some minor repairs and some watch battery

replacement can be done while you wait. The experts from IGC will inspect your fine jewelry and fine timepieces free of charge.

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

IGC Concierge Jewelers will be in the Community Center from 9:00 a.m. to 5:00 p.m. on March 7, 2024.

## HERSHEY'S MILL PLAYERS

*Save the date and come to our show!*

Hershey's Mill Players has produced an original play every 2 years since

1989. Every show is different, every show is original, and every show is fun.

Your friends and neighbors are putting on a show, and we don't want you to miss this exciting... fantasy! Yes, you can look forward to "FANTASY MILL". If you could have your wildest fantasy fulfilled, what would it be? Ours are full of laughs, music, and intrigue.

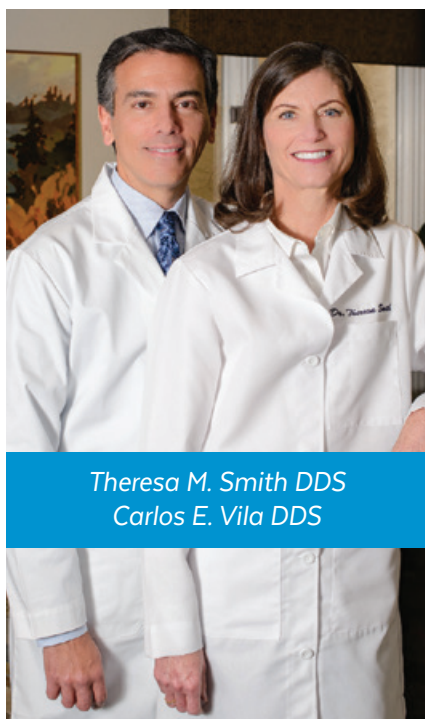
We will be busy having fun with our rehearsals through the Spring and then it's show time. The play will be performed on June 27 and 28, and a matinee on June 29. So, save the date, grab a friend, and join us at West Chester East High School. We'll save a seat for you!

## COMMUNITY VOLUNTEERS IN MEDICINE

Community Volunteers in Medicine (CVIM) provides free primary and specialty medical care, comprehensive dental services, and prescription medicines to about 4,300 local uninsured working adults and their children annually at our facility. Located in West Chester, CVIM is supported entirely by philanthropy and staffed largely by volunteers.

We currently have an urgent need for volunteers, particularly clinical volunteers (Doctors, Dentists, Nurses) with an active Pennsylvania license, as well as Spanish-speakers. We also need drivers under age 80

*(continued)*



Theresa M. Smith DDS  
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## PAOLI HOSPITAL AUXILIARY SHOWCASE OF HOMES AT HERSHEY'S MILL

*Save the Date Thursday May 9, 2024*

*Adrienne Miller | Yardley Showcase of Homes Publicity Chair*

The Paoli Hospital Auxiliary is delighted to present its **Showcase of Homes at Hershey's Mill** on May 9, 2024, from 10:00 a.m. to 4:00 p.m. The Showcase tour features six beautifully appointed homes. Each home features unique interior design and home decorating ideas for inspiration. In addition, you can choose to lunch at the Hershey's Mill Golf Club featuring

an inviting Vendors' Boutique and a raffle for unique prizes. What's better than exploring lovely homes and in turn supporting Paoli Hospital's Inpatient Bed Expansion Project through your participation. This fundraising event is brought to you by the Paoli Hospital Auxiliary. House tour tickets are \$40 and tickets for lunch at Hershey's Mill Golf Club are \$40.

Tickets will be available for sale at the Community Center and Hershey's Mill Golf Club during April and in May.

**EDITORS NOTE:** The January, March, April and May editions of our *Getting to Know You* Feature will introduce you to the homeowners whose homes you will see in the **Showcase**.

## ORIENTAL PEARL RESTAURANT

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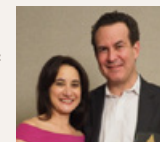
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## HERSHEY'S MILL BOOK CLUB

*Carol Barkovsky | Eaton*

We will be meeting on Thursday March 14 at 2:00 p.m. in The Sullivan House to discuss *The Night Watchman* by Louise Erdrich, where our discussion will be led by Martha Hanson.

The setting is 1953 on the Turtle Mountain Band of The Chippewa reservation in rural North Dakota, and is based on events from the life of Erdrich's grandfather, Patrick Gourneau, and dedicated to him.

Thomas Wazhashk is the night watchman for the Turtle Mountain Jewel Bearing Plant and the tribal chairman. The tribal council learns

about House Concurrent Resolution 108, sponsored by Senator Arthur V. Watkins, a Mormon from Utah. Thomas devotes his efforts to fight against this resolution to terminate the U.S.-Native American treaties that gave Native Americans the rights to their lands.

*The Night Watchman* was the winner of the 2021 Pulitzer Prize for fiction. In it, Louise Erdrich creates a fictional world populated with memorable characters who are forced to grapple with the worst and best impulses of human nature! This is a majestic work of fiction from one of the most acclaimed writers of our time.

## HERSHEY'S MILL CARD GROUPS

*Kate Lindsay | Brighton*

**Pinochle: An afternoon of good company and Tea.** On each Tuesday afternoon our group meets in the Paoli Room having a good time laughing, socializing, and playing a good game of cards. We would like to invite you to join us. We also enjoy afternoon tea during our time together and meet every Tuesday from 1:00 p.m. to 3:30 p.m. in the Paoli Room. For more information, please call Linda Kane who lives in Jefferson at \_\_\_\_\_ or just stop by to meet the group.

### Canasta: Hand and Foot/Glove

I am not sure if you are familiar with the card game called "Canasta" or, if you are like me, and only grew up with Pinochle and Poker, but I must say I have enjoyed getting to know this card game and learning various versions of Canasta. I also enjoy socializing and laughing with my fellow card players. If you would like to re-familiarize yourself with Canasta or learn a new card game, please join us. We meet each Thursday in the Cove from 1:00 p.m. to 3:30 p.m. For more information, please call Jackie Germscheid at \_\_\_\_\_ or just stop by to meet the group.

## HERSHEY'S MILL KNITTING CIRCLE

*Ruth Schick | Chatham*

The members of our Knitting Circle are starting to show their excitement for the arrival of spring. Why don't you join us and our positive enthusiasm? If you are a

handcrafter and interested in joining our Mill Knitting Circle, we meet on Thursdays from 1:00 p.m. to 3:00 p.m. in the Paoli Room of the Community Center. We welcome both beginning and experienced knitters and crocheters. In addition, we are very happy to assist people with projects and techniques to the best of our abilities. For information about the Mill Knitting Circle, contact Ruth Schick at \_\_\_\_\_.

## HERSHEY'S MILL NATURE GROUP

*Christine McCormick | Ashton*

The winter migrants are returning—birds AND people. The NestBox

(continued)

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Photo captions, clockwise from left:  
Spicebush, Christine McCormick, Ashton.  
Spring Beauties, Christine McCormick, Ashton.  
Bloodroot, Christine McCormick, Ashton.

monitors will be organizing in the Ardmore Room on the evening of March 12, so stop in to learn about the 2023 results, about how to be a monitor and maybe even to join in by signing up for the 2024 season. Mark your calendars for a Zoom presentation by the *Lights Out Program* in Philadelphia on April 3. Part 2 of the *Zoom Intro to Bird Watching* will be presented on the March 20 morning Zoom. Watch HM News for the announcement of spring Bird Walks.

The Vernal Equinox is March 19, the day to welcome spring in the Native Plant Garden. BYO drinks and snacks and ideas for the growing season. Pick up a few seed packs and hear about plans for the season including planting more

trees from the *Keystone 10 Million Trees* program. Have you admired *Boardwalk Dreamscape* by Judy Antonelli as you enter Wooldridge Hall? We are happy to report that generous residents have made the initial planning of this project possible. Thank you.

Be a Citizen Scientist and continue to report bird sightings either on a walk or at your feeder to [HersheysMillNature@gmail.com](mailto:HersheysMillNature@gmail.com). The Photo Contest judges are busy appreciating the 2023 entries highlighting nature in our community. We look forward to sharing them on the HMNG website and in the *Guide and Digest* in the coming months. Send your questions, photos for 2024, or interest in volunteering to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com).

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# SLOANE *and* OWEN KELLY

by Nora Liero | Merrifield



A welcoming,  
custom-fitted door.



Owen's mantra:  
"I buy wine. I drink wine.  
Rinse and repeat."

You are in for a treat if you visit the Kellys' elegant and cozy Merrifield Village home in May during the Showcase of Homes presented by the Paoli Hospital Auxiliary. Owen and Sloane are a couple who genuinely enjoy each other's company, the finer things in life, their Merrifield neighbors, staying active, and Winnie, their dear 15-year-old rescue dog.

Growing up in Mendenhall, PA, Owen remembers his father, an accountant, as a "hot dog and beans kind of guy. . . a very humble man." His mom worked hard and realized her dream of earning a college degree in her forties. Owen graduated from Texas Tech University and returned home to bartend for the summer at

the West Chester Inn. As fate would have it, Sloane was a cocktail waitress there. Chit chat about favorite authors ensued one evening. Owen asked her who her favorite was. Sloane answered, "William Faulkner." Owen, in disbelief, replied, "He's *my* favorite! We should go out sometime and talk about him!" They went out that very night. And William Faulkner never came up.

Sloane is a Massachusetts native but grew up in Westtown. She graduated from Elizabethtown College with a degree in Political Science. A self-confessed homebody, she says her parents had to push her out of the

*(continued)*

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nest. Her father was a professor at the Philadelphia College of Pharmacy and Science. "He was just fun. My mom was the first woman in our neighborhood to work outside the home." Sloane's mom is Inverness resident Marney Roia, who has been a licensed financial planner for forty years. Her profile appeared in the March 2023 *Digest* issue.

The Kellys moved to San Antonio, where Sloane earned a master's in public administration and Owen, a M.S. in Counseling. After experience as a school counselor, he became a high school principal, and then a principal in the state prison's school system. Owen created the state's first




Winnie, Sloane and Owen in their music room.

prison-based training program in which offenders socialized puppies to become guide dogs for the blind. He also founded the largest vocational food services program in which offenders could achieve culinary certification while making meals for the underserved community. Sloane discovered an interest in criminal justice and worked as a probation officer in Texas' Adult Probation System. She subsequently took on the roles of court supervisor of the domestic violence unit, head of the job counseling unit whose task was to match probationers with employers, and finally assistant chief overseeing the gang and sex offender units,

and probation personnel in all 25 of Bexar County's courts including 125 probation officers and managers.

In 2013, the Kellys felt a tug to move back home but they were not ready to retire. They bought their present home and offered it for rent, arriving here in 2015. Traveling, reading, drinking fine wines, going to the movies, and enjoying the beach are shared interests. Owen plays golf at Downingtown CC and just for the fun of it, Sloane is serving up drinks again from the club's beverage cart full time during the summer season!



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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 Flower Show**  
**Wednesday, March 6, 2024**  
**Cost: \$25 + Lunch**  
**Departs: 10:00 a.m.**  
**Contact: Priscilla Burt,**

This year's theme, "*United by Flowers*," celebrates the unique and colorful community born out of our shared love and appreciation of gardening.

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**New York City –**  
**A Day On Your Own**  
**Wednesday, March 20, 2024**  
**Cost: \$40 + Meals**  
**Departs: 8:45 a.m.**  
**Contact: Janet Leyfert,**

Spring is coming! If you are longing for shopping, to be entertained by a Broadway show, or to visit a museum, then join us for a day of free time on your own or with friends in New York City. Hop on a tour bus or sign up for Tea Around Town, a NYC bus tour in Manhattan, decorated like a Victorian vintage tea shop. The bus will drop you off and pick you up in the same location; and what you do in between is up to you!

**Holland Ridge U-Pick Tulip Farm**  
**Tuesday, April 23, 2024**  
**Cost: \$40 + Lunch**  
**Departs: 9:00 a.m.**  
**Contact: Janet Leyfert,**

Experience the wonder of over 8 million tulips in bloom at this 300-acre family farm in New Jersey. Bring your camera/phone for selfies at the Cinderella carriage, complimentary hayride shuttle, feeding zoo, and many other photo props for pictures. Browse the Holland Museum and/or gift shop for Dutch Souvenirs. U-Pick tulips are \$1 per flower plus tax. Food trucks are provided for lunch, or you can bring your own lunch and drink (non-alcoholic) to enjoy at the available picnic benches. We will leave Holland Ridge at 3:00 p.m.

Please note that there will still be walking on grass and gravel, and this is a rain-or-shine event.  
**SIGN-UP DEADLINE:**  
**Friday, April 5, 2024.**

**Philadelphia Orchestra**  
**Friday, May 3, 2024**  
**Cost: \$25**  
**Departs: 12:00 p.m.**  
**Contact: Priscilla Burt,**

Join us at the Kimmel Center for the world-renowned Philadelphia Orchestra's performance of Sergei Rachmaninoff's Piano Concerto No. 3, famous for its interconnecting themes and beauty for the pianist. Also, you will enjoy Bela Bartok's popular Concerto for Orchestra, as each section of instruments is treated in a soloistic way. Cost is for bus only. Individual tickets may be purchased online at [www.philorch.org](http://www.philorch.org) or by calling 215-893-1999.

**Bowman's Hill Wildflower Preserve**  
**Tuesday, May 7, 2024**  
**Cost: \$35**  
**Departs: 9:00 a.m.**  
**Contact: Jayne Lytle,**

With springtime comes sunshine and wildflowers. An excellent time to join the Nature Group on a visit to Bowman's Hill Wildflower Preserve (BHWP) located in New Hope, PA. This 134-acre Preserve hosts a native plant collection featuring over 700 of Pennsylvania's 2000 native plant species. BHWP's mission is to increase the knowledge and use of native plants and serve as an educational resource and destination that inspires



Wonderful Day in NY

conservation action. Preserve trained naturalists will serve as guides as we discover the flowers and fruits in season, as well as the habitats and important plant-animal interactions while enjoying the beauty of the trails. Our tour will take approximately one hour. **The pathways are not handicapped accessible.** After the tour, we will have free time to enjoy the picnic area so bring a lunch or snack and a folding chair. A gift shop and restroom will also be available. We will leave Bowman's about 1:30 p.m. Should weather prohibit our tour on May 7, we have booked a rain date for Thursday, May 9. Be sure to mark your calendar for both dates.

**HM Discoverers Road To Freedom Series – Battle of Brandywine**  
**Tuesday, May 14, 2024**  
**Cost: \$55**  
**Departs: 10:00 a.m.**  
**Contact: Priscilla Burt,**

Join the Hershey's Mill's Discoverers for the second installment of the "Road to Freedom" series. This tour will explore the area of Chester and

(continued)



## Bus Trips (continued)

Delaware counties connected with the American Revolution's Battle of Brandywine, the largest land battle of the war. The battle was fought on September 11, 1777. Hershey's Mill's own author Bruce E. Mowday will guide the tour. Bruce has written three books on the Battle of Brandywine, including the first history of the battle and two books on Lafayette and his participation in the battle. The bus will make stops at vital points where George Washington, Lafayette, and Alexander Hamilton stood during the battle. A lunch at the historic Chadds Ford Tavern is planned where Bruce will be available for questions. If interested, quickly make reservations. The first tour of the Road to Freedom series sold out within days of being posted. The walking difficulty for this trip will be moderate, with stops at various vista points. Lunch is included in the cost of the trip.

### SERIES TRIPS

**2023-2024 Walnut Street Theatre Series**

**Thursday & Saturday Matinees**

**Cost: \$60 (Per Show)**

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

**Thursday Series Contact:**

**Jayne Lytle, 610-692-2245**

**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 for the shows. The Walnut Street Theatre's 2023-2024 Season includes the following shows for both series:

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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# MARY CAIRNS: Educating and empowering girls in rural India to create a changed society.

APRIL 5, 2024, HERSHEY'S MILL GOLF CLUB 11:30 AM



Mary and her girls

"What you see in their eyes is a light. There is a joy that the non-schooled girls do not have. These are the girls who have hope. They are beautiful".

On September 11, 2010, Mary Cairns, a resident of The Mill, traveled to India for the first time to spend six months volunteering at a school for girls located in Uttar Pradesh in one of the poorest rural regions of the country. Mary had been searching for a long-term global volunteer project where she could truly make a difference in the world. She decided that educating girls was the key to improving the lives of children who lived in dire poverty.

Mary learned about Pardada Pardadi Educational Society (PPES), founded by Sam Singh, the first Indian to be

hired by the DuPont Company in 1963. Upon his retirement in 2000 Sam returned to his ancestral village to start a school in a region where girls had never attended school. Girls are considered economic burdens in this region where an estimated 20% of all girls die before the age of five at their parents' hands. Girls are also often sold into the sex trade under the guise of child marriage.

Faced with staunch community resistance to the concept of girls being educated, PPES created an incentive package to encourage parents to allow

their daughters to attend school. In 2000, the school opened with forty-six girls. Today, over 3,000 students attend the school year-round with 97% of the graduates going on to higher education. The school has received numerous awards for its values-based education and community development model, which has been successful in changing their society.

Mary has spearheaded multiple projects at the school. She founded a health and hygiene program, raised funds to build a student health center in 2021, hired medical staff, built the Prana medical clinic, organized medical camps staffed with US medical volunteers, initiated an immunization program, and has taken numerous volunteers along with her to the school. Unable to travel during COVID, Mary worked on a COVID education and food distribution program providing sanitary products and economic relief for staff and for families of those who passed away during the pandemic.

Mary returned to India in October 2022 after a three-year hiatus due to COVID. Mary was completely

surprised to learn that a 20-bed hospital wing would be built onto the Prana Medical and dedicated to Mary "In honor and recognition of her outstanding commitment to the health and well-being of Pardada Pardadi Students".

Attend Mary's presentation on April 5 as she takes us to India to learn about her unforgettable experiences, projects, and efforts over thirteen years to improve the quality of life for some of the world's poorest children.

Two of the School's graduates, now attending college in New Jersey, hope to join Mary at the podium and will have framed original pen and ink drawings by students on display and available for purchase, with all proceeds going to the School.

Mark your calendar now and reserve your spot as soon as you receive the email from Sherry Kane announcing the event and opening registration. SEATING IS LIMITED.

**"When you educate a girl,  
you help change the world."**

[Pardadapardadi.org](http://Pardadapardadi.org)

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## Scott Burkhart | Inverness

I'm sitting down to write this story realizing that my upcoming birthday in two weeks will make me 3/4 of a century old. Yikes!! Like all of us, I've seen a lot of changes in that time. Here's a few that I remember:

1) **TYPING NOW:** I just turn on my laptop and type away. If I make a mistake I can backspace and do it over or just push delete and it's gone. When I'm done, I hit the print button, and my printer makes as many copies as I want. **THEN:** I load a sheet of paper onto a cylinder.

As I type, the keys strike the paper, and the cylinder moves to the right with each stroke. When the cylinder can't move any further, a bell rings reminding me to manually push it back to where it started from so I can continue writing. I use carbon paper to make copies and whiteout to paint out mistakes. I only wish I had learned how to type.

2) **SHOPPING NOW:** I can use my computer to buy almost anything I want and have it delivered to my door. Of course, there are still actual stores to go to if I want to get out

of the house for a while. **THEN:** Growing up, my family did most of our shopping at local markets and stores, but we did have some home deliveries. The milkman put our milk in the milk box we kept on the porch, the Charles Chip man left a can of chips on the porch every week and the bakery man came to the porch every Saturday to sell us bread and pastries from his display carrier. I became slick at adding a pack of snowballs and bear claws to our order when my mother wasn't paying attention.

3) **GETTING GAS NOW:** I see the posted price, \$4.00, as I pull up to an open pump. I get out of the car with my credit card, tap the screen, when accepted remove the hose and fill my tank then drive off with a \$50.00 charge. **THEN:** I see the posted price, \$0.32 (1966) as I pull up to the pump and wait for an attendant to come to my window. I tell him or her how much gas I want, they pump the gas, check the oil and clean the

windshield. When finished, they come back, I pay the bill with paper money and drive off with a clean windshield and a few bucks left in my pocket.

There is a plethora of nostalgic stories, but since I'm running out of space, I will finish with a short list of things that were good enough then, but not now:

- TV's with only 3 channels
- Encyclopedias
- S & H green stamps
- Drive in movies
- Dialing 0 for operator assistance
- Five and Dime stores like Woolworths
- Fast food drive-ins not drive-throughs.

As Bugs Bunny would say:

**"That's All Folks."**

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## Janice Saunders | Eaton

In January, the HM Library's computer system listed 3538 books, including audio books. The library purchases new books every month, except in July and December. In January, we added 39 new volumes to our collection. When possible, we heed our patrons' suggestions for new purchases, and we thank our patrons for continuing to use the suggestion box. However, because the focus is to provide residents with the newest fiction and non-fiction releases, we don't purchase older editions, except in rare circumstances (i.e., to replace a missing edition from a popular series, to replace a lost or irreparably

**Monday to Friday**  
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**Saturday**  
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**HM Library contact:**  
**Angela Linden**  
**610-696-5374**

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damaged book, or to add a book authored by a resident).

If you purchased any of the unique cards that were for sale in the library for the Christmas holidays, you will be pleased to know that Andrea Vernot of Troon has graciously donated another basket of handmade cards for sale in our library. If you need a birthday or sympathy card, or a blank card for a unique occasion, stop by the library while supplies last.

In the November 2023 digest edition, we noted that the next speaker series event would feature Mary Cairns of Inverness. Mary first traveled to India in 2010 to spend six months volunteering at a school for girls in one of the poorest regions of the country. Pardada Pardadi Educational Society opened its school to 46 girls in 2000, and today enrolls over 2500 students, with 90% of their graduates pursuing higher education. Mary is

scheduled to speak at Hershey's Mill Golf Club on April 5, and the event promises to be another sell-out. Mary requests that all profits from her talk be donated to the school.

### News from the Malvern Public Library

On March 5, 4 p.m.-5 p.m., Robyn Young will speak about important women in Pennsylvania's history and how she obtained historical roadside markers for them. Entitled *Marking a Trail of Women's History*, Young describes how she received approval from the Pennsylvania Historical and Museum Commission for 25 roadside historical markers honoring women throughout Pennsylvania. Known locally as 'the Marker Lady,' Young is the author of "Women in Penn's Woods: A History of Women in Pennsylvania," Young's book received a Preservation in Publication Award from the Heritage Commission of Delaware County. Her book will be on sale at the event.

### Duffy's Cut Historical Presentation

On March 23, 1 p.m.-3:30 p.m., Bill Watson will shed light on a forgotten part of Chester County history. Fifty-seven Irish immigrant railroad workers died amid a cholera epidemic in the summer of 1832 and were buried in a mass grave just outside of Malvern, PA. The events at Duffy's Cut provide an example of the pervasive fear of contagion and of what historian Alan Kraut called "the immigrant menace" in early America. Bill is a Professor of History

at Immaculata University in Malvern, Pennsylvania and is the founding member and director of the Duffy's Cut Project. He has spent the last 10 years directing the archeological dig at Duffy's Cut. Both events will be held in the Malvern Borough Meeting room (second floor).

### NEW BOOKS

#### FICTION

Atrek, Inci - *Holiday Country*

Cameron, Marc - *Command and Control*

Chan, Vanessa - *The Storm We Made*

Christenson, Kate - *Welcome Home Stranger*

(continued)

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Grodstein, Lauren - *We Must Not Think of Ourselves*

Mason, Daniel - *North Woods*

Michaelides, Alex - *The Fury*

Porter, Michelle - *A Grandmother Begins the Story*

Prose, Nita - *The Mystery Guest*

Roberts, Nora - *Inheritance*

Shalvis, Jill - *The Bright Spot*

Shemilt, Jane - *The Vacation House*

Singh, Nalini - *There Should have Been Eight*

Steel, Danielle - *Upside Down*

Steel, Danielle - *The Ball at Versailles*

#### MYSTERY

Blake, Matthew - *Anna O*

Cook, Robin - *Manner of Death*

Cornwell, Patricia - *Unnatural Death*

Deaver, Jeffrey - *The Watchmaker's Hand*

Elston, Ashley - *First Lie Wins*

Gerritsen, Tess - *The Spy Coast*

Grumley, Michael - *Deep Freeze*

Kahler, Abbott - *Where You End*

Krentz, Jayne Ann - *The Night Island*

Laskowski, Tara - *The Weekend Retreat*

Lawhon, Ariel - *The Frozen River*

Lupica, Mike - *Robert Parker's Broken Trust*

Marrs, John - *The Vacation*

Marshall, Kare Alice - *No One Can Know*

Patterson, James - *Holmes Marple and Poe*

Patterson, James - *Alex Cross Must Die*

#### BIOGRAPHY

Ha, Jin - *The Woman Back from Moscow*

Schwab, Tim - *The Bill Gates Problem*

Varon, Elizabeth - *Longstreet*

#### NONFICTION

Woodruff, Paul H. - *The Successful Entrepreneur*

Kelly, Jack - *God Save Benedict Arnold*

Romano, Joseph - *Reds, the Second Greatest Generation*

#### LARGE PRINT

Grisham, John - *Sycamore Row*

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# Hershey's Mill Warriors

Donna Licate | Glenwood

It has been extremely cold and snowy recently which makes it hard to get out and even harder to walk my dog, Mocha. Recently, I walked Mocha past the Hershey's Mill dog park and observed a landscaping employee up to his waist in a ditch. He was digging to allow the extensive water that accumulates at the front of the

dog park to drain from the dog park into Ridley Creek.

"You are really a warrior" I called out, "Are you warm enough?" I asked. "I'm fine", he replied laughing. "Thank you for doing this," I told him. "The park has been too wet to use much of the time" He smiled and kept on digging and then yelled after us. "Be careful of the black ice."



From left to right are Robby, Xavier, and Alfredo from Hersheys Mill Landscape

It was even colder on the next day, which was Martin Luther King Day, and Mocha and I again walked past the muddy dog park. This time there were three men working diligently to finish the ditch and spread wood chips in the wet areas. Spotting my friend from the previous day I yelled out, "I hope you guys are getting overtime because it is not only freezing but it's Martin Luther King holiday! You three are all heroes!" They seemed appreciative of my efforts.

Mocha and I were about to leave when I knew I needed a photo of these men. "Can I take a photo of you three?" I asked. "I want to send

it in to the Hershey's Mill magazine to see if they will add it to next month's *Digest*." They quickly lined up and smiled for their photo. "How can we get a copy?" they asked enthusiastically. If this gets in the *Digest*, I'll make sure you all get a copy," I replied.

On the walk home, I wondered how many residents appreciate all of our Hershey's Mill heroes. They keep everything so beautiful and functional and enhance our lives every day. Please stop and say 'thank you' the next time you see a "warrior" in your travels around this amazing place. Speaking from experience, they will really appreciate it!

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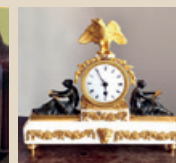
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## Tech Tips

# Useful but Hidden Windows Tips

Don Trauger | Kennett

Windows is such a complex system that many useful but perhaps unknown features lie ignored because of the Windows system itself. Perusing the Settings can be a tedious job so with a few keyboard clicks you can learn to implement some of these hidden features.

### Move Windows on Your Screen.

It's easy to move windows around on your screen. Hold down the **Windows** key on your keyboard, then press the **arrow keys**. Pressing left or right will instantly move the window to the corresponding half of the screen. Pressing up or down will alternate between halving the window in the upper or lower portion of the screen or maximizing it.

### Open two windows on the screen.

Select one window that will occupy the left half of the screen with a single left click in a blank space to activate it. Multiple presses of the right arrow will cycle the window movement through center, right and back to the left again (for example, press & hold the Windows key and tap the right arrow three times). The result is to have 2 windows visible with each occupying either the left half of the screen or the right half.

### Quickly Start your Taskbar Programs

If you want to quickly start a program from your **Taskbar**, simply hold down **Windows** button and press the number

on your keyboard that corresponds to their position on the taskbar. (Be sure to use the top row of numerical keys, not the numerical keypad.)

### Night Light

Night Light dims your screen slightly but more importantly it changes the hue from bright white to a warmer hue. Medical specialists recommend switching to this mode before retiring. It reduces the blue light from the screen allowing the body's melatonin to aid in falling asleep.

Type **night light** in the **Search** box next to the Windows Start icon in the lower left corner of the screen. Click **Night Light** under **Best Match**. Click **Turn on now**. The **Strength** setting determines how much hue to add. Set it so that the blue light is just filtered out. You can use it during the day too but consider setting a schedule that works for you.

### Adjust Text Size

In **Settings** go to **System** then click **Display**. Scroll down a bit and change the **Scale** setting. Don't set higher than 150%, as doing that can lead to other visual alignment problems. Click **Scale** to set a custom value if you prefer (with a system restart). Under **Scale**, click **Text size** to adjust the text size. Overall, try to keep the **Scale** setting between 100%-150% while increasing **Text size** to a desirable level.

That's it for now. I hope you find these tips useful.



# Spring is here!

## March, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ardmore Room, CC Cove at Pool H-CC Main Hall Pool	Malvern Room, CC Paoli Room, CC Sullivan House See Digest Article & HM E-mails	Green Room (Cove) *Offsite			1 10:00 am Fun Bridge 10:00 am Quilters 10:00 am Community Bible Study 2:00 pm Scrabble	2
For Sports times, please check Skedda at <a href="http://www.hersheysmillhoa.skedda.com">www.hersheysmillhoa.skedda.com</a> Book a room via email to <a href="mailto:commcenter25@gmail.com">commcenter25@gmail.com</a> or call 610-436-6019.						
3	4 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games	5 9:45 am Bowling* 1:00 pm Mah Jong 1:00 pm Pinochle	6 9:00 am Art Group 12:30 pm Social Bridge 1:00 pm Groff Mah Jong	7 9:30 am Womens Bible Study 10:00 am Caregivers Support Group 1:00 pm Knitting 1:00 pm Card Games 2:00 pm Book Disc Group	8 10:00 am Fun Bridge 10:00 am Quilters 10:00 am Community Bible Study 2:00 pm Scrabble	9
10 10:00 am Fun Bridge 10:00 am CC Hosp Aux 10:00 am Photography Club 1:00 pm Talking Bridge 1:00 pm Cards & Games	11 9:45 am Bowling* 1:00 pm Mah Jong 1:00 pm Pinochle 7:00 pm Nature Group Nestbox monitoring	12 9:00 am Art Group 1:00 pm Groff Mah Jong	13 9:30 am Paoli Hospital Aux 11:30 am Mermaid Book Club 1:00 pm Knitting 1:00 pm Card Games	14 10:00 am Fun Bridge 10:00 am Quilters 10:00 am Community Bible Study 2:00 pm Scrabble	15	16
17 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games 7:00 pm Folk Song Circle	18 9:45 am Bowling* 1:00 pm Mah Jong 1:00 pm Pinochle 4:00 pm Vernal Equinox Happy Hour Native Plant Garden	19 9:00 am Art Group 12:30 pm Social Bridge 1:00 pm Groff Mah Jong	20 9:30 am Womens Bible Study 1:00 pm Knitting 1:00 pm Card Games	21 10:00 am Fun Bridge 10:00 am Quilters 10:00 am Community Bible Study 2:00 pm Scrabble	2	23
24 10:00 am Fun Bridge 1:00 pm Talking Bridge 1:00 pm Cards & Games	25 9:45 am Bowling* 1:00 pm Mah Jong 1:00 pm Pinochle	26 9:00 am Art Group 12:30 pm Social Bridge 1:00 pm Groff Mah Jong	27 1:00 pm Knitting 1:00 pm Card Games	28 10:00 am Fun Bridge 10:00 am Quilters 10:00 am Community Bible Study 2:00 pm Scrabble 7:00 pm Bingo	29	30/31

<div> <b>Programs</b> <div> March 1- March 15  (7:00 p.m. show and 8:30 p.m. movie  will not be shown March 15) </div> </div>				
<b>Introduction to Winter Waterfowl &amp; Feeder Birds</b>  This program is a repeat of the HM Tech Committee zoom presentation shown in 2023. Jado Foot and Christine McCormick tell us some of the birds to look for at the Hershey's Mill ponds and our feeder stations.  <b>This show ends at 4:45 p.m. on February 15.</b>	10:00 to 10:45 a.m.	4:00 to 4:45 p.m.	7:00 to 7:45 p.m.	12:00 to 12:45 a.m.

<b>Movies</b> <hr/> <b>Noon &amp; 8:30 p.m.</b>	<b>March 1-7</b> <b>Seabiscuit (PG 13) (2003)</b> <i>Tobey Maguire, Jeff Bridges</i>  The story of the undersized Depression era racehorse whose victories lifted not only the spirit of the team but also those of their nation. (Run time 2:20)
	<b>March 8-15</b> <b>Free Willy (PG) (1993)</b> <i>Jason James Richter, Lori Petty</i>  When a boy learns that a beloved killer whale is to be killed by the aquarium owners, the boy risks everything to free the whale. (Run time 1:58)

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.

<div> <b>Programs</b> <div> March 16 - March 31  (7:00 p.m. show and 8:30 p.m. movie  will be shown March 31) </div> </div>				
<b>Good Foot Concert in the Park</b>  These great musicians have fun playing together, and their fun is contagious. If you like Dance Music, R&B, Motown, Oldies, Rock, 80's, 90's, and some current hits, you will enjoy this music from the summer 2023 concert.  <b>This show ends at 4:45 p.m. on February 29.</b>	10:00 to 10:45 a.m.	4:00 to 4:45 p.m.	7:00 to 7:45 p.m.	12:00 to 12:45 a.m.

<b>Movies</b> <hr/> <b>Noon &amp; 8:30 p.m.</b>	<b>March 16-22</b> <b>Black Hawk Down (PG 13) (2001)</b> <i>Josh Hartnett, Ewan McGregor</i>  The story of 160 elite U.S. soldiers dropped into Mogadishu in October 1993 who found themselves in a desperate battle with heavily armed Somalis. (Run time 2:24)
	<b>March 23-31</b> <b>Washington Square (PG) (1997)</b> <i>Jennifer Jason Leigh, Albert Finney</i>  The Henry James novel set in 19th century New York City. (Run time 1:55)

For **Programs and Movies**, go to channel number **970** (Bulletin Board information appears only if Programs & Movies are not currently showing). Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to [www.hersheysmill.org](http://www.hersheysmill.org) and navigate from TV & Digest to HMCTV to Original Programming.

HMCTV reserves the right to make program substitutions, and dates/times are subject to change. Opinions of hosts, guests, or advertisers shall not be construed as an endorsement by HMCTV. ©2020 HMCTV



## Enjoy Fine Mexican Cuisine: REY AZTECA



### Bill and Patricia Schultz | Chatham

We have dined three times recently at REY AZTECA, located nearby to HM at 1257 West Chester Pike, West Chester across the street from Wiggins on Rt. 3. The driving time using Ellis Lane off Paoli Pike from HM is less than 10 minutes, so if tasty Mexican cuisine gets your juices flowing and you don't want to drive too far...then this is the perfect choice.

We went for the first time to enjoy an early lunch and were excited about the extensive menu items to choose from and were thrilled with the reasonable pricing. We tried the beef filled burrito; the cheese and chicken quesadilla, and both were served with wonderful sides such as Spanish rice

and lettuce that was fresh and nicely shredded. We had one diet Coke and a freshly brewed iced tea. We both smiled as we finished the lunch, and agreed that the fascinating Mexican décor was outdone by the really good food. We concluded we would return soon to test our initial conclusions.

Our second visit we orchestrated was a post lunchtime event near 2pm and we were pleasantly surprised that we were not the only diners in the mid-afternoon. Our dining experience was just as rewarding as our first time. So, we commented we had to return for dinner time to see how REY AZTECA and its all-male staff handled the dinner time fare and were anxious to see the dinner menu selections and

pricing. The lunchtime menu was truly tasty and very reasonable so we hoped that the dinner fare would not be disappointing.

We were not let down at all. The menu included about 15 combo platters all priced at \$15.50 so we jumped on those choices. Bill ordered the tri-items of one beef burrito, one beef hard shell taco, and an enchilada that was truly terrific. He also ordered a side of spicy, warm cheese queso which went very well with the free nacho chips served warm and crispy with a side of red salsa that was just spicy enough.

Patricia ordered a platter of Spanish rice with a chicken and cheese filled quesadilla and a nice helping of lettuce with pica de gallo and a dab of sour cream on top. We both enjoyed two diet cokes instead of ordering from the

bar menu (beer and wine selections) that is available. We skipped dessert as we had over-indulged on the warm nacho chips served in a large basket. Maybe the next time we will sample a dessert, but the chips are worth the 'price of admission' (as in free).

The parking is free and ample, and the seating choices are varied. Booths and tables of various sizes give you an array of choices for large or smaller groups. While we were dining, a group of 12 arrived and were comfortably seated at a long table. Try REY AZTECA and we almost guarantee a fine authentic Mexican dining experience with an extremely well-trained staff that seemed pleased to see us and afforded us many courtesies. We plan on going back many times.

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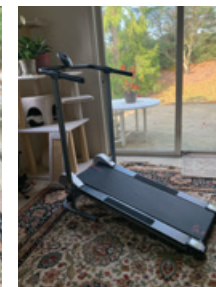
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If you have recipes of your own you would like to share, especially for the upcoming holidays and events, please send them to [editor@hmctvguide.com](mailto:editor@hmctvguide.com).

## Shrimp Creole

*Pam Hudson | Eaton*

### Ingredients

- 3 tbs unsalted butter
- 2 tbs of flour
- 1 large onion chopped
- 1 medium green pepper diced
- 3 ribs of celery
- 1 (15 oz) can no salt added tomatoes
- 1 cup no salt added chicken broth
- 1/4 cup tomato sauce
- 3 garlic cloves
- 1 bay leaf
- 1 tsp creole seasoning
- 1/4 tsp dried thyme
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 2 pounds peeled, deveined medium shrimp
- 2 tbs fresh lemon juice
- 2 tsp fresh parsley
- 2 cup rice for serving
- Chopped scallions

### Instructions

Melt butter in Dutch oven.

Add flour and cook until flour turns light brown-about 3-5 minutes. Add onions, bell pepper and celery and cook, stirring until vegetables soften, about 8 minutes.

Add the diced tomatoes, broth, tomato sauce, garlic, bay leaf, creole seasoning, thyme, salt and cayenne. Simmer uncovered, stirring occasionally until thickened and most of liquid evaporates-about 10-12 minutes.

Add shrimp and lemon juice.

Cook until shrimp turns pink, about 3-4 minutes.

Discard the bay leaf and serve over rice.



## Cod Francaise

*Pam Hudson | Eaton*

### Ingredients

- 3/4 plus 1 tbs of water
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs
- 2 tbs olive oil
- 3 tbs of butter divided
- 5 cod fillets
- 1/2 cup white wine
- 1 cup vegetable stock
- Juice and zest of one lemon
- 1 lemon thinly sliced
- 1/2 cup mantilla olives
- 1/2 cup kalamata olives
- 2 tbs of capers
- 1/2 cup chopped parsley

### Instructions

In a bowl combine flour with salt and pepper.

In another shallow bowl beat the eggs.

Dredge each piece of fish in the flour mixture and then the beaten eggs.

Heat a large sauté pan to medium heat and add olive oil and 2 tbs of butter.

When the pan begins to foam, add fish and cook for about 4 minutes.

When fish is completely cooked remove from pan and wipe it out with paper towel.

Add remaining butter and whisk the tablespoon of flour to the sauté pan.

Cook 1 minute.

Add wine, broth, lemon juice and zest. Bring to a boil and simmer for 2 minutes.

Add olives, capers, lemon slices and parsley.

Put cod on platter and pour sauce over cod.



## French Onion Soup

*Mary Werner | Jefferson*

Servings: 4 to 6 • Prep Time: 20 Minutes • Cook Time: 1 Hour 40 Minutes  
Total Time: 2 Hours

### Ingredients

- 4 tbs unsalted butter
- 1 tbs vegetable oil

*(continued)*

## Recipes (continued)

- 3 pounds Vidalia (or sweet) onions (about 5 medium), halved lengthwise and thinly sliced
- 3/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 3/4 tsp granulated sugar
- 1 cup dry white wine
- 2 tbs all-purpose flour
- 6 cups beef broth
- 1 tsp Worcestershire sauce
- 1/2 tsp dried thyme
- 2 bay leaves
- 1 small baguette, cut into 1/2-in slices
- 1 tbs dry sherry
- 8 ounces Gruyère cheese, grated (about 2 heaping cups; look for one imported from Switzerland)

### Instructions

In a large Dutch oven or soup pot, melt the butter over medium heat. Add the oil, onions, salt, pepper, and sugar. Cook, uncovered, stirring occasionally with a wooden spoon, until onions are deep golden brown and caramelized, 45 to 55 minutes. In the beginning, you will only need to stir the onions occasionally.

As they start to brown midway through cooking, you will need to stir them frequently, scraping the fond (the brown particles) from the bottom of the pan. If the onions are browning too quickly, reduce the heat slightly or add a few tablespoons of water to deglaze the pan and continue cooking.

Add the wine and raise the heat to high. Cook, stirring with a wooden spoon to scrape any fond from the bottom of the pan, until almost all of the liquid has evaporated, and the onions are jammy, 8 to 10 minutes.

Add the flour and cook, stirring constantly, for one minute.

Add the broth, Worcestershire sauce, thyme, and bay leaves to the pot. Bring to a boil, reduce the heat to a simmer, and cook, covered, for about 30 minutes.

At this point, you can put it in a crockpot and cook on low.

While the soup simmers, preheat the oven to 400°F and set an oven rack in the middle position. Arrange the baguette slices in a single layer on a baking sheet and bake until the bread is dry, crisp, and golden at edges, about 10 minutes. Set aside.

When the soup is finished, remove the bay leaves and add the sherry; taste and adjust seasoning if necessary. If the soup needs a deeper flavor, try a few shakes of Worcestershire sauce. If it's not quite sweet enough, add 1/4 tsp sugar.

(continued)



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## Recipes (continued)

Adjust an oven rack 6 inches from broiler element and heat broiler. Set individual broiler-safe crocks on a baking sheet and divide the hot soup among the crocks (be sure the soup is very hot as it won't warm up much in the oven). Top each crock with 1 or 2 baguette slices (do not overlap slices) and sprinkle evenly with Gruyère and then Parmigiano Reggiano. Slide the crocks into the oven and broil until the cheese is melted and bubbly around edges, 3 to 5 minutes. Let the crocks cool for a few minutes before serving. (Alternatively, if using regular soup bowls: Top each toast slice with some cheese and return to broiler to melt, about 2 minutes more. Divide the soup among bowls and top each serving with two cheese toasts.)

**Make-Ahead Instructions:** The soup can be made and refrigerated up to 3 days ahead (without toasts or cheese), or up to 3 months ahead and frozen. Toasts can be made (without the cheese) and kept sealed at room temperature for up to 3 days.

## Zucchini Casserole

Mary Werner | Jefferson

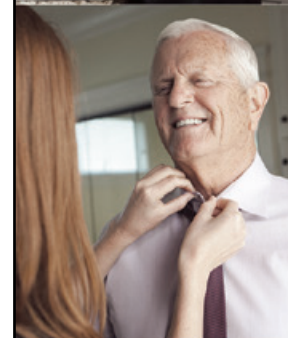
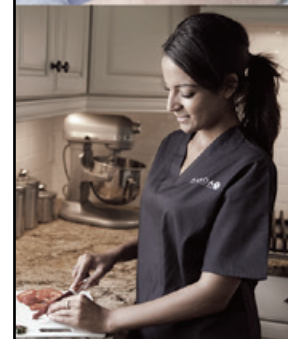
### Ingredients

- 2 tbs butter
- 2 medium zucchini, cut into 1/4-inch slices
- 2 medium yellow summer squash, cut into 1/4-inch slices
- 2 shallots, minced
- 1/2 tsp sea salt
- Garlic
- 1/4 tsp coarsely ground pepper
- 1/2 cup heavy whipping cream
- 1 cup panko breadcrumbs, divided
- 1/2 cup grated Parmesan cheese, divided

### Instructions

Preheat oven to 450°. In a large skillet, melt butter over medium heat; add zucchini, yellow squash and shallots. Sprinkle with salt and pepper. Cook, stirring occasionally, until vegetables are crisp-tender, 4-6 minutes. Add garlic; cook 1 minute more.

Add the cream; cook until thickened, 3-5 minutes. Remove from heat; stir in 1/2 cup breadcrumbs and 1/4 cup cheese. Spoon mixture into a greased 11x7-in. or 2-qt. baking dish. Sprinkle with remaining breadcrumbs and cheese. Bake until golden brown, 8-10 minutes.



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## BOWLING

*Rosie Taylor | Princeton*

Hard to believe there is one month left in the 2023-24 season! This half welcomed new regular and substitute bowlers, a string of 200+ games and even more 'I finally broke 100' games. So far, it is a season that has exceeded all expectations. Fun, fellowship, physical activity, and a touch of competition remained the theme and focus and one of the reasons we are still considered, by many, as the number one HM winter event.

For additional information, check out the website: [www.hersheysmill.org/hmsg-organization/hmsgbowling](http://www.hersheysmill.org/hmsg-organization/hmsgbowling)

## PICKLEBALL

*Tom Fant | Yardley*

Mild winter weather has kept a core group of Pickleball Players active and busy with open play daily. January saw our first measurable (1 inch +) snowfall in over two years. The Pickleball Nation rallied, as usual, and a group of intrepid players braved below 30-degree temperatures to clear the courts. Add a dose of sun, the courts will dry, and game on! In February, the Pickleball Nation conducted a food drive to benefit Chester County Food Bank (CCFB). CCFB distributes food items to over 160 cooperating agencies across Chester County. Preceding the Kickoff Event on Valentines Day,



Pickleball Crew 2024

cookies were baked and decorated and notes that will be inserted into the CCFB distribution boxes were created. This was the second annual food drive sponsored by the Pickleball group. The results were not available at press time and will be published in the April Guide & Digest. In 2023, 1,035 pounds of non-perishable food were collected and \$400 in cash donations were made.

Spring is just around the corner. In April, and throughout the spring and summer, clinics will be offered for newer players as well as those coming out for the first time. Stroke of the Day instructional clinics, focusing on distinct aspects of the sport such as dinking, lobbing, serving and strategy, will also be offered. These clinics will be complemented by several special events in May and throughout the summer. Stay tuned for more information about these events in the coming months.

Meanwhile, there is a squabble out west between Dripping Springs, Texas, and Palm Springs (Indian Wells), California about who is the "capital" of Pickleball. They can squabble all they want, we in The Mill know the capital of Pickleball is located on Chandler drive.

## PLATFORM TENNIS

*Marie Derby | Jefferson*

If you have not had a chance to check out paddle tennis yet, it is not too late. Many people continue to play paddle tennis into the summer and quite frankly, year-round. The court is much smaller than a tennis court, and you do not have to run or walk far to get the ball because it stays contained within the wire fencing (most of the time). The courts are tucked nicely in the woods making this a great option.

On April 6, a bunch of players plan to play together from 1-4:00 p.m. If you do not want to play but you are intrigued by this sport, bring a lawn chair, and cheer us on. Who knows, maybe you will make new friends, enjoy the beautiful setting,

and learn about a sport you do not know much about. Then, at your next family/friends gathering you will have something new and interesting to talk about.

### Tip of the month - Positioning:

To increase your efficiency and effectiveness at the net, follow these tips. When your partner is serving, right-handed players you need to constantly think, "Move to the left", and when serving left-handed players, concentrate on moving to the right. This slight change in mind, body, and paddle position allows you to respond to the return of the serve successfully.

Stand one stride length from the alley, knees slightly bent, wrist up, and angle your stance slightly to the left so that your right hip is at 1 o'clock.

*(continued)*

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When your partner is serving from the ad side, stand here and think, "Move to the left, move to the left". With your paddle and body in this position, it is easier to defend yourself and you will have more success returning the ball. If you are a left-handed player, do the opposite, "Move to the right". See you on the courts!

### SHUFFLEBOARD

**Sandy Deckard | Jefferson**

The first two months of 2024 are already gone. Hard to believe. March will bring us St. Patrick's Day, Easter, and daylight-saving time. I imagine that some of our snowbirds will start migrating north again during the month, and we will be glad to see them. I also believe we will see the start of some warmer weather, and

that we can all begin to look forward to resuming shuffleboard around the middle or the end of April. Until then, stay warm, and safe and healthy. I will start monitoring the weather closely and keep you informed of starting times. As usual, if you would like your name added to our shuffleboard E-mail list, or have a change of your E-mail address, please contact me at

### TENNIS

**Dave Clewell | Robynwood**

We are getting closer to spring so let us think about Tennis at Hershey's Mill. We will have round robin, drop in 'open tennis' again in the morning and afternoon. The inter-club team will start preparing for another season and shake off the dust from their rackets and tennis equipment for another good season. Memorial Day will be our first scheduled event followed by July 4th and Labor Day, Keep your eye on the bulletin boards at the tennis courts for these and other events for the season. Most of all, come out to 'Open Tennis' and meet people and start playing Tennis.

You can contact me if you want to be added to our daily E-mail for reminders of our times of play each day. You can use the Skedda reservation system to reserve a court for your personal play.

Each season we gain more new players for 'Open Tennis' so getting to play is easier on our beautiful courts. We look forward to seeing you. Any questions, you can E-mail, text, or call me.

Enjoy the rest of the winter and see you on the courts.



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# RENEWAL

by John Groch | Chatham

How many times in our lives have we asked ourselves, “Why did I say that, why did I do that,” with regret? We’ve all learned the lesson that some things simply can’t be ‘unsaid’ or ‘undone,’ much to the disappointment of ourselves and, unfortunately, others. Well, Mother Nature understands our plight and offers us a seasonal opportunity to start anew, to give it another try, and, perhaps, undo a wrong by rekindling a relationship, atoning for a wrong, restoring hope.



The March equinox is the annual harbinger of springtime and has traditionally been celebrated as a chance for rebirth and renewal. Derived from the Latin, “equal night,” it represents a day of equal darkness and equal light, with the promise of increasing brightness to come. Just as nature emerges from a period of darkness into greater light, so can we shake off our regrets, misunderstandings, and adopt an attitude of rejuvenation and hope. The ancient Egyptians, Greeks, and Mayans observed the resurrections of their gods at this time. The Celts named the spring equinox Ostara, their goddess of fertility, suggesting a time of renewal and rebirth. Many pagan people recognized this equinox as a time to honor seasonal change, the returning greenery, and Mother Nature’s anticipated abundance. Jews and

Christians calculate their key religious holidays, Passover and Easter, around the March equinox in celebration of liberation and resurrection.

As members of the natural world, we can take heart from this seasonal event. Not one of us is perfect, from the Latin word for ‘finished.’ We are pilgrims constantly fashioning ourselves in thought, word and action. We make mistakes. But we are also granted the blessing of getting it right. How many times growing up did we hear the refrain, “Try, try again?” Using the analogy of the garden, let’s make those tomatoes redder and those cucumbers juicier than ever!

Source: nationalgeographic.org



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# Indian Hannah

Jeff Smith | Princeton

The earliest Indigenous people in Chester County were the Lenni Lenape Indians. One of the last living members of the tribe in Chester County was Hannah Freeman, more commonly known as Indian Hannah. Hannah's last years were spent at the county poor house, and it was there where her overseer recorded her life story.

Born circa 1730 in a log cabin on the Webb farm, which is now part of Longwood Gardens in Kennett Township, Hannah's father left the family when she was young and never returned. Consequently, Hannah was raised by her mother, grandmother, and a couple of aunts. Her daily activities consisted of making brooms, weaving baskets, spinning, sewing, and working for neighbors who were mostly Quaker farmers. Hannah also had a reputation among her neighbors for healing the sick with medicinal plants. She grew corn and vegetables on a small plot of land, raised cows and pigs, and caught fish and turtles along the Brandywine River. There is no record of her marrying or having children, but she may have had a common law husband named Andrew Freeman.

During Hannah's lifetime, she experienced a mass migration of European settlers into the Delaware Valley, forcing many of her people westward in search of more land. In 1758, she moved eastward to Chester Creek to live with relatives



and to avoid the violence between the western Lenapes and the colonists. A year later she returned to the West Chester area, and in 1764 she moved again, this time across the Delaware River to Woodbury, NJ to avoid the Paxton Boys, vigilantes who had murdered a Susquehannock community the year before. Seven years later she returned to her ancestral land along the Brandywine River. Gradually, those closest to her passed on, her grandmother in 1775, her aunt in 1780 and eventually her mother in 1785. By 1790, Hannah's health was failing, and she gave up her small farmstead and began working for room and board for multiple Quaker households. In 1797, she was legally declared an indigent and in 1798 her Quaker neighbors banded together to form a pact they labeled "Kindness Extended"

to provide for Hannah's welfare. In November of 1800, she was admitted to the newly opened Chester County Alms House in Embreeville where she spent the last fourteen months of her life. She had requested to be buried in an Indian cemetery along the Brandywine, but for reasons unknown, her wishes were not granted, and she became the first to be buried in the potter's field on the grounds of the poor house.

In 1925, the Pennsylvania Historical Commission, the forerunner of the Pennsylvania Historical & Museum Commission, collaborated with the Chester County Historical Society to recognize Indian Hannah with a plaque on a large boulder

to commemorate her. Pierre duPont donated a plot of land for the monument along Route 52 at Longwood Gardens. When Route 52 was relocated in 2012 to improve traffic flow, the monument was orphaned along the abandoned roadway. It was decided to move the monument to a more prominent and accessible location, so on May 15, 2014, Longwood Gardens hosted a recreation of the original 1925 ceremony for the monument at its new location on the grounds of the Longwood Meeting House, just outside the main entrance to the gardens. Four descendants of the Webb family and members of the Lenape Tribal Council were present.

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# 6 Scams Tricking Seniors Out of Money



Senior citizens continue to be prime targets of scammers. A Federal Trade Commission (FTC) report, Protecting Older Consumers 2022-2023, says that seniors reported losing \$1.6 billion to scams last year!

## SCAM METHODS AND PREVENTION TIPS:

### 1. Investment Scams

"Check out the person touting the investment before you invest - even if you already know the person socially," says the U.S. Securities and Exchange Commission's Guide for Seniors.

Prevention: Look up an investment firm's or individual's disciplinary history using the "Check Out Your Investment Professional" search tool at Investor.gov.

### 2. Business and Government Impostor Scams

In a business scam, someone pretends to be a business executive or payroll employee asking for information such as a copy of a W-2. That information can be used to file a bogus tax return, according to a warning from the IRS. Government imposter scams have grown 78% and take many forms.

Prevention: Never give your personal information to anyone you don't know.

### 3. Romance Scams

These are common and occur when a person wants to believe the new relationship is real.

Prevention: If they're asking for money, don't give it, no matter what they say the money is for. You won't get it back.

### 4. Tech Support Scams

Scammers say they work for Microsoft or some other tech company and that your computer needs a software upgrade. They may ask for access to your computer online. Don't allow it, as they could download a malicious program to steal your personal information. "At best the scammers are trying to get you to pay them to 'fix' a nonexistent problem with your device or software," according to Microsoft. "At worst they're trying to steal your personal or financial information."

Prevention: Don't give anyone access to your computer online unless you initiated the call to a legitimate company.

### 5. Prizes, Sweepstakes and Lottery Scams

If you're asked to pay a fee upfront to collect your prize, it's a scam.

Prevention: Just hang up or say "No!"

### 6. Fake Check Scams

The FTC says "In a fake check scam, a person you don't know asks you to deposit a check." It's usually for more than they owe you, and often happens when you are selling something. They tell you to send some of the money back to them or someone else.

Prevention: The FTC says never use money from a check to send gift cards and don't accept a check for more than the selling price. Even cashier's

checks can be faked. Insist on meeting at the bank to accept payment.

## BEST PRACTICES

With the ever-evolving variety of scams out there, seniors must stay diligent to stay protected. Resist pressure to act immediately. Don't pay out money in gift cards or through cryptocurrency.

Get a second opinion from someone you trust. Get to know your bank manager and ask questions you may have about financial transactions before making a move. Don't cave in to pressure to act right away.

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# Basic Bridge

## Walt Woerheide | Springton

When making the opening lead, the first thought is to make a lead that allows the defense to win a trick that it might not be able to win later. Hence, singletons and doubletons headed by the ace make good opening leads as they may give you an opportunity to ruff a trick while you still hold trumps. If your partner has bid a suit, that is frequently a

good lead, especially if you want to play with that partner again. If none of this is available, the best strategy for an opening lead is to try to do no harm. That is, do not give the opponents a trick they otherwise would not win on their own.

Last year this hand was played seven times in the Friday game at the club. It was played in diamonds twice and six times in three notrump, all by the North-South team. A typical bidding sequence would start with North opening one diamond and South responding with his four-card major, despite how awful it is. North bids two clubs, which shows he has at least eight cards in the two minor suits. As South has hearts stopped, and he has fourteen high card points opposite North's opening bid, he jumps to game in notrump.

West has the opening lead. Against notrump, the most common lead is the fourth from one's longest and strongest suit, which would be spades. But West has a problem. If South holds the jack and ace of spades and

West leads a low spade, South will win two spade tricks. If West can wait until someone else leads spades, then he may eventually win three spade tricks. Two other strategies for picking a lead against notrump are to lead the unbid suit, which in this case is hearts, or to lead the second suit bid by dummy.

If West opts to lead the unbid suit, he will lead the three of hearts. Here, this lead is a disaster because East will eventually win two tricks and he would naturally return his partner's opening lead each time, especially as he has four hearts. The club lead succeeds if East can figure out to return a spade.

It turns out that the defense can set the contract by leading a low spade, the suit that looked least attractive as an opening lead. The dummy would win the ace but then when East wins the lead, he returns a spade and the declarer loses three spades, a club, and a diamond.

Some Souths would not respond with one spade because of the lack of honors. However, there are two good reasons for South to bid one spade. The first is North might also have a four-card spade suit. The second is that if they end up in notrump, such a bid would discourage a spade lead. The defenders who led spades did best on this hand.

West Dealer, None Vulnerable.

				<u>North</u>					
				♠A					
				♥Q42					
				♦T9873					
				♣AQJ5					
<u>West</u>				<u>East</u>					
♠KQT6				♠J543					
♥JT3				♥9876					
♦J6				♦Q54					
♣T983				♣K6					
				<u>South</u>					
				♠9872					
				♥AK5					
				♦AK2					
				♣742					
Bidding:	<u>West</u>	<u>North</u>	<u>East</u>	<u>South</u>					
	Pass	1♦	Pass	1♠					
	Pass	2♣	Pass	3NT					
	All Pass								

Opening Lead: ??



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# Community Warehouse Project of Chester County

John Groch | Chatham

**“The true measure of any society can be found in how it treats its most vulnerable members.”**

- Mahatma Gandhi

Despite recent bull market trends and the relative comfort that most of us seem to enjoy, there are many unseen people who are hurting in our midst. In *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*, NY Times columnist David Brooks insists on the importance of paying attention to others and recognizing the hidden pain and discomfort they may be experiencing. Glenda Brion, CEO and Executive Director of the Community Warehouse Project, is eminently aware of the needs of low-income and disadvantaged members in our very own Chester County community. In collaboration with 80 housing agencies, schools and counselors, Glenda devotes her life to addressing the needs of the homeless and those facing the daily challenge of getting by on a very limited income.

As a founding member of the Project, Glenda has rallied community resources since 2017. With the assistance of program administrator, Christine Polyasz, and a corps of 100 volunteers, she manages operations



Photo captions top to bottom:

L to R: John Schwab, Jeannie McGinn, Steve Brown, Glenda Brion

Christine Polywacz, Program Administrator and Glenda Brion, Executive Director with Westminster Presbyterian Church volunteers who collected and delivered furniture donations from the congregation.

A collaborating agency, Friends Association for Care and Protection of Children, has shared a story to demonstrate the impact of the Project's work.

“ A young couple, with two small children, were moving from our shelter into their very first apartment. They were carefully walking through the Warehouse, exploring furniture that reflected themselves and their style. Natalie, the mother, focused in on what we all considered to be a hideous lamp.... Her husband, Connor, tried desperately to convince her that they did not want this lamp.... With tears in her eyes, Natalie turned to us full of emotion and told us that the lamp reminded her of her grandmother. We were silent. What could we say? The memories and emotions that a simple lamp evoked for her were beyond measure. Thank you for going above and beyond to provide dignity and hope to those most vulnerable in our community-thank you for helping families create a *home*. ”

at two warehouses, one in West Chester (5,300 sq. ft) and an overflow facility in Downingtown (4,000 sq. ft.). These facilities are provided free of charge by E. Kahn Development of Malvern. Monday to Friday, 9:00 a.m. to 1:00 p.m., volunteers accept donations of furniture and household goods, then sort, size, shelve and package items for storage or delivery. Weekly, Gentry's Transport, LLC, makes ten to fifteen deliveries of furniture to families with demonstrated need.

The Project has succeeded in its mission largely due to its active Board of eight community leaders, including a lawyer, accountant,

bankers, and businesspersons, all of whom generously share their time, talent and treasure. The organization's convincing mission of ensuring “that every family and individual suffering from poverty or other hardships can live in a furnished home” has inspired donors and volunteers to provide furniture and household items to nearly 1,300 families and 330 veterans in Chester County.

To volunteer or donate funds, furniture, or household goods, or to learn more, visit: [communitywarehouseproject.com](http://communitywarehouseproject.com).



# Fall Risks: Extrinsic Factors

Fran Waldron | Chatham

In our last discussion, we addressed intrinsic factors that may increase falls risk. Intrinsic factors are those specific to the individual's body, such as balance issues, neuropathy, and medication side effects.

Other things, not specific to a person, frequently contribute to falls. These other contributors are extrinsic, or external, factors and are almost too numerous to name. They are often

things over which we have little control. They include other people or animals, slick surfaces in bathrooms or outdoors, clutter, cracked or uneven sidewalks, dim lighting or glare, incorrect use of a cane or walker, and on and on. Oh no! We are doomed!

Not exactly. We just must change the things we can and be vigilantly aware of others. Things we can change include adding grab bars and handrails as needed. Bathrooms are

the usual suspects for bars, but they can be useful placed near the entry doors to a home to assist with the step at the threshold. A step does not have to be standard height to pose a problem. Steps of non-standard height confuse our brains so that we do not know where to put our foot next. Many health issues, such as stroke, Parkinson's Disease, and multiple sclerosis, make stepping up difficult. Neuropathy or poor vision can make stepping down harder. Something to hold onto which allows us to use upper body strength for lift and balance can be a lifesaver, literally.

There are many ways to make bathroom surfaces less slick, ranging from standing on a bath towel in the shower, as once it is wet it will not move with you, attaching non-stick decals, using non-slip bathmats, or changing the surface itself. These adaptations have a range of prices, and some may not be your style, but there are options. Shower chairs and tub benches are available for seated bathing. Though similar, one or the other may work better for you. The pros and cons of each are worthy of their own discussions.

Many therapists start with removing all rugs. So long as they lie flat with no curling on the edges, and are non-slip, many of us can continue to enjoy floor coverings. However, the very first time you get your toe, cane or walker caught, out they go! Taping the edges is a popular, but faulty, plan. Tape wears over time so that it becomes unstuck. It may curl up, making the equivalent of a foot lasso.

For dimly lit areas, carry a flashlight outside the home and change the lighting inside your home. If glare is an issue, try various tints of sunglasses for various lighting situations. Light colors, such as yellow, brighten and cut headlight glare. Dark tints block sun glare. Something in between may suit your needs best. Experiment.

Using a cane or walker incorrectly can be worse than using nothing at all. Walkers are meant to stay on a level surface, not lifted up or down steps. If your only option is steps, ask for help. Lifting a walker off a curb is what started this whole series of articles.

*Next time: Making a plan before a fall.*





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## Nature Group

# Deciduous Conifers?

Michael Kallay | Princeton

As a recently arrived resident to Hershey's Mill, I was struck by the beauty of the Bald Cypress trees lining Chandler Drive across from the nature trail and sports center. The Bald Cypress is native to the Southeastern US. It is also one of three species that has needles, much like evergreens, but lose their needles in the winter, thereby termed a deciduous conifer. The fall transformation of the needles results in striking colors, like the changing of the leaves with which we are all familiar. The tree is adapted to swampy soil. They have unique roots which are termed "knees" or pneumatophores which reach upward to gather air for the root system when the roots are submerged underwater. Those of you who have explored the mangrove groves in Florida are familiar with these root structures. The trees in HM are in proximity to the waterways and lowlands in which they thrive. Although there are no submerged trees in the ponds in The Mill, the roots of one specimen extend to Ridley Creek where knees appear. Bald Cypress are slow growing and long-lived, sometimes for 600 years or more. They form round cones which contain seeds enjoyed by birds and squirrels.



Bald Cypress, Michael Kallay, Princeton

Another of the deciduous conifers is the *Metasequoia glyptostroboides* or Dawn Redwood. This species was known to exist until the ice age as determined by paleobotanists in the 1940's using fossil records but was thought to be extinct for millions of years. It was named *Metasequoia* due to similarities with the Sequoia tree. However, during World War II, a living specimen of the tree was found in China. The seeds were collected by botanists and were distributed to institutions in China, Ireland and the United States. (The entire

*(continued)*



historical story and controversy of this discovery can be read at *The Metasequoia Mystery* | Landscape Architecture Magazine.) The seeds brought to the US were planted in the Arnold Arboretum at Harvard, one of the world's largest living museums of trees, where the original trees remain. Seedlings were sent elsewhere in the US, and there is a specimen raised from those seedlings at Winterthur Estate in Delaware by Henry DuPont, an infamous businessman but also noted horticulturist. There are also several at Longwood Gardens that are said to have the widest girth of any *Metasequoia*. At the end of the last century, it was declared "tree of the century" by the Arnold Arboretum. Before moving to Hershey's Mill,

we had a specimen in our yard in Rochester, NY, likely planted in the 1960's. Each year, the green needles turned brown, then are lost over several weeks, only to regenerate in the spring. I have been told that there is a *Metasequoia* in Hershey's Mill. Let me know if you find it.

The type of deciduous conifer is the Larch tree, also known as a Larix or Tamarac, which belongs to the pine family, but also loses its needles for winter like the bald cypress. It is native to colder climes, and is a feature in the fall in Canada, especially around Banff because of the distinctive yellow color of the needles. Mill residents can check out several varieties of larch trees in the Morris Arboretum.



Captions from top, clockwise: Bald Cypress Knees, Christine McCormick, Ashton. Dawn Redwood Cones, Meneerke Bloem, Wikipedia Commons. Larch, RW Smith, Lady Bird Johnson Wildflower Center. Bald Cypress In Bloom, Paul Kurkowski, Brighton.



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Bridge Groups:	
Fun Bridge .....	Kathy Martinides .....
Golf Club Tuesday Bridge .....	J.B. Smink .....
Golf Club Friday Bridge .....	Pat Alderfer .....
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Talking Bridge .....	Lisa Groff .....
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Chester County Hospital Auxiliary .....	Kate Lindsay .....
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Exercise to DVDs .....	Barbara Scott .....
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 Smore .....
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MerryMakers .....	
Nature Group .....	Christine McCormick .....
Paoli Hospital Auxiliary .....	Judy Molt .....
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