

JANUARY 2016

# GUIDE — AND — DIGEST



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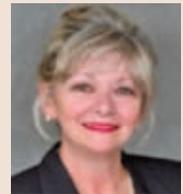
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All submissions are welcomed. Send to [hmctvguide@comcast.net](mailto:hmctvguide@comcast.net), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMC-TV determines suitability and has sole discretion to publish any submission. Submissions are due by the 22nd (38 - 41 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. Contents are from various sources; the information and opinions are of the author, and may not reflect those of Hershey's Mill Community-TV, its officers, or directors.

**HMC-TV Guide and Digest**

Volume XVII Number 1 - January 2016

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**Cover:** The sun sets on a beautiful, snowy day at Hershey's Mill. If the photo makes you wonder about winter and the golf course (page 28), or birds (page 36), you're in luck.

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BAYADA caregiver Laura McCarthy with her client Mrs. Rita A.

## FROM THE MAIN GATE

Marc Fraser | Director of Security

The Hershey's Mill Security Department would like to thank all of the residents who recently donated to the Security Department Christmas Fund; your generosity is greatly appreciated.

# Thank You

We look forward to continuing our important services for all residents of the HM Community in 2016!



## HM RESIDENTS UPDATE

Bedford, Audrey and  
Overton, Barbara

(new #)

868 Jefferson Way

Colson, David & Margaret  
(new #)

30 Ashton Way

DeCosta, Victor & Theresa

746 Inverness Drive

Florence, Dwight and  
Smith, Leslie

29 Chandler Drive

Kramer, Charles & Diana

948 Kennett Way

Update provided by  
HM Security

Marion, Harvey & Nancy

1143 Merrifield Drive

McMaster, Diane & Elizabeth  
(new #)

226 Chatham Way

Olin, Connie

(new #)

1423 Springton Lane

Overton, Jeanne

(new #)

231 Chatham Way

Richardson, Barbara

41 Ashton Way

Robinson, John & Claire

953 Kennett Way

Rouse, Les & Rose

1066 Kennett Way

Volkert, Joan

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Worth, Gayle and  
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(Left to Right) Todd Michener, MD, Adrienne Towsen, MD, Chet Simmons Jr., MD

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**Master Association Board of Directors**

The Master Association Budget is the largest line item in Village budgets, so this article is intended to help Hershey's Mill residents understand what is behind the Master Association numbers. What does the \$142.20 per month cover?

There are two items where a direct comparison can be made to what others in

Grounds Maintenance, especially the landscaping, sets us apart from other active-adult communities; and is one of the key features that new residents identify as a reason they selected Hershey's Mill.

Amenities include facilities, sports venues and buildings that are here for the use and enjoyment of all residents; and again the mix sets us apart from our competition.

# Understanding the Master Association Budget



the immediate area pay for comparable service; Cable and Sewer. In both cases, HM rates are at least half of what other local residents pay for similar service in the area.

Buildings and Reserves is where monies are set aside for future expenditures of a capital nature. Some of the items that are reserved are: roadways, pavements and walking trails, walls, fences, barriers, buildings, and fountains.

Security for our 24/7 gated community consists largely of personnel expenses; but includes the central monitoring for fire and smoke, and the operation and maintenance of the computerized gate entry system. It also gives us the "lock and leave" capability that enables us to have worry free time when we are away for extended periods.

Administration covers the items that are listed, and is self-explanatory.

Understanding the items that are part of your Village budget is important in order to appreciate the full value we all receive for our monthly assessment. It is also important to be able to explain the Master Association Budget and the

## Master Association Budget for 2016

	Annual Cost	Per Unit/Month
Building Maintenance and Reserves . . . . .	\$466,829	\$22.62
Grounds Maintenance . . . . .	\$449,614	\$21.78
<i>Landscape, snow, stormwater, and fire hydrants</i>		
Amenities . . . . .	\$173,150	\$8.39
<i>Community Center, Sullivan House, wood shop, library, sports complex, bus, gardens, and walking trails</i>		
Cable . . . . .	\$653,086	\$31.64
<i>Comparable rate: \$50-\$80 (surrounding area)</i>		
Security . . . . .	\$581,904	\$28.19
Administration . . . . .	\$190,166	\$9.21
<i>Management, insurance, audit, health, and miscellaneous</i>		
Green Hill Sewer . . . . .	\$422,294	\$20.46
<i>Comparable rate: \$46 (average single family rate in East Goshen)</i>		
<b>Total</b>	<b>\$2,937,043</b>	<b>\$142.30</b>



Village budget to our friends who may be considering Hershey's Mill as their future home. The two Open Community Days held last year revealed that monthly fees and what is included in those fees are two of the major ques-

tions visitors had; as well as questions about local taxes.

There is a Value Statement, to be used in discussions with visitors, which you can view at [www.hersheysmill55plus.com](http://www.hersheysmill55plus.com) in the "Homes For Sale" section.

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## Mary Kay Hagerty | Heatherton

From New York City to Cuba, Panama, Connecticut, and now Hershey's Mill, Ken Barnett's life has truly been exciting and enjoyable! Ken, who has an identical twin brother Ted, was born in New York City where his parents lived in a high-rise apartment. Having no other siblings, the twins were very close. People could not tell them apart; which the twins enjoyed immensely, often fooling even their parents as to who was whom!

# Meet Ken Barnett

Devonshire

As the twins started growing up, their father Jay decided that it was time to move to a nice neighborhood so that the boys could walk to school. Ken and Ted enjoyed their new neighborhood in New York where they met Robert and Roland Smith, another pair of identical twins similar in appearance and close in age to them. The four of them hung out together so often that people thought they were quadruplets! Eventually, the Barnett family moved to New Haven, Connecticut where the twins attended prep school. They had loved New York City, and after they moved to Connecticut would often return there to see Broadway shows and attend baseball games at Yankee Stadium. Their dad knew all the subway systems in New York; which added to the fun and adventure of these outings. Ken and his brother, who lives

only a few hours away, remain very close to this day. They have that special bond which many twins claim to have. Ken says that he will often go to pick up the phone to call Ted, and it will start to ring as Ted will be calling him.

Ken's dad, whom he describes as "a very bright man", met his wife, Ken's mother Phyllis McKay, while they were both working in London. Phyllis, who was born in London, was of Scottish descent. Ken's father was an executive in an investment firm. He had grown up in a Spanish-speaking neighborhood in New York City, and thus was fluent in the Spanish language. After

## Photographs by Mary Kay Hagerty

World War I he became interested in oil exploration in South America and Cuba.

After Ken finished prep school, his father decided to move the family to Cuba where he could pursue a career in the oil business. His dad, Ken explains, always liked to surprise people, so he said to his family "We're moving to Cuba!" The family was thrilled to seize this opportunity to immerse themselves in the Cuban culture!

The family lived in Havana for four years. I asked Ken what it was like living there and he said that it was a fascinating place to live! Life in Cuba, for the Barnetts, was very nice! Ken explained that at that time the Cubans liked Americans, and were very friendly and

welcoming. They lived in a beautiful home with servants and a chauffeur-driven limousine at their disposal. There were a lot of things to do in Havana, and it was easy to get around. While the future President of Cuba, Fidel Castro, was studying law at the University of Havana, Ken and his brother were attending the same school learning Spanish. They lived so close to the University that they could walk to school. With their teachers speaking only Spanish, Ken picked up the language very quickly. The Cubans were,

Havana. While in central Cuba, Ken saw exotic sea life, parrots, and many other beautiful birds. He even saw a large bug that could jump two feet off the ground! The food in Cuba was delicious; especially the beef, which he describes



as Ken puts it, "crazy drivers", so the family either travelled in their limousine or rode the local trollies, called "wa-wa"s, to move around town. Ken's mother became involved with a group of British women living in Havana and "had a ball" with various activities. The University of Havana had many extra-curricular activities such as first-run movies and a swim club which Ken and Ted enjoyed. Ken had great respect and admiration for the Cubans and made many friends while living there.

While in Cuba, Ken was able to travel to central Cuba, an hour and a half drive from Havana. He described this rural area as "paradise", very different from

as "superb". There was always an abundance of fresh, delicious vegetables and fruit available to eat, such as bananas, oranges and peaches.

In Havana, there were many open-air clubs with dancing and music provided by Spanish bands. Ken remembers singing and dancing and seeing all the smiling faces in the clubs where the drinks only cost forty cents! It was on one of his outings to a local club that he

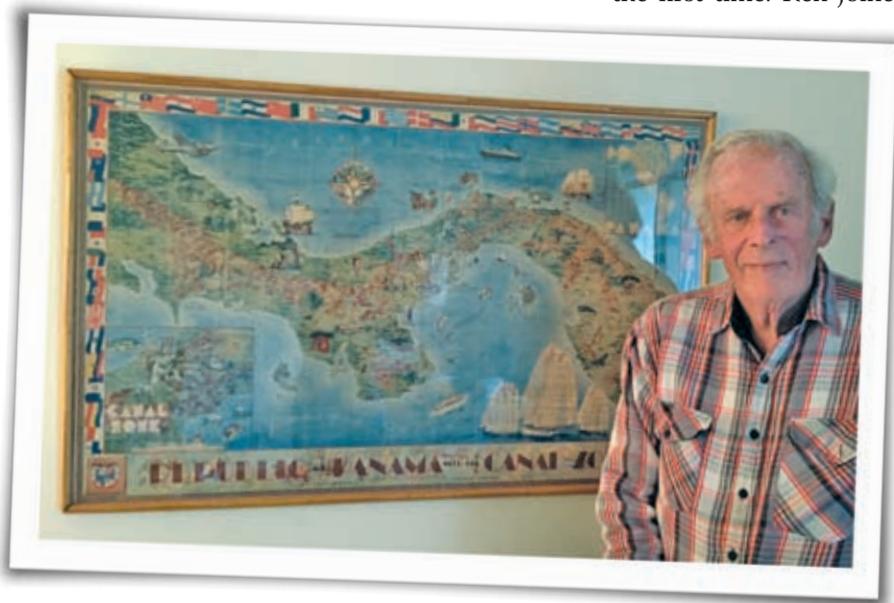
*Continued on next page*

met his future wife, Martha White, who was born in Panama. Her father, who was from the United States, worked for the United Fruit Company. Like Ken's father, he spoke fluent Spanish. When Ken met Martha, who was just starting college, it was love at first sight! He told her "You're a cute girl. I think I'm going to marry you." She said "You're crazy, but you're kind of cute!" Ken felt that she was "the one", and a few years later they were married in Panama.

In the years before Castro came to power, the Cuban republic saw signifi-

Castro came to power, Ken's father, possibly sensing that something was going to change, announced to his family that it was time to go. They had a wonderful time in Cuba and they all cried when they left. As Ken puts it "Cuba was one fun place!"

Upon returning from Cuba, Ken and his brother attended Yale University. They had earned college credits from their Spanish classes at the University of Havana which they applied to their Yale credits. After graduating from Yale, Ken and his brother split up for the first time. Ken joined



cant economic development but also political corruption and a succession of despotic rulers. This culminated in the overthrow of the dictator Fulgencio Batista by the 26th of July Movement; led by Fidel and Raul Castro. During this time of political upheaval when many illegal activities were being introduced in Cuba, Ken's dad was discovering oil in the country. After four years in Cuba, shortly before

the Air Force, working as an air traffic controller and studying weather patterns in Connecticut for two years. His brother joined the army and was stationed in New York. Because it was peace-time, they didn't have to leave the country.

When Ken decided to propose to Martha he flew to Panama, where she was still living. His dad, who was to be his

best man, said that he had to do this on his own. He remembers leaving Idelwilde airport (now JFK) and flying down to Panama alone; which he remembers as a very exciting trip! Martha, of course, said yes and they were later married overlooking the Panama Canal. He loved the experience

He asked his wife where she wanted to live, and they picked the DuPont Corporation in Wilmington, Delaware where he was an executive. They lived in Valley Forge for many years where they raised their family. For the last 20

### Up Close with Ken

**How long have you lived at Hershey's Mill?** Ten years.

**What activities are you involved with at Hershey's Mill?** I enjoy walking around the grounds at Hershey's Mill. Since I don't drive anymore, my generous friend and neighbor Sandy Wollenberg drives me to activities, doctor's appointments, etc. She recently took me to the casual singing group which I enjoyed very much!

**How many children and grandchildren do you have?** I have four children (3 girls and a boy) and ten grandchildren (5 girls and 5 boys). My fifth great-grandchild was just born recently!

**How did you come to live at Hershey's Mill?** Having lived in Valley Forge for many years, I was aware when Hershey's Mill was being built. When it was time to downsize, my son-in-law (who is a real estate lawyer) suggested Hershey's Mill. My wife Martha, who passed away four years ago, was ill at the time and we needed a wheelchair-accessible home. The house in Devon was perfect because it was all on one floor; and with two children living nearby, we loved the location!

**Favorite places to travel?** Panama, Cuba and the islands of the Caribbean.

of traveling through the Panama Canal, and marvels at how it was dug by men under difficult conditions in terribly humid weather. Many men died during it's construction. Ken feels that seeing the Panama Canal is something that everyone who can should experience. His son was able to see it and loved the experience. Ken will always remember swimming in the Atlantic Ocean in the morning, and later that same day, swimming in the Pacific!

After his Air Force experience, Ken earned an MBA degree from the Wharton School at the University of Pennsylvania through the GI Bill. With his MBA, Ken had many job offers.

years of his career he had his own business; retiring when his wife became ill so that he could spend more time with her. He is still close to his twin brother and talks to him often. Ted's wife, like Ken's, had cancer and passed away a few years ago. His brother has since remarried. Ken keeps in touch with his large family; including his children, grandchildren and great-grandchildren, visiting them often. He is grateful for the time he spent in Cuba and Panama. As he puts it, "It was a great experience. I have no regrets." He loves living at Hershey's Mill, and although he misses Martha he treasures the time that they had together here; "just the two of them."

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CHRONOLOGICAL ORDER

**Pennsylvania Farm Show  
- 100th Anniversary**

**Thursday, January 14, 2016**

**Cost: \$15 + Lunch**

**Departs: 10:30am**

**Contact: Priscilla Burt**

For a century, Pennsylvanians have traveled to Harrisburg each January to see a showcase of the best of Pennsylvania agriculture, from the finest animals to unique hand-crafted wares. It also shows how Pennsylvania's farmers continue to provide food to our state and families. Enjoy this opportunity to: experience agriculture through the show's 6,000 animals, 10,000 competitive exhibits,

*Do you enjoy the bus trips, but would love to add other events or dates? Then YOU are the answer! HM residents volunteer to plan trips benefitting all, and we welcome your ideas and involvement.*

and 300 commercial exhibits (including the opportunity to milk a cow at the Pennsylvania Dairy Princess and Promotion booth); enjoy a famous Farm Show milkshake; and learn first-hand the science and skills used in agriculture at the Today's Ag display. Lunch is on your own in the food court which offers a vast array of eating options.



**The World Famous Popovich  
Comedy Pet Theater**

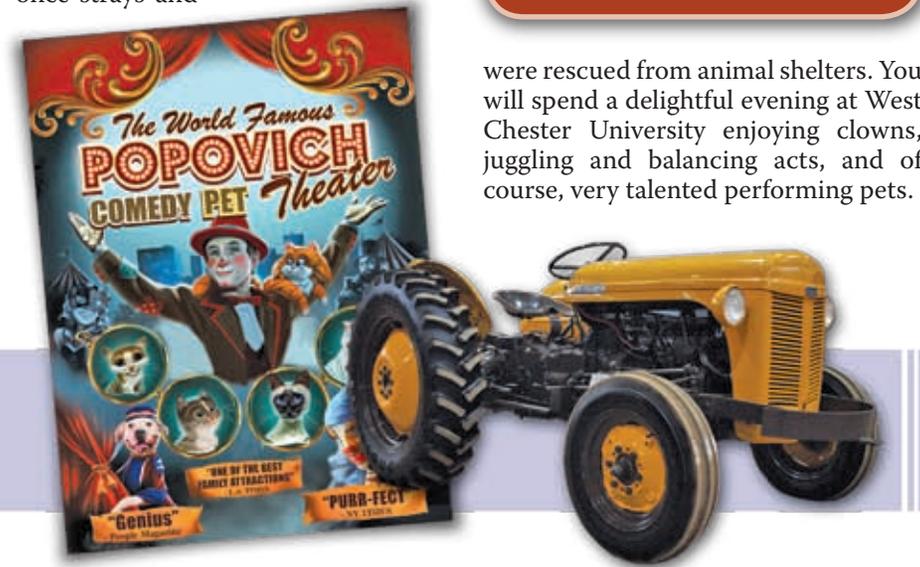
**Friday, April 1, 2016**

**Cost: \$20**

**Departs: 6:45pm**

**Contact: BJ VanSchooneveld**

We had so much fun last year at this show that we decided to offer it again! This is a family-oriented blend of the unique comedy and juggling skills of Gregory Popovich, and the extraordinary talents of his performing pets. Each of the show's cats and dogs were once strays and



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.

Bus leaves promptly at the scheduled time. Please plan to arrive 10 minutes early.

All bus riders must be age 18 or older (unless specifically noted in description).

The HM Bus Committee is always looking for more volunteers to share ideas and plan trips! If interested, call Marc Fraser at

were rescued from animal shelters. You will spend a delightful evening at West Chester University enjoying clowns, juggling and balancing acts, and of course, very talented performing pets.



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**2015-2016 WCU Travel Adventures**

**Tuesday Evening Series**

**Cost:** \$8 (Single Date Bus Only) + Event Admission  
**Departs:** 6:30pm  
**Contact:** Sandy Waldman

The West Chester University Travel Adventures Series is a wonderful and inexpensive way to see the world! The presenters are professional photographers who entertain across the country, and we are very fortunate to have these programs available close by. The WCU Geography Department remaining programs are:

- February 16, 2016**  
Florida's West Coast
- March 15, 2016**  
South America & Central America

**March 29, 2016**

**Not a Day Goes By: Remembering Hell's Canyon**  
 Purchase event tickets in advance or at the door.

**2015-2016 Walnut Street Theatre**

**Thursday & Saturday Matinees**

**Cost:** \$41 (per show)  
**Departs:** 12:30pm  
**Contact:** Adele Juzi (Thursdays)



**Contact:** Connie Cline (Saturdays)

- Remaining 2017th anniversary season:
- Thursday 2/4/16 & Saturday 2/13/16**  
*Harvey*
  - Thursday 3/31/16 & Saturday 4/9/16**  
*Peter And The Starcatcher*

**Thursday 6/2/16 & Saturday 6/11/16**  
**Sister Act**

We're collecting names as vacancies become available for individual shows.

**2015-2016 Philadelphia Orchestra**

**Friday Evening Series**

**Cost:** \$14 (Single Date Bus Only) + Performance Admission  
**Departs:** 6:00pm  
**Contact:** Ann Seraphin

If you haven't been to the Philadelphia Orchestra, or haven't been lately, join us to experience the wonderful and thrilling music which you've been missing! Our remaining series dates are:

- February 12, 2016**
- March 11, 2016**
- April 29, 2016**

Call now to reserve your place.

**The Playhouse on Rodney Square**

**Wednesday Matinee Series**

**Cost:** \$235  
**Departs:** 12:30pm  
**Contact:** Adele Juzi

This venue was previously known as DuPont Theatre. We will attend three performances this season:

**January 13, 2016**  
**Chicago**

*A tale of fame, fortune, and all that jazz with one show-stopping song after another, in addition to some astonishing dancing!*

**April 20, 2016**  
**42nd Street**

*Portrays the story of a starry-eyed young dancer's journey from her Allentown home to becoming a Broadway star!*

**May 11, 2016**  
**Jersey Boys**

*The Tony, Grammy, and Oliver award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons.*

Reserve your orchestra seats as soon as possible!

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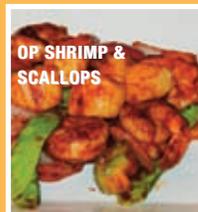
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Gay Barry | Quaker

Have you ever driven past something a hundred times and never paid much attention to it, even missing the sign? Well, in this case I had. The only thing I ever remembered about it is that it looked like an old



Dairy Queen; and yes, that's what it was – right near here on Lancaster Pike.

A friend mentioned it to me a while ago, and suggested this might be a good place to visit and write about. Indeed she was correct. Before I even get started, I can say it was one of the best dinners Jack and I have had since I have been writing the Dining Out section in the *Guide and Digest*.

It has been owned for 24 years by the same family, and the husband is the chef. With about 14 tables, he does it with just one sous chef. The restaurant is named for his wife Bunha and first daughter Faun. The chef goes by the name Danai K. He is Thai, and his last name is Krzemieniewa; too much for us English speaking people! But in any language, the food is exceptional.

The cuisine is French-Asian fusion. I have heard the word fusion so many

times and usually just pretend like I know what it means. Well, this time I asked. Most of the sauces are made with some alcohol – consequently “fusion” infused with alcohol.

The atmosphere is calming, with linen tablecloths and napkins. Each table is lighted with one candle and a small flower arrangement. Lovely for an intimate dinner, but also an enticing place to have dinner with friends. There are only two servers, but they were most attentive

Photos courtesy of Bunha Faun



despite a filled restaurant when we were there. Our water glasses were never empty. Another plus for Bunha Faun is that it is a BYOB. No corkage charge either.

The presentation of food calls out for consumption; it is that appealing. And the food is piping hot. Dinner is the only meal served with a number of specials. If you are a vegetarian (who still eats fish), you have found the place; fish dishes are plentiful, as well as tofu. Our evening's specials were: cream of coconut pumpkin corn soup; and sautéed oysters on a bed of spinach with cream

of vermouth sauce and asparagus salad. Entrées were: steamed salmon topped with crabmeat and vermouth sauce (now I was beginning to understand “fusion”); baked rainbow trout stuffed with sun-dried tomatoes, mushrooms and spinach with a red burgundy sauce; sautéed Barramundi with scallion ginger sauce; and sautéed shrimp and scallops with artichoke hearts and mushrooms in a champagne cream sauce.

Even though desserts are my favorite, I have been trying to avoid them lately. But you guess correctly that it was too tempting this time. Crème brulee was recommended, but Jack chose tiramisu cake with a generous amount of mascarpone cheese (which one rarely finds these days – the cheese, that is) and crème anglaise. There was also cappuccino truffle (*yum yum*), triple chocolate

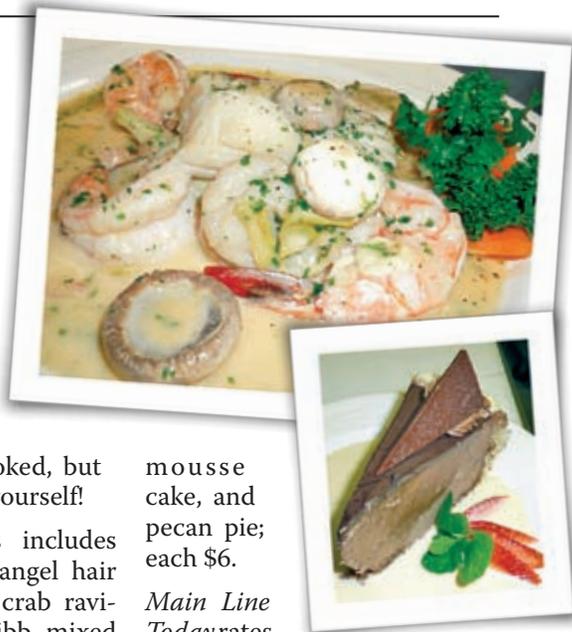
# Bunha Faun

152 Lancaster Pike  
Malvern, PA  
(610) 651-2836

All entrées were accompanied with scalloped potatoes, which were creamier than the dish I know, and green beans like nothing I have ever experienced. I could have just had a plate of those two sides. I know the magic way they are cooked, but you will have to inquire for yourself!

A sampling of appetizers includes French onion soup, green angel hair pasta, escargot, as well as crab ravioli. Salads include Caesar, bibb, mixed greens, and snow peas – all complemented appropriately.

In addition to the entrées mentioned above, you can enjoy: roast duckling (de-boned) wrapped with bacon; tofu curry with sweet peppers and eggplant; rack of lamb baked with herbs (a large portion – eight ribs!); filet mignon wrapped with bacon in red wine sauce; and *escalop* of chicken sautéed with apricot and ginger in white wine sauce.



mousse cake, and pecan pie; each \$6.

*Main Line Today* rates BunhaFaun as one of their “the best of ...”. Reservations are recommended, and are a must Friday through Sunday. Hours are 5pm to 9pm Sundays through Thursdays (but closed on Mondays), and 5pm to 10pm Fridays and Saturdays.

Now when we pass by, I will know that there is exceptional dining inside. Not “a curl on top.” *Bon Appétit!*

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Steven Friedell | Golf Superintendent  
Hershey's Mill Golf Club

In the northeast United States, golf course maintenance work is highly visible to the golfing public between the months of April and October. Observing daily mowing, watering, fertilizing, chemical applications, and so many other specific maintenance practices is commonplace to golfers as they make their way around the facility. I cannot think of another recreational activity

As the golf season transitions into the winter months, our maintenance crew is downsized to half of its normal operation of fourteen. In that capacity, the crew continues to regularly mow all of the playing surfaces into the month of December; for continued course play, and to prevent the bentgrass surfaces from thatching up. As the thousands of trees on the property drop their leaves over the span of several weeks, the crew feverishly mulches, blows, and eventually removes all of them. Left unattended, rotten leaves smother

# Why Golf Course Maintenance in the Winter?



or sport where the maintenance operation is continuously operating on the same grounds which the partaker of the activity is using. Can you imagine watching a football game while the maintenance crew is out there trying to mow the field?

Where our summer golf maintenance operation is under constant watch by the golfing membership, our winter operation is not so casually observed – even though it is just as busy and productive. I am constantly asked as to what our maintenance crew is actually doing over the winter months at Hershey's Mill.

turf grass and would leave the golf course in unplayable condition for the next season. The foliage of the seasonal landscape plants and grasses throughout the property are cut down and removed to promote healthy growth for the next season. All of the ball washers, tee markers, tee tins, hazard stakes, bunker rakes, etc. are brought back into the maintenance shop to be repainted/refurbished by our own crew. Did you know our ball washers are approaching 20 years in age, yet they look brand new at the beginning of each golf season?

One of the most critical winter jobs that must take place on the course is the winterization of the miles of underground irrigation pipe and the 1,000+ sprinkler heads on the property. The

## Golf Tip

If these days Mother Nature is limiting our practice to just indoor putting, take advantage of that time and work on your stroke. Whatever your style of grip, stance, and stroke may be, always make sure the putter head is square to your target line at and through the

ball. It is extremely important that you avoid the collapse of your left wrist through impact. Being a good putter means having sound fundamentals, good judgement, and confidence. Once you master the first two, the last one will quickly follow.

Matt Harvey, PGA

golf irrigation system is isolated from the water source at the pump station, drained, and each sprinkler is blown out with compressed air. The entire process takes over two weeks to complete.

When work cannot be completed out on the course, the work is moved behind closed doors at the maintenance facility. Along with painting and refurbishing, the 60 plus machines and carts that are used on the course are being cleaned, repaired, and serviced; blades are being sharpened, sprayers winterized, and new golf accessories are being assembled. The assistant and the golf course superintendent use the winter months to forecast the materials to be applied for the next golf season. Roughly



Photo by S. Friedell

90% of the fungicides, herbicides, insecticides, growth retardants, and fertilizers are purchased over the winter to take advantage of winter promotions that are run by companies such as BASF and Bayer. The purchase of these products "off season" results in close to a 10% savings on a six-figure line-item. With well over 100 product applications needed to be made on the course during the golf season, forecasting the chemistry and specific amount of products to use is a painstaking process.

Drainage projects, dead tree removal, sign repair, irrigation repair, and restoration projects take place every winter at Hershey's Mill. Additionally, the crew has been heavily involved with the larger scale bunker restoration projects that have taken place at our club over the past few years. The full involvement of the Hershey's Mill maintenance crew, working along with the contracted golf course construction firm, has kept the cost of these projects reasonable and the job timeline shorter.

Continued on page 31



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## HERSHEY'S MILL GOLF CLUB (continued)

And then there is the snow! The golf maintenance department at Hershey's Mill is a major contributor to the snow removal operation that takes place within the Hershey's Mill community. Four of the snow plow operators on site are from the golf maintenance crew, while the rest of the employees shovel and salt many of the communities, the club house, the paddle tennis courts, and occasionally the shopping center. After the snow removal and de-icing responsibilities are complete, the assistant and the golf course superintendent carefully monitor the ice situation on the 20 golf greens out on the course. If it is determined that the winter ice is inhibiting the dormant turf's respiration process, the entire maintenance crew will walk out to the critical greens and remove the ice manually.

Finally, the winter golf season is a time for the golf maintenance department to enjoy the holiday season and to be with their families. While it is necessary to set up and maintain the golf course around Easter Sunday, Memorial Day, Independence Day, and Labor Day, the golf maintenance department does not work on Thanksgiving or between Christmas and the New Year ... unless there is a snow storm!

With the golf course property at Hershey's Mill taking up 100+ acres, there are countless areas that require yearly maintenance, areas that may need special attention, or areas that could be completely altered into something new. As long as we are here, you will find us working on improving your golf club, no matter what time of year it is.

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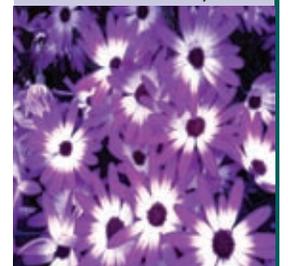
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>January 2016</h1> <h2>Activities Calendar</h2> 			<i>Snowmen fall from heaven ... unassembled.</i>	<b>1</b> <i>Most Activities Canceled</i> 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	<b>2</b>	<b>3</b> (SH) takes place at Sullivan House. Dates and times subject to change. Contact program leader for details.
<b>4</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<b>5</b> 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm Camera Club	<b>6</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge Lesson 10:00am Ageless Exercise 12:30pm Art Group 12:30pm Social Club Bridge 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Casual Singing Group 7:00pm Mah Jongg	<b>7</b> 10:00am Alzheimer/Dementia Support Group 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm Remedies For Wellness	<b>8</b> 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 10:00am Scrapbooking Intro. 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub	<b>9</b> 10:00am Mac Computer Group 4:00pm Boomers Party	<b>10</b>
<b>11</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<b>12</b> 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm (SH) Great Books Club	<b>13</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	<b>14</b> 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm (SH) Books Discussion 6:30pm Poker 7:00pm Remedies For Wellness	<b>15</b> 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	<b>16</b> 	
<b>18</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<b>19</b> 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 3:00pm Web Group 7:00pm PC Computer Club	<b>20</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge Lesson 10:00am Ageless Exercise 12:00pm Social Club Bridge 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg	<b>21</b> 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm Remedies For Wellness	<b>22</b> 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub	<b>23</b> 10:00am Mac Computer Group	<b>24</b>
<b>25</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<b>26</b> 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm (SH) Great Books Club	<b>27</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	<b>28</b> 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm Remedies For Wellness	<b>29</b> 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 3:00pm Bingo	<b>30</b>	
						<b>31</b> <i>Don't knock the weather – most people couldn't start a conversation if it didn't change once in a while.</i>

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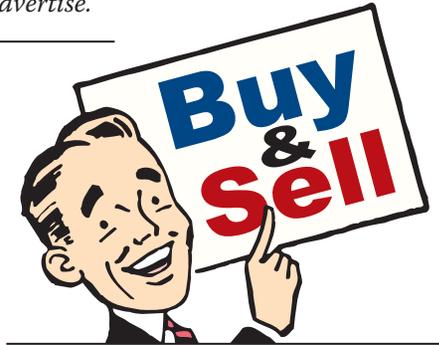
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Bird photographs, taken at Hershey's Mill in 2014, are courtesy of Stuart Glasby of Robynwood

**SULLIVAN HOUSE CLOSURE**

*Gay Barry | Quaker*

The Sullivan House Committee informs all residents that the House will be closed from **February 1 to March 15, 2016**, for renovations to the first floor powder room. The floor will be raised to meet the landing and the steps will be removed. As is possible, given the configuration of the space, the powder room will be made handicapped accessible. The groups that use

Sullivan House regularly will also be directly notified of alternatives.

**CALLING ALL BIRD WATCHERS**

*Wilbur B. Amand, VMD | Inverness*

I often run into bird watchers at Jefferson Pond and other areas in Hershey's

Mill. This makes me wonder, just how many birders are there in Hershey's Mill? How could we best communicate with each other and share sightings and mutual interests around birding? Would more contact enhance our birding experience? Would there be interest in organizing through email, listserv, or some other form of technology to enable us to share sightings and birding experience both inside and outside of HM?

If you have an interest in birds and would like to be more connected with others of similar interests within Hershey's Mill, please contact me at 721 Inverness Drive, by telephone at \_\_\_\_\_, or by email at \_\_\_\_\_ . If there is an interest within Hershey's Mill, we can explore other ways to share our birding experiences.

**GOSHEN FIRE COMPANY**

*C. Ralph Verno | Yardley*

Once again we're at the time of the year when many people make resolutions for the New Year; many of which are never kept. People resolve to eat less or differ-



ently, drink less or quit, smoke less or quit, exercise regularly, etc. Most of the resolutions people make are about themselves or their behavior, which is not bad. But

I have a suggestion for a resolution which will make you feel better and will be directed to helping others. It is to resolve to volunteer, or volunteer more if you already do. In particular, I suggest that you

might resolve to volunteer for the Goshen Fire Company, the one which serves the Hershey's Mill community for ambulance, fire, and other services.

I am not suggesting you volunteer to be a firefighter or an EMT; unless you are still relatively young and able, or maybe have past experience as such. There are other ways to volunteer to serve the fire company, and thus serve the community served by the company. One way would be

*Continued on page 39*

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**COMMUNITY NEWS (continued)**

volunteering as a Fire Police Officer, which is what I have been doing for the last 17 years. The job of the Fire Police is to respond, when you can, to emergencies such as accidents, fires, etc. in order to control traffic or crowds as necessary. By doing this, Fire Police relieve police, so they can deal with the incident. I don't like it when these types of emergencies occur, but I get a lot of satisfaction from knowing that I am helping our community.

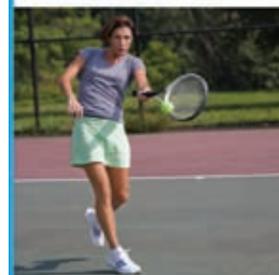
But there are other ways you can give volunteer service to Goshen Fire Company; such as helping with some of our fundraising activities. You could help, as I do, with a once-a-month Sunday breakfast held at the main station of the company (eight months of each year). Maybe you would like to help with our

Easter and Mothers' Day flower sales held at the smaller station at Boot and Greenhill roads. A lot of help is needed to run our annual Goshen Country Fair in the summer on the grounds of the main station; it runs for six nights, but you would not have to work every night. Or how about just helping to get out the mailings for our fundraising letters or the fifteen-week raffle?

I am able to, and do, volunteer for some of these things, and maybe you can too. We would love to have you help us, and thus help the community; and you would get a good feeling from doing so. If you are interested in any of these ways to serve, I can put you in touch with the appropriate person involved with each activity. Just contact me via email at \_\_\_\_\_ or by telephone at \_\_\_\_\_.

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<b>Original Programming</b>	<b>January 1-15, 2016</b>			
<b>Wetlands of Hershey's Mill</b> <i>With Neil Atkins</i> Originally shown in 2010, Bruce Foreacre and Neil Atkins discuss our very own wetlands.	10:00 am	4:00 pm	7:00 pm	12 am
<b>Hershey's Mill Ponds and Streams</b> <i>With Neil Atkins</i> Originally shown in 2010, Bruce Foreacre talks with Neil about waterways in our own backyard.	10:15 am	4:15 pm	7:15 pm	12:15 am
<b>Our Hummingbirds - Part 1</b> <i>With Jaye McNutt</i> Originally shown in 2012, Bruce Foreacre of the Hershey's Mill Landscape Division shares pictures he has taken of the Hummingbirds at Hershey's Mill.	10:30 am	4:30 pm	7:30 pm	12:30 am
<b>Our Hummingbirds - Part 2</b> <i>With Jaye McNutt</i> A continuation of Jaye's interview with Bruce Foreacre about Hummingbirds.	10:45 am	4:45 pm	7:45 pm	12:45 am

<b>Movies</b> Noon and 8:30pm	<b>January 1-7 (noon only on the 7th)</b> <b>Von Ryan's Express (PG)</b> <i>Frank Sinatra and Trevor Howard</i> World War II thriller where a prisoner of war breaks out and hijacks a train full of Allied troops. [Run time 1h 57m]
	<b>January 7-15 (8:30pm only on the 7th; noon only on the 15th)</b> <b>Persuasion (PG)</b> <i>Amada Root and Ciaran Hinds</i> Based on Jane Austen's last completed book before her death. [Run time 1h 44m]

<b>Bulletin Board</b>	1:00am-10:00am	11:00am-Noon	Following the movie until 4:00pm
	5:00pm-7:00pm	8:00pm-8:30pm	Following the movie until Midnight

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<b>Original Programming</b>	<b>January 16-31, 2016</b>			
<b>Enjoy a Nature Walk Around Hershey's Mill - Part 1</b> <i>With Neil Atkins</i> Originally shown in 2010, Bruce Foreacre, our local authority on the grounds of Hershey's Mill, talks about the lovely areas right outside our windows.	10:00 am	4:00 pm	7:00 pm	12 am
<b>Enjoy a Nature Walk Around Hershey's Mill - Part 2</b> <i>With Neil Atkins</i> Bruce and Neil Atkins discuss more about our little world inside the Mill.	10:15 am	4:15 pm	7:15 pm	12:15 am
<b>Enjoy a Nature Walk Around Hershey's Mill - Part 3</b> <i>With Neil Atkins</i> Enjoy another segment of Bruce's wonderful walk in our lovely woods.	10:30 am	4:30 pm	7:30 pm	12:30 am
<b>The Hershey's Mill Serpentine Barrens and Path</b> <i>With Neil Atkins</i> Originally shown in 2007, the program features Bruce Foreacre talking about this little known area of Hershey's Mill.	10:45 am	4:45 pm	7:45 pm	12:45 am

<b>Movies</b> Noon and 8:30pm	<b>January 15-22 (8:30pm only on the 15th; noon only on the 22nd)</b> <b>Red (PG-13)</b> <i>Bruce Willis and Morgan Freeman</i> Frank is a former black-ops CIA agent living a quiet life alone until a hit squad shows up to kill him. [Run time 2h 31m]
	<b>January 22-31 (8:30pm only on the 22nd)</b> <b>A River Runs Through It (PG)</b> <i>Craig Sheffer and Brad Pitt</i> A story about two sons of a stern minister growing up in rural Montana while devoted to fly fishing. [Run time 2h]

**To view Channel 20's original programming on your computer:**

Go to [hersheysmill.org](http://hersheysmill.org), TV & Digest, HMC-TV20, Original Programming.

**To view or print the HM cable channels:**

Go to [hersheysmill.org](http://hersheysmill.org), TV & Digest, Cable & Comcast. You can choose to view a basic or full channel listing.



CLUBS/GROUPS ARE LISTED IN ALPHABETICAL ORDER

APPLE MAC CONNECTION

Carol Campanelli | Ulster

The Main Line Macintosh Users Group (MLMUG) will meet in the Hershey's Mill Community Center on **Saturday, January 9 at 9am**. There is no charge, and all are welcome. Stan Horwitz will be the featured presenter and will review *Microsoft Office 16 for the Mac with Office 365*, and also demonstrate Apple's new 4th generation Apple TV device and its new remote control. The program schedule is detailed below. Coffee and tea will be available.

**9:05am to 10:05am:** After the meeting in the Main Hall, the three concurrent Special Interest Groups (SIGs) will convene in separate rooms; the Paoli, Malvern, and Ardmore rooms. Signs will direct you.

**Newer Users.** Covers the most basic questions you may have about your Mac/iDevices and how to use them.

**Multimedia.** Discusses using your Mac/iDevices and applications for photo, video, audio, and print media.

**Mac OS & iOS.** Goes beyond basics to discuss Apples current operating systems, using your Macs and iDevices, and

various applications. Also includes a Question & Answer session.

**10:05am to 10:15am:** Break.

**10:15am to 10:30am:** Welcome, and other business in the Main Hall.



**10:30am to 11:50am:** Main Presentation by Stan Horwitz. He is an avid photographer, and a long-time MLMUG member. He works at Temple University in the Computer Services Department and lives in the Art Museum area of Philadelphia with his cat Darwin.

**11:50am to noon:** Raffle and silent auction.

The next 4th Saturday of the month Newer User's Group meets **January 23rd**. Refreshments will be available.

BILLIARDS FOR BEGINNERS

Joe Silio | Eaton

Learn the basics of billiards in a casual and social atmosphere in the Billiards Room of the Community Center on



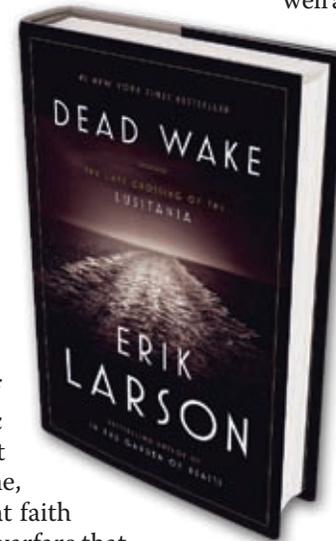
**Fridays, January 8, 15, 22 and 29 at 1pm.** This is an opportunity to pass an afternoon among friends and learn something new. Any questions please call me at

BOOK CLUB

Anne McAssey | Merrifield  
Audene Paulson | Eaton

*Dead Wake* by Erik Larson

The *Lusitania* was one of the great Trans-Atlantic "Greyhounds", the fastest liner in service at that time, and her captain placed great faith in the gentlemanly rules of warfare that for a century had kept civilian ships safe from attack. You're welcome to join us



well as a Question & Answer segment. So bring your questions and we will do our best to get you answers.

TREDFYFRIN #3 QUESTERS

Edna Reese | Brighton

Did you know the saying "God willing and the Creek don't rise" was in reference to the Creek Indians and not a body of water? Join our Questers in private homes in Hershey's

Mill to experience history in a fun and social environment. We meet on the **2nd Wednesday** of each month at **10am** and have interesting speakers throughout the year who keep us well informed on antiques, preservation and education. We also visit historic landmarks periodically as well. Won't you join us for the fun and education? Please contact me at

for further information about our group.



on **Thursday, January 14 at 2pm** in the Sullivan House.

COMPUTER CLUB

Don Trauger | Kennett

Be sure to attend the PC Computer Club meeting on **Tuesday, January 19 at 7pm** in the Ardmore Room of the Community Center. There is a new topic discussed each month, as



Winter is a perfect time to learn more about all of the great clubs at the Mill!



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## HM LIBRARY NEWS

Donna Spoto | Ulster

Our best wishes to all for a wonderful 2016!

The library will begin the year by kicking off with plans for our annual used book sale. The 2016 Book Sale is scheduled for September 10 and 11, with our preview reception on Friday, September 9. We are now accepting donations of slightly used books. Our book sale helps us in purchasing subscriptions, supplies, and occasionally a piece of equipment.

A volunteer is at the desk during open hours shown in the blue box. However, during inclement weather, the volunteer may choose to close the library if they deem it unsafe. We appreciate

**Community Center Library Hours**  
**Monday to Friday 10 a.m. – 2 p.m.**  
**Saturday 10 a.m. – Noon**

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

your understanding, as the safety of all is our concern.

Our Ambassador Program is offered for residents who are unable to get to the Library and need books brought to their home. Please contact Becky Bell at \_\_\_\_\_ with questions.

**“My grandma always said that God made libraries so that people didn’t have any excuse to be stupid.”**  
– Joan Bauer, *Rules of the Road*



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- 1 Step Wheel Cleaning
-  **Exterior Wash - \$9 (incl. Tax)**  
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(Trooper Rd. & Forge Ave.)  
Audubon, PA 19403  
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**EXTON**

Main Line Health Center  
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153 Exton Square Parkway  
Exton, PA 19341  
610-431-0200

Don Trauger | Kennett

Provided in this article are some common Windows keyboard shortcuts. These shortcuts allow you to control the computer via



My favorite keyboard shortcut for copying text and pasting it to another document, or to another portion of the same document, is Ctrl “C” followed by Ctrl “V”. Highlight the text you want to copy, then hold the Ctrl key while you press the “C” key. This action places the highlighted text in memory, but also leaves it in place. Next, place the cursor where you want to paste the highlighted text into and hold the Ctrl key while you press the “V” key. The copy and paste keyboard shortcuts work on all versions of Windows. One other text associated keyboard

# Windows Keyboard Shortcuts

a sequence of keystrokes. For example, the first Windows 10 keystroke listed is “Windows key + A” and this opens the Action Center in a window on the right side of the screen. The Action Center allows you to see what has taken place in your Windows 10 computer. The Windows key is usually located in the lower left portion of the keyboard, and is defined by a 4-segment white or black insignia. Instructions to implement this keyboard shortcut (and others similarly) is to hold down the Windows key and simultaneously press the “A” key. To create a new virtual desktop screen, hold down the Windows key as well as the Ctrl key, and simultaneously press the “D” key. *Note that I have used capital letters for clarity only; you don’t have to capitalize the letter keys by holding down the “shift” key.*

shortcut is Ctrl “X”. To move text, highlight the text, hold down the Ctrl key while you press the “X” key and the highlighted text disappears. Place the cursor where you want it then hold down the Ctrl key while you press the “V” key to enter it at that location.

I’m sure you will find something in the following keyboard shortcuts to make your computing more efficient. Each shortcut is in italics, and is followed by what it does.

## Windows 10’s Newest Features

- Windows key + A*  
Open the Action Center
- Windows key + C*  
Launch Cortana in listening mode (for voice commands)
- Windows key + I*  
Open the Settings app

- Windows key + S*  
Launch Cortana
- Windows key + Tab*  
Open Task View
- Windows key + Ctrl + D*  
Create a new virtual desktop
- Windows key + Ctrl + F4*  
Close the current virtual desktop
- Windows key + Ctrl + left/right arrow*  
Switch between virtual desktops

## Standard Windows Shortcuts

Functions are for specific Windows versions, as indicated in parenthesis after the shortcut; “+” is “and up”.

- Windows key (W7+)*  
Open/close the Start menu
- Windows key + X (W8.1/10)*  
Open/close the Start button’s right-click context menu
- Windows key + left/right arrow (W7+)*  
Snap current window to right or left of screen
- Windows key + E (W7+)*  
Launch File Explorer
- Windows key + L (W7+)*  
Lock the desktop
- Alt + PrtScn (W7+)*  
Take a screenshot of current window and copy it to your clipboard
- Windows key + PrtScn (W8.1/10)*  
Take a screenshot of the entire display and save to Computer > Pictures > Screenshots

## Browser Shortcuts

These work in Microsoft Edge (Microsoft’s successor to Internet Explorer) and most other main-stream web browsers.

- Ctrl + T*  
Open new tab
- Ctrl + D*  
Bookmark page

- Ctrl + L*  
Highlight current URL (good for typing a new address or copying the current one)
- Ctrl + Tab*  
Cycle through your open tabs
- Ctrl + Enter*  
Add “.com” to the end of a web address (e.g. type “google” then *Ctrl + Enter* to get “google.com”)

The PC Computer Club meetings are open to all regardless of computer experience. We will continue our coverage of Windows 10 from the Technology Tips articles in the *Guide and Digest*. There will also be a question and answer session should you have a problem or other topic. Join us upstairs in the Community Center at 7pm on the 3rd Tuesday of each month.

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**Charlie Gentile | Yardley**  
HMSG President

Winter is beginning to settle in and the holidays are nearly history, so now is a great time to think about making

it will likely be collecting dust or be a clothes hanger!

Since Hershey's Mill does not have an onsite fitness center, where can you go to socialize and work out? Have you considered the next best thing, of

# Local Fitness Centers Survey

and fulfilling a healthy resolution for the new year. What is a better way to focus on fulfilling that New Year's resolution of getting in shape and losing weight than to exercise? I hope you did not get a treadmill or stationary bike for Christmas, because within 90 days

joining a local fitness center? We have put together a brief tabular analysis of some of the local and more popular centers near the Mill; *please contact us with questions as the information can be confusing/unclear*. But before you view the table, we suggest that you read what each fitness center has to say about itself. Jack Keeley and Don Evons visited each fitness center and asked each to write a short paragraph in answer to the question "Why should

a HM resident join your fitness center?" Their edited responses follow:

## ACAC (West Chester)

Our McDermott Drive facility meets all your fitness and wellness needs, and is conveniently located less than 3 miles from Hershey's Mill. We include a wide selection of fitness equipment, an aquatic center with indoor and outdoor pools, free group classes, a walk/jog track, day spa, café, and more!

## Anytime Fitness (Exton Mall)

Are you looking for a high quality, friendly, "feels like home" fitness center? Then we welcome you to join us, just minutes from Hershey's Mill. We are the largest and fastest growing gym chain in the country for a reason! With 2,000 locations in all 50 states, we are affordable, accessible, clean, and most importantly, welcoming! Call us today

*Continued on next page*

	ACAC	Anytime Fitness	Planet Fitness	LA Fitness	YMCA
Initiation Fee	Yes; waived for HM	Yes/No*^	Yes/No	Yes; waived for HM	Yes; waived for HM
Annual Contract	Yes	Yes	\$99*^	No	Available
Monthly Contract	After 1 year	Yes	Available	Yes	Yes
Vaca* Plan	5/\$0	Yes	No	6/\$10	6/\$10***
Classes	Free/\$	Yes	Free	Free/\$	Free
Personal Trainers	\$	Yes/\$	No	Yes/\$	\$
Senior Rates	\$64	\$39	\$10	\$29.95	\$49.50
Silver Sneaker		Yes	No	Yes	Yes**
Ins Comp?		Yes	Yes	Yes	Yes
Comments		2500+ facilities	HM \$10	700+ facilities	9 local facilities

\* Months allowed within 12 month contract / Cost per month

\*\* Three locations excluding Airport Road facility

\*\*\* Health coverage maintained

\*^ At certain times of the year; No initiation or monthly fee

### Get Involved; Play Where You Live

**Paddle Tennis** - Friday clinic; contact Val Woodley for more information.

**Paddle Tennis** - Open play.

**Pickleball** - Indoor open play at ACAC, YMCA, Concord, Garnet Valley ([www.gherkins.org](http://www.gherkins.org)), and United Sports in Downingtown. Call venues for days and times.

**Skiing** - Thursdays at Blue Mountain. Depart at 7:30am and be back by 5pm. Skiing is free for those age 70+. Contact Don Evons for more information.

*"Creating Lifestyles"*



at 484-879-6106 so that you don't just become another face lost in the crowd. We are built on health and friendships!

**LA Fitness (East Goshen Shopping Center)**

We are a state of the art facility with all the amenities included in a monthly membership with no contract. We also have the Silver Sneakers program available for anyone who qualifies. Above all, it is our team that is our best resource, each member dedicated to making your fitness experience an exceptional one.

**Planet Fitness (Route 30 in Frazer)**

We provide a judgment free, non-intimidating atmosphere for all members. We are geared more towards general fitness and do not cater to body builders and power lifters. Our members have access to tons of user friendly

strength and cardio equipment, plus our 30-minute workout circuit. Unlimited free fitness classes are available to all members. These classes, which are led by certified fitness instructors, are limited to five people. We have over 1,000 locations, four in this area.

**YMCA (Airport Road)**

We are committed to serving people of all ages in spirit, mind and body, and are right in your backyard. With your Y membership, you can participate in organized Pickleball offered twice a week, a state-of-the-art wellness center, organized senior socials once a month, three indoor pools, an indoor track, and over 220 group exercise classes per week. Many people think of the Y as a swim, sports, and workout facility, but the Y is so much more. Volunteer

opportunities are available. Membership allows access to all nine of our area locations.

Combining a fitness club with what the Mill offers is a great way to stay active

year-round. Email HMSG questions or ideas to me at

To receive more timely information about happenings with HMSG, email Don Evons at

**What is the Silver Sneakers Fitness Program, and do I qualify?**

The Program was begun by Mary Swanson in 1992, and is now a product of Healthways System, Inc. It operates under the premise that for healthcare to be viable in the long

Here is a partial listing of the locally available Medicare/Health Supplement plans that offer Silver Sneaker:



run, cost-effective and preventative benefits need to be incorporated into the care continuum. Mary's inspiration was drawn from experiences with her father who, after surviving a heart attack at age 51, pledged to improve his quality of life with regular physical activity. Healthway's Silver Sneaker Program was created to meet this need and has since evolved to become one of the leading senior exercise programs in the country.

The program currently partners with dozens of major healthcare plans across the U.S. to deliver the Silver Sneaker Fitness Program to its Medicare group retiree members at little or no additional cost. Millions of older adults are eligible for this program; making it the nation's leading exercise program designed exclusively for older adults.

AARP Medical Supplement; Aetna; Highmark; Humana; Independence Blue Cross; and United Healthcare. If your plan isn't listed, you can go online or call your plan administrator to see if they offer the plan.

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Joe Kennedy | Princeton

During the 19th century, when congregational singing was an integral part of church worship, singing schools played a major role in enhancing sacred music.

“The most important effect of singing schools was the development of musically literate people,” Ruth Shaffer wrote in *The Historical Review of Berks County* (Winter 1996-97 edition). According to Shaffer, singing schools were developed in New England in the 18th century to improve the quality of hymn singing among parishioners. Such schools took root in our region at the beginning of the 19th century, particularly among the German-speaking people in rural communities.

At this time, churches took the lead in organizing singing schools. Qualified teachers were hard to find, and there were very few song books published either in English or German.

Using a tuning fork in order to get the proper pitch, small classes would meet in schoolhouses, churches, or even inns and taverns to learn how to sing church music properly. At first, the

teacher would break the class down into smaller groups of tenors, basses, altos and sopranos. Instruction would be given to each of the groups, and then they would come together for a class sing.

# Singing Schools

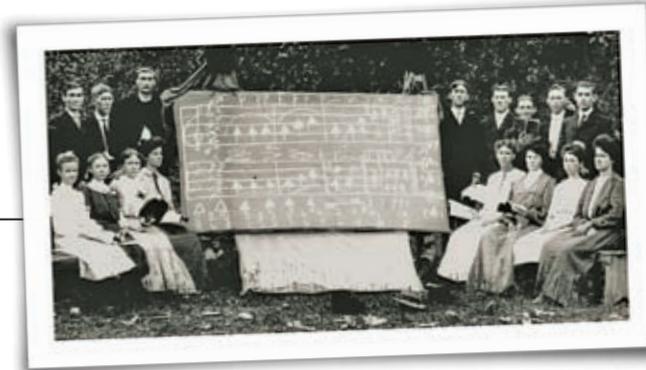
Historian Sylvester H. Orr, writing in *Sketches of the Historical Society of Montgomery County*, noted that such schools existed in Berks, Bucks, Chester and Montgomery Counties during the first half of the 19th century. “Many graduates of these singing schools went on to become choir leaders,” Orr said.

The courses in such singing schools usually lasted for 12 lessons, and the group was charged about \$18 to \$20. When these lessons were completed, the music teacher moved on to the next farming village and a new class.

The law that created public schools in Pennsylvania in 1834 increased the popularity of singing schools among German-speaking religious groups such as the Lutheran and Reformed Churches. Public schools were seen by the German communities as a threat to their cultural identity. Thus demand developed for a higher quality of singing schools among German-speaking

to read music and the basics of singing, harmony and meter. And the focus was still sacred music. Some of these classes might have had 75 or more students, Shaffer said.

Toward the end of the century, the nature of the singing schools changed. While there remained a core of church music, more popular singing was being introduced. Recreational singing began to rival “musical self-improvement” within the various singing schools. “At this time, no social gathering would be complete without a group sing-along,” Shaffer wrote.



A few members of an 1890's singing school

people. From about the 1840s through the 1870s, the quality of instruction rose in these choral schools. Better-educated master teachers were hired. More extensive tune books were published. Larger classes, which included both children and adults, were held. And teachers were paid a higher group rate of up to \$25. Students were taught how

Urbanization began to make its impact in the rural areas of our region, and there was a marked decline in the German language both in the schools and the churches. And while a few singing schools remained into the 20th century, the beginning of that century brought a sharp decline.

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Winter is staring us straight in the eyes, and only the warm and steamy comfort of a casserole can provide solace. Our recipes are a complete meal in a dish; each easy to make, full of flavor, and they can travel well to friends and family. Each makes about 6 servings, and they reheat well or can be scaled to feed a crowd. Casserole dish size is flexible, with wider dishes generally providing more crispness and deeper moisture. So show winter who's the boss by warming up the kitchen, the taste buds, and the heart.

### Cincinnati Sour Cream

Midwestern folks know pork and potatoes, and it's too cold there not to smother them in cream. Peel potatoes for a less rustic dish, and for a hint of sweetness, add a layer of tart apples.

- 3 tablespoons vegetable oil
- 6 pork cutlets (pound lightly if thick)
- 3 russet potatoes, skin on, thinly sliced
- 2 red onions, thinly sliced
- ½ teaspoon caraway seeds
- 1 teaspoon ground sage
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- 1½ cups sour cream (not lowfat)

Preheat oven to 350°F. Heat oil in skillet and brown cutlets on both sides. Grease a ~2½-quart casserole dish, layer ½ the potatoes and onions, and sprinkle half the seasonings. Layer in cutlets, and repeat above. Spread cream evenly on top, cover dish, and bake for 40 minutes until glazed.

### The Great Northern

Hearty lamb and beans are a gastronomic delight.

- 2 15.5 oz cans white beans
- ¼ cup minced fresh parsley
- ¼ cup olive oil
- 2 pounds lamb, cut into 1½" cubes

- 1 onion, chopped
- 2 celery ribs, chopped
- 1 carrot, chopped
- 3 cloves garlic, minced
- 1½ teaspoons minced fresh rosemary
- 1 teaspoon ground sage
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- 1 cup white wine
- 1 stick unsalted butter

- 3 tablespoons wholewheat flour
- 2 cups milk (not skim)
- 1 tablespoon cider vinegar
- ¼ cup bread crumbs

Layer the drained beans and parsley in a ~2½-quart greased casserole dish. Heat oil in skillet, and cook lamb, vegetables, herbs, and seasonings until browned.

Add wine, cover, and simmer until lamb is tender (~1 hour); then spoon over beans.

Preheat oven to 350°F. In hot saucepan, melt 3 tablespoons butter, then whisk in flour for 2 minutes; add milk and whisk until it boils, then reduce heat and stir until it thickens; add vinegar, and pour evenly over lamb mixture. Melt remaining butter, combine with bread crumbs, and

evenly distribute them over the casserole. Bake, uncovered, until lightly browned (~30 minutes).

### Sticky Vegetarian

A gooey sweet potato dish to make a whole meal ... or the greatest accompaniment this side of dessert!

- 6 medium sweet potatoes, peeled and thinly sliced
- 2 tablespoons dark rum
- ½ cup sugar
- ½ cup firmly packed dark brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¾ teaspoon kosher salt
- ¼ cup vegetable oil

# The Comfort of the Casserole

Preheat oven to 325°F. Grease a ~2-quart casserole dish, and arrange potatoes in overlapping layers. In a saucepan with 1 cup of water, add remaining ingredients and bring to a boil, then reduce to low and stir for 4 minutes. Pour over potatoes, cover, and bake until potatoes

are tender (~45 minutes); basting as needed. Uncover and let set for 10 minutes before serving for glaze to set.

### Low Country Piloo

You'll gonna just love this yummy chicken, shrimp and rice dish. Great for using up leftover chicken and rice too.

- 1 cup brown rice & 1 teaspoon salt
- ½ stick unsalted butter
- 1 onion, chopped
- 1 celery rib, chopped
- 2 cups fresh mushrooms, chopped
- ¼ cup wholewheat flour
- 1 cup chicken broth
- 1 cup half-and-half cream
- 3 cups cubed cooked chicken

- 1 cup chopped cooked shrimp
- ½ cup sliced almonds
- 2 ounces pimentos, chopped

- 1 tablespoon dry sherry
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper

Bring 2½ cups water to a boil; add rice and salt, cover, reduce heat and simmer until water is absorbed (~40 mins). Preheat oven to 350°F. In skillet, melt butter, then stir vegetables for 5 minutes over medium heat; add flour and stir 3 more minutes; add broth and cream and stir until thickened.

Mix rice, vegetables, and all remaining ingredients in a greased ~2½-quart casserole dish, and bake, covered, for 30 minutes.



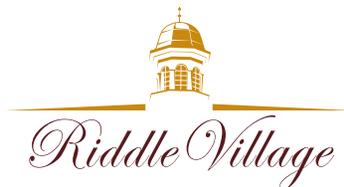


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