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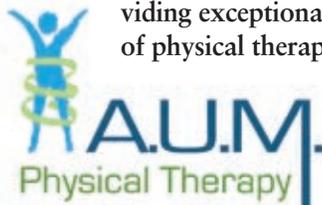
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Cover photo caption:

The cover features a shot of great 2017 pickleball action, on the HMSG logo color, in honor of the HMSG Expo this month! Read about it starting on page 64.

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To schedule your consultation, call 610.840.0272.



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Resident Directory Additions and Changes

Callaghan, David & Marilyn

859 Jefferson Way

Estornell, Carol

363 Devon Way

Flannery, Thomas & Page

434 Eaton Way

Graham, Patricia

1070 Kennett Way

Harrelson, Eldred & Sandra & Elizabeth

635 Glenwood Lane

Kaye, Mary Jane

465 Eaton Way

McNee, Kevin & Annette

1108 Lincoln Drive

O'Doherty, John & Joann

227 Chatham Way

Sheppard, Beverly

1071 Kennett Way

Silvestri, Carlo & Elena

271 Devon Way

Tischio, Victoria & Henninger, Robert

1112 Lincoln Drive
Wallace, Deborah

709 Inverness Drive
Willis, Charles & Marcia

1743 Yardley Drive

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Programs	May 1-15 (7 PM show May 15 will not be shown)			
	10:00 am	4:00 pm	7:00 pm	12:00 am
<p>Basketball Tournament Memories <i>With Jim McArdle</i></p> <p>Jim has a discussion with three Hershey's Mill residents: Stew Tompkins, Ernie Beck, and Eric Erickson, about their memories of playing in the college march madness basketball tournaments for La Salle, Penn, and Villanova respectively.</p>				
<p>The Killion Report - AeroAggregates <i>with State Senator Tom Killion</i></p> <p>Senator Killion visits AeroAggregates, a plant in a former Eddystone locomotive factory, where it produces a lightweight construction material using mixed glass from municipal recycling programs.</p>				

Are you interested in joining a great team of volunteers who conduct interviews for our television programming on channel 1970? We hope so, because Hershey's Mill Community TV is looking for more residents to do just that! Ample material will be provided to help you produce lively conversations. Please contact Don Trauger, at _____, today!

<p>Movies</p> <p>_____</p> <p>Noon & 8:30pm</p>	<p>May 1 to May 7, noon Green Escape Room <i>Jeni Ross and Mark Ghanime</i></p> <p>When an escape room attraction turns from a fun bonding activity to a dangerous paranormal experience, a father and daughter must flee from the angry spirit. [Run time 1h 25m]</p>
	<p>May 7, 8:30 p.m. to May 15, noon The Woman in Gold (PG 13) <i>Helen Mirren and Ryan Reynolds</i></p> <p>An octogenarian Jewish refugee takes on the Austrian government to recover artwork she believes belongs to her family. [Run time 1h 49m]</p>

12:45 am - 10:00 am	10:45 am - Noon	Following the Noon movie until 4:00 pm	Bulletin Board
4:45 pm - 7:00 pm	7:45 pm - 8:30 pm	Following the 8:30 pm movie until Midnight	

Programs	May 16-31			
	10:00 am	4:00 pm	7:00 pm	12:00 am
<p>Madagascar - Like Nowhere Else <i>With Kay Ricker</i></p> <p>Ruth Schick took a Road Scholar trip in 2016 to Madagascar, an island off of the eastern coast of Africa in the Indian Ocean. It is home to various plants and animals found nowhere else on Earth. Approximately 90% of all plant and animal species found in Madagascar are endemic. Ruth shares some great pictures with us.</p>				

For **Programs** and **Movies**, go to Channel **1970** (Bulletin Board information appears only if neither is currently airing); for continuous **Bulletin Board** information, go to Channel **1971**. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

<p>Movies</p> <p>_____</p> <p>Noon & 8:30pm</p>	<p>May 15, 8:30 p.m. to May 23, noon Apollo 13 (PG) <i>Tom Hanks and Kevin Bacon</i></p> <p>NASA must devise a strategy to return Apollo 13 to earth after the spacecraft undergoes massive internal damage. [Run time 2h 20m]</p>
	<p>May 23, 8:30 p.m. to May 31, noon Away all Boats <i>Jeff Chandler and George Nader</i></p> <p>The story of a U.S. naval ship and its crew in the Pacific, 1943-1945. [Run time 1h 54m]</p>

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. ©2019 HMCTV

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Technology Tips

Don Trauger | Kennett

Windows 10 Toolbox (Updated from Jan. 2017)

Windows 10 has a variety of “Fixit” tools to correct a multitude of different problems. Do you think Microsoft knew that Windows 10 might develop troubles along the way? Use of these tools might help to solve individual problems like a malfunctioning printer or a Windows update problem. Actually, Microsoft offers 24 of these “Fixit” tools to select depending on the problem you are trying to resolve.

Before you start using these tools reboot or restart the computer to clear

the memory. This quick fix may even correct the problem. Just left click the 4 pane white Start icon, click the Power icon above the Start icon and click Restart.

To view or run any of these tools, left click the “Type here to search box”. If you don’t see a search box, right click a blank area on the Task Bar at the bottom of the screen, move to Cortana and click “Show search box”. Type the letters “co” (no quotes). In the upper portion of the pop-up window left click “Control Panel”. At the upper right of the control Panel window click the down arrow and choose “Large icons” in the “View by:” field. Next, click “Troubleshooting” and then click “View all” in the upper left part of the window. The list will offer diagnostic/repair utilities to correct many system problems. Just pick the one that best fits your situation. When you open a tool click on “Advanced” and choose “Apply repairs automatically”. Click “Next” and follow any further screen prompts associated with the tool you are running.

If you continue to experience the problem after a repair attempt, you can always try System Restore. System Restore will attempt to repair more serious problems without requiring re-installation of the Windows system files. Your personal data will not be impacted. System Restore can be accessed from the Control Panel

Continued on page 15



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Technology Tips (continued)

by clicking the System icon, then left clicking “System protection” at the upper left. Under Protection settings the “C” drive must be on. Click the “System Restore” button and click “Next”. Select a restore point that would be appropriate before you had the problem. Click “Show more restore points” to see all your stored restore points. Click “Next” and follow the screen prompts. If you don’t see any restore points then the preceding System Restore information will not apply.

To turn on the restore point feature, click the “Configure” button. Click “Turn on system protection” and set the “Disk Space Usage” slider to roughly 10 GB. Click OK in the System restore window if you made changes. Turning on System Restore at this

point will not allow you to perform a system restore because there are no historical restore points. NOTE: System protection can get turned off during Microsoft’s updates and not turned back on.

Please come to the PC Club meetings. We’ll show you how to run these utilities. Also, there will be time for your questions. We meet on the 3rd Tuesday of each month at 7 PM upstairs in the Ardmore room of the Community Center.

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Hershey’s Mill Community Center • May 2019

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SEMINAR DATES: Hershey’s Mill Community Center

- Tuesday, May 14th from 4:30pm – 6:00pm
- Thursday, May 30th from 12:00noon – 1:30pm

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Getting To Know You

Jürg Oppliger | Devonshire

Jürg Oppliger recently moved to Hershey's Mill and is happy to share his biography and knowledge of wines with us.

He was born in Switzerland and lived 30 years in German-speaking Zurich and 30 years in French-speaking Geneva, before moving to this our country. His extensive travelling throughout Europe gave him the opportunity to taste some of the best wines available.

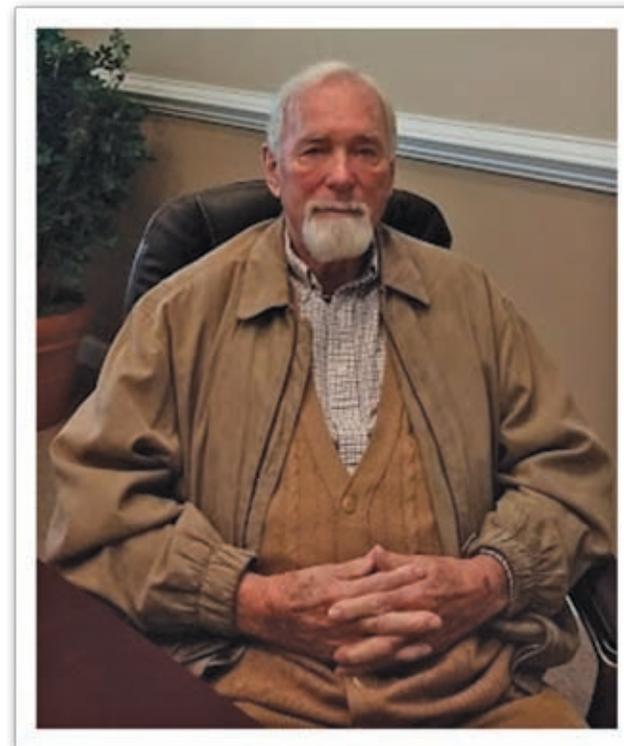
"I came from a strict teetotaler family but discovered wine when I was 26 years old" Oppliger said.

He served in the Swiss army for four years, one of them in Korea as a member of the Neutral Nations Supervisory Commission, was a steel salesman,

worked for IBM in a team that sold, in 1960, the first IBM computer in Switzerland, built up a US office machine company in Europe and became CEO of a major oil company. At the age of 56 he left big business and bought an outplacement company.

In 1993, he left Geneva and moved with his wife to Kennebunkport, Maine. His four children and six grandsons still live in Switzerland. He bought and ran a wine and cheese shop called "The Topsy Mouse" where President Bush was a regular customer. He then worked as chief financial officer of a big hotel in Kennebunkport and organized many wine tastings. After retiring the Oppliger's moved to St Augustine, Florida, where Jürg wrote four books about Job Searching, and also started writing a wine column for a local paper.

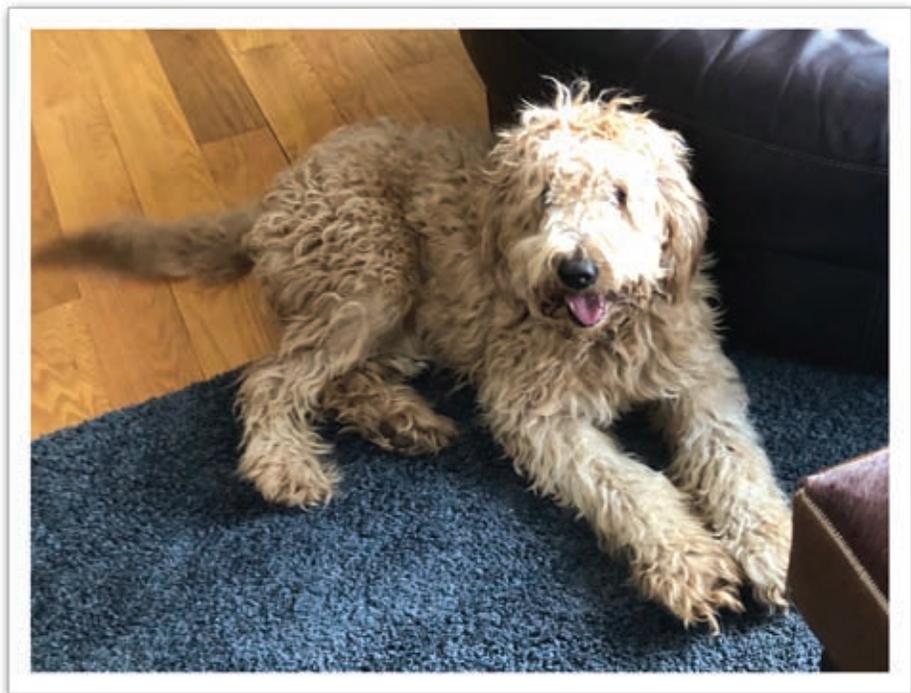
We are pleased that he has agreed to provide a monthly wine article for the *Guide and Digest*. His hope is that you will develop an interest and love of wine just as he does. Our hope is that you will enjoy reading and learning about wine in the *Guide and Digest*. Jürg is happy to answer all your questions and comments via his email



(At left) Introducing our new wine expert.

Photo by Louise O'Brien

Pam Onyx | Heatherton



For eleven days, Hershey's Mill and its caring residents and Security team were galvanized by a puppy lost here in the Mill: Foxy the 15 month old golden doodle who is not a resident of this community was visiting her human "Grandma" who lives in Glenwood Village when she got spooked and broke loose from the clutches of her Grandma, leash and all. She took off like a flash. Thus began her saga and adventures, alone, hungry, and cold during some of the most frigid days and nights of this winter.

Word of Foxy's disappearance spread rapidly in this community where dogs hold such an esteemed and important role. All of us with furry companions (as well as those without them) focused extraordinary

attention on getting this pup back home safely. We reported sightings, drove around the Mill endlessly looking for her, and monitored the online newsletter, *NextDoor Hershey's Mill*, for updates on her whereabouts. We said prayers, we left out treats, and many of us left our garage doors open a bit with the hope she might wander in for a warmer place to sleep. We printed and distributed flyers, and (speaking personally) obsessed over this little dog and her possible fate.

As the days of her absence increased, the owners got in touch with a local organization of volunteers that helps to find lost dogs. Thus begun a 24/7 saga to find Foxy. A team of 4 women under the leadership of Cathy Herman dedicated all their waking hours to searching for

Foxy. It wasn't an easy task as Foxy had a wanderlust. Unfortunately, she was not confining her explorations to the relative safety within the walls of Hershey's Mill. Instead, she was regularly venturing outside the Mill, running at high speed across Boot Rd (I witnessed this myself) and visiting local neighborhoods, probably in search of food and her family. By this time, her lost status had been reported on *Next Door Hershey's Mill* as well as on the Facebook page that features local lost dogs. People in and outside of our community were keeping their eyes peeled for this special pup. The rescue team was receiving reports of sightings and could begin to figure out Foxy's routes which helped them estimate her future wanderings. Unfortunately, however, as the days went on and the weather got even colder, Foxy became less approachable. She was terrified of everyone. When she was sighted in Hershey's Mill, it was always a relief to know she was still OK, but any approaches to get near her were futile, even when treats were offered. We were told to note her location, time, and apparent direction and report them to the rescue team or owners ASAP.

Ultimately, Foxy was found when she plopped herself down on a porch in a neighborhood across Boot Rd. The owner of the house saw her on his porch and was aware of her lost dog status. She remained on his porch over a whole night enjoying food and water.

The owners were notified of Foxy's "adoption" of an overnight resting place but cautioned not to approach her as well for fear she might run again. The next morning, one of her owners drove up to the house, and Foxy apparently recognized his vehicle. She ran to him and happily

jumped into the truck for a happy reunion with her family.

For me, I love that this story has a happy ending. It so easily could have had the opposite. It also taught me a lot about the goodness of our community—that so many people would invest their time, energy, and concern on behalf of a little lost dog. It seemed as if almost everyone who could was willing to interrupt his or her regular activities to help search for Foxy. She unified us in new ways.

Thanks sincerely to all who cared, spread the word, drove around looking for Foxy, reported sightings, and the myriad of other ways you demonstrated what kind people you are. It made a difference in the life of a family and a very adorable, smart, and irritatingly curious little puppy.

Notes from Foxy's "mom":

I just want everyone to know how grateful we are for all your help. So many people took part in the search. Hershey's Mill is a special place.

Thank you so much Pam O. for putting out flyers and tirelessly looking for our girl. Thank you Debbie E, for grilling 8+ hours, trying to lure Foxy back into the secure walls of HM. Thank you Ted and Mike of Troon for keeping a lookout over the 8th hole -- and thanks Ted for letting us take over your deck for our stakeout! Thank you security guards for manning the phones and keeping a lookout throughout the property. Thank you John N. for continually posting on NextDoor and filling me in on the posts. Thank you kind woman who loaned me her hat while we were tromping through the woods. I will get it back to you! Thank you Lois O'Hara for hosting "Find Foxy" headquarters.

Continued on page 21

Puzzle (continued)

- | | | |
|--|--|--|
| 26 Love is part of its score keeping, and we love it | 36 Our large Bocce balls are green and __ | 48 In Bocce, you must throw all balls __hand |
| 27 Sergei leads this Men's Tennis League | 38 Fats played this Pool game | 50 The HMSG appreciates support from the __ |
| 28 Most of The Mill sports use these | 39 Knock 'em all down with the first ball | 52 Our paddle __ room makes waiting toasty |
| 30 Our newest structure gives Tennis players shade | 40 It's our sporty acronym | 53 Hippies had petal power, bikers have __ power |
| 31 Learn more about HMSG at our __ this month | 41 Our __ rides schedule includes distance, terrain, surface, and sights information | 56 HM Tennis courts have Tiger __ |
| 33 We teach how to deal with __ along with CPR | 43 Bicycle safety hat | 58 The name for "Just show up and play" play |
| 34 In Pickleball, the same size playing __ is used in both singles and doubles | 44 The only HMSG sport played in a "Palace" | 59 Learn it to save a life |
| 35 This sport uses discs, not balls | 45 The HMSG 2019 Expo is "At the __" on May 23 | 60 Not the "hole with water in it" one |
| | 47 Favorite HMSG Socials drinks are soda and __ | 61 Some groups play here and __, some just here |

MEMORY SCREENING

ARE YOU GETTING MORE FORGETFUL?

- Are you between the ages of 50 and 85?
 Do you find it harder to think, and to remember things over the last year?
 Are you forgetting recent events, but have no difficulty with events from long ago?
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(Memory Screening does not take the place of your regular care with your family physician)

CALL: 610-277-8073 or 866-KEYSTONE



The Foibles of Foxy (continued)

Her life was turned upside down for 11 days.

And of course, thanks to the team of ChescoPet Finders – Cathy, Tina, and Debbie B. They worked tirelessly, chasing leads and coordinating efforts. We are amazed by their dedication and knowledge!!

Foxyxy is doing very well. Her pads were a little beat up but they are healing nicely. She follows us like a shadow. She has had her fill of adventure, and we aren't letting her out of our sight!

Foxyxy and her human Mom (Traci) as well as Cathy Herman of Chesco PetFinders will be attending the Blessing of the Animals at UCC East Goshen (Greenhill Rd & Rt. 352) on Sunday, April 28th at 1 pm. Please come and meet them in person. Bring your own pet for a blessing and photo of both of you together. All are welcome. Questions: call Pam at

(Below) Scott, Traci, and Foxyxy take a celebratory selfie.



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We're excited about the HM Sports Group Expo this month! And you should be too, since it's the perfect chance to find out about getting active at The Mill if you aren't already. So we thought a special HMSG and Expo puzzle would be not only a great reminder, but a built-in "things to ask" list if you don't ace it! We're pretty sure Bill, Julie, and Seth (shown in the photo) will approve.

Across

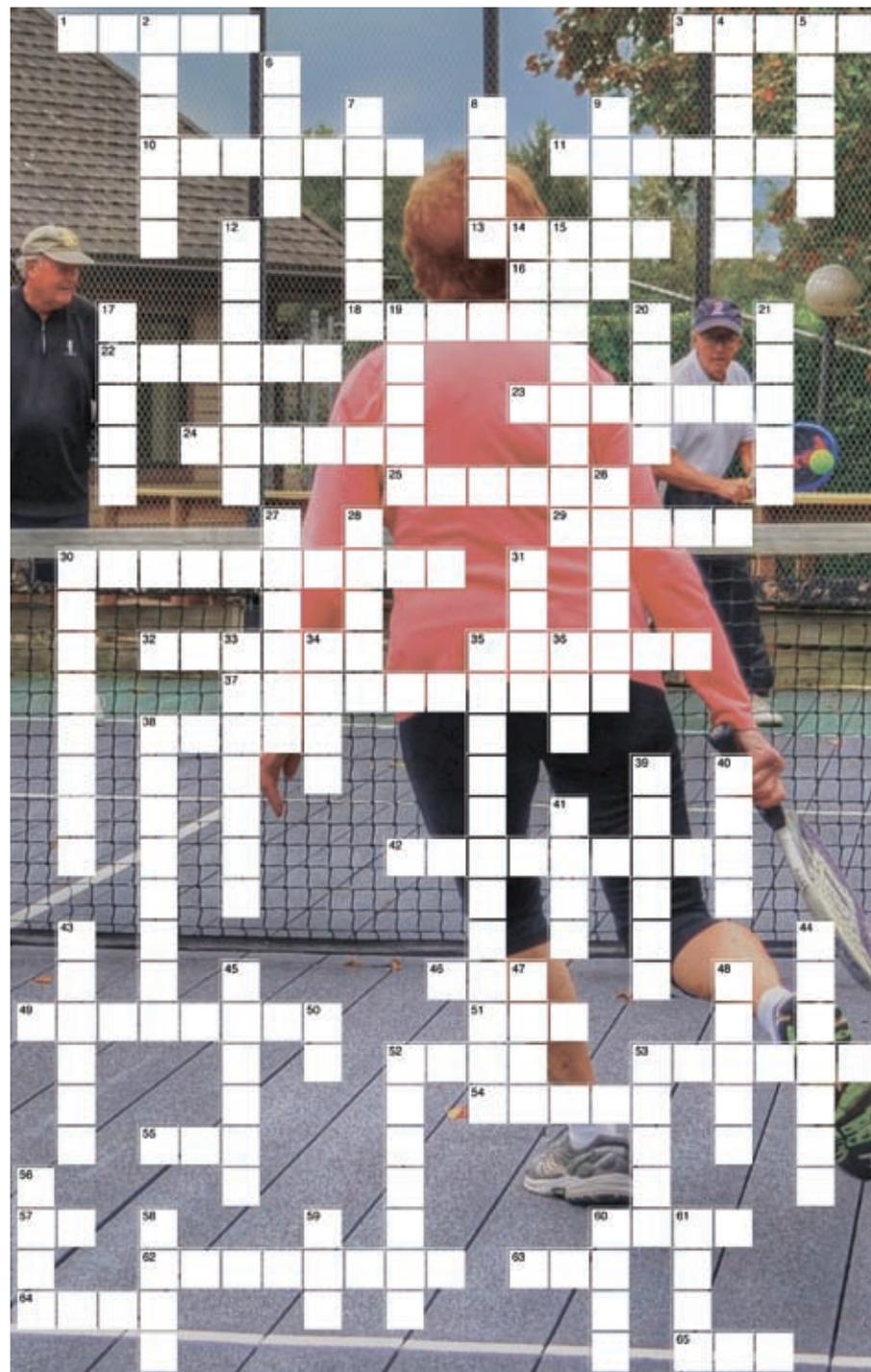
- 1 You don't actually throw a horseshoe, you ___ it
- 3 The cue ___ is used to hit the cue ball
- 10 Pickleball gets you out of the house, but you'll still think about the ___
- 11 For HM Pickleball, ___ play is most common
- 13 Many sports use balls that are hit, but in Shuffleboard you slide these
- 16 In Billiards, the white ball
- 18 In Horseshoes, a ___ is better than just being near the stake
- 22 The Mill's limited access roadways make it perfect for this activity
- 23 The name of Bocce's object ball
- 24 This organized play format is very competitive
- 25 Used like a paddle, but with strings
- 29 You must ___ in Pickleball the way you must throw in Bocce
- 30 The very popular sport with the funny name
- 32 HMSG, we're part sports and part ___

- 35 Typically, the year's first HMSG social
- 37 A game to us, equipment to horses
- 38 In Pickleball, if you aren't serving you can't ___
- 42 Our group isn't about swimming
- 46 To hit a ball in a high arc
- 49 ___ Tennis; Paddle's proper name
- 51 It can shock you back to life, and we have it
- 52 Paddle players "play it off" the ___
- 53 Both Ping Pong and Pickleball use this
- 54 The HM Sports Area is on Chandler ___
- 55 Buy our new ___ to go with your HMSG T-shirt
- 57 The number of HM active residents is on the way ___
- 60 "___ where you live"
- 62 Popular name, but serious Table Tennis players won't use it
- 63 Pickleball's ___-bounce rule extends rallies
- 64 Typical number of yearly HMSG Socials
- 65 Sports at The Mill only work because of ___

Down

- 2 In Bowling, three strikes in a row is called a ___
- 4 Table Tennis has these up all weekend
- 5 HMSG CPR classes are certified by the Red ___
- 6 HMSG Courts Reservation System name (in short)
- 7 HMSG 2019 Expo is in the Community ___ on May 22
- 8 Paddle is played in the ___ winter months
- 9 Uses 4 balls per team, and an object ball
- 12 Shuffleboard equipment is free to use and in the ___ at the courts
- 14 On very cold days, we call Pickleball "___ Pickle"
- 15 Both the Pickleball and Shuffleboard courts recently got new ___
- 17 Tom Cruise's Vince played this Pool game
- 19 The Senior Men's Tennis League is ___ Club
- 20 For Bocce, the "nearest ball" ___ governs the sequence of thrown balls
- 21 When most think of Pool, they think of this game

Continued on page 20



**Philadelphia Museum of Art -
"The Impressionist's Eye"**

Thursday, May 16, 2019

Cost: \$35.00 + Lunch

Departs: 8:30 a.m.

Contact: Priscilla Burt

Peer over the shoulder of Claude Monet, Mary Cassatt, Vincent van Gogh and others as they make their indelible mark on canvas, paper, and bronze. Best known as oil painters, the artists in this tight group moved fluidly from one medium to another, supporting and inspiring one another. Don't miss this rare opportunity to see a broad range of impressionist sculpture, painting, and works on paper shown together. Lunch is on your own at the Museum Café. Museum members receive a reduced rate.

Delaware Park

Monday, May 20, 2019

Cost: \$17.00 + Lunch

Departs: 10:15a.m.

Contact: Ann Seraphin

Join us at Delaware Park for an exciting day at the races! Watch the horse racing or try your luck at slots and table games. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

Longwood Gardens

Thursday, June 6, 2019

Cost: \$15.00 or \$35.00

Departs: 11:00 a.m.

Contact: Karen Smith

Explore Longwood Garden's 1,083 acres of botanical gardens, indoors and out. From formal gardens to rose

gardens to children's gardens, from towering fountains to the expansive Meadow. Daily fountain performances are the stars of the Main Fountain Garden experience. Enjoy the thrill of what 1,719 jets can do – from spinning and dancing to music, to soaring as high as 175 feet. There is something for everyone! Lunch is on your own at Longwood, and scooters are available, if needed. If you're a member of Longwood Gardens, you pay only the \$15 bus fee. If you're not a member of Longwood Gardens, the cost is \$35.

Lehigh Valley IronPigs & Fireworks

Saturday, June 15, 2019

Cost: \$25.00 + Food

Departs: 4:30pm

Contact: Marc Fraser

We will be traveling to Coca-Cola Park in Allentown to watch the Lehigh Valley IronPigs, AAA minor league affiliate of the Philadelphia Phillies, take on the Columbus Clippers for a 6:35pm game. We have great field level seats in Section 104, and we'll enjoy a wonderful fireworks show after the game. Food is on your own at one of the many ballpark concessions. Children age 8+ are welcome!

Delaware Park

Monday, June 17, 2018

Cost: \$17.00 + Lunch

Departs: 10:15 a.m.

Contact: Ann Seraphin

Join us at Delaware Park for an exciting day at the races! Watch the horse racing or try your luck at slots and



table games. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

Stone Harbor

Tuesday, June 18, 2019

Cost: \$25.00 + Meals

Departs: 9:00 a.m.

Contact: Joan Bove

Enjoy a day on your own at the beautiful seaside town of Stone Harbor. With the Intercoastal Waterway to the West and the Atlantic Ocean to the east, visitors can enjoy peaceful beaches, a quaint downtown and exceptional restaurants on this barrier island. The shopping district is home to a variety of boutiques and shops that offer sea-shore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner. NOTE: Rain date is Tuesday, June 25.

Continued on next page

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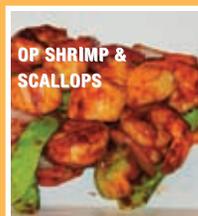
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Philadelphia Orchestra

Friday, June 21, 2019

Cost: \$18.00 + Admission

Departs: 6:00 p.m.

Contact: Ann Seraphin

Yannick Nezet-Seguin conducts the capstone to our Leonard Bernstein centenary celebration, we present his quirky, complex, irreverent, and very humorous operetta *Candide*, with orchestral staging. First performed in 1956, the work has come into its own in recent decades, thanks to Bernstein's endless musical inventiveness and collaborators from Stephen Sondheim to Dorothy Parker (and of course, Voltaire, who wrote the original story, published in 1759). With *Candide*, we bring the celebration of this remarkable musician's life to an altogether fitting, and joyous, conclusion.



NOTES:

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.

All bus riders must be age 18 or older unless otherwise noted in the trip write-up.

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.

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.

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

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

***Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at

SERIES TRIPS

2019-2020 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$50.00 per show

Departs: 12:30 p.m.

Contact: Jayne Lytle (Thursdays) & Joan Stanek (Saturdays)

The Walnut Street Theatre's 2019-2020 Season includes the following shows for both the Thursday Matinee and Saturday Matinee Series:

Thursday 9/19/19 & Saturday 9/28/19 - "Young Frankenstein, The Musical"

Thursday, 9/21/19 & Saturday 11/30/19 - "Shrek, The Musical"

Thursday 1/30/20 & Saturday 2/8/20 - "A Woman of No Importance"

Thursday 3/26/20 & Saturday 4/4/20 - "The Best Man"

Thursday 5/28/20 & Saturday 6/6/20 - "The Bodyguard, The Musical"

Seats are currently available; but call soon, as seats fill up very quickly!



2019-2020 Philadelphia Orchestra Friday Matinee Series

Cost: \$108.00 (All 6 Dates, Bus Only) OR \$18 (Single Date, Bus Only) + Performance Admission

Departs: 12:00 p.m.

Contact: Ann Seraphin

Please join us for a new exciting season with our wonderful orchestra. Brief program summaries and dates are:

Friday, October 18, 2019: "Yannick & Mahler" - Yannick Nezet-Seguín conducts Schubert & Mahler, with Louis Lortie on piano.

Friday, January 24, 2020: "BeethovenNOW" - Yannick Nezet-Seguín conducts Fung, Beethoven, and Rachmaninoff, with Yefim Bronfman on piano.

Friday, February 21, 2020: "Symphonie fantastique" - Herbert Blomstedt conducts Mendelssohn & Berlioz, with Lise de la Salle on piano.

Friday, March 6, 2020: "Porgy & Bess" - Marin Alsop conducts Gershwin, with Angel Blue (Soprano) and Lester Lynch (Baritone).

Friday, May 1, 2020: "Tchaikovsky & Shostakovich" - Tugan Sokhiev conducts Firsova, Tchaikovsky, and Shostakovich, with Lukas Geniusas on piano.

Friday, May 29, 2020: "Yja Wang & The Brahms Piano Concertos" - Yannick Nezet Seguin conducts Brahms & Sibelius, with Yuja Wang on piano.



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El Limón Taqueria/ Buena Vista

446 Lancaster Ave, Frazer, PA/
215 Lancaster Ave, Lincoln Court, Malvern

I admit, this review is out of the ordinary for our monthly feature. But sometimes, *some* of us crave Mexican! This is an open invitation to our readers to offer suggestions to *some* of us. Where do you go?

To start the quest, my husband and I visited two local Mexican restaurants; one (El Limón) because it was highly rated online and the other because I liked its appearance from the outside. I'll start with similarities. Both establishments offer BYOB and a free Margarita with your meal. **Tip:** good idea to keep a screw top bottle of wine in your trunk for such occasions. Each business is family owned and their menus are basically comparable. We purposely ordered similar meals

at both places for comparison's sake. The chips were obviously homemade, thicker, smaller and less salty than store brands. Salsas, as anticipated, were very fresh and flavorful with some heat. The 'guac,' though each slightly unique, was delicious. We did both enjoy the churros with ice cream for dessert. While we were charged for chips and salsa, from appetizer on, neither wait staff rushed us. The bathrooms passed inspection.

For sure, the outward appearance of El Limón was a bit daunting compared to Buena Vista. The interior was stark as well. But you know what they say about judging a book by its cover. The casual atmosphere at El Limón drew families, seniors and middle-aged couples. During our stay from 5:30 to 7 p.m., business was steady. Our waiter was very engaging and various family members from adult to child served us and made us feel welcome. My husband loved the shrimp tacos and I could have made a meal of the guacamole, salsa and chips. Having been in the meat business, Gary was intrigued by the Menu items

made with tripe served on weekends only. Since I know the origin of tripe, I'm good with visiting on weekdays.

As I said, it was the attractive appearance of Buena Vista that drew me in. Even inside, the restaurant was colorful and inviting with Mexican nuances. On a weekday at 5 p.m., we were the only customers at Buena Vista and our server was *the* waiter on duty. While he was respectful, he was definitely not engaging. I did love the taquitos. They were so tasty and crunchy. I also noticed that the refried beans were moister and contained some whole beans adding a bit more texture.

All things considered, I wondered if we should venture out in the direction of Kennett Square to sample their authentic Mexican food.



(At top) Home-made Churros with ice cream for dessert - pretty and delicious!

(Above) El Limón's Enchilada and fish taco platters nicely presented.

(At left) Especially delicious guac at El Limón.

(At far left) Enchiladas and fish tacos Buena Vista style.

Editor's Note: A new edition to Hershey's Mill just happens to be an expert on wine and will be sharing his extensive knowledge with us in a new column. Jurg will also answer any questions associated with wine sent to his email.

Wine or beer?

Jurg Oppliger | Devonshire

The United States is the fifth largest producer of wine in the world, behind Italy (that produces more than double that of the US). The average American drinks fourteen bottles of wine per year – a little more than one bottle a month which is four times less than the biggest consumers, Portugal and France. These 14 bottles equal 2.8 gallons, ten times less than the 28 gallons of beer consumed per year.



Is this because wine is more expensive than beer? Certainly not. While there are indeed expensive wines, the least expensive are about \$2.50 a bottle. That gives you six drinks at 40 cents each, whereas the cheapest beers run about 80 cents per drink. A glass of wine and a can of beer have about the same alcohol content, but beer has a lot more water, so if you are thirsty, you are better off with beer. Wine should never be consumed to quench a thirst.

The least expensive wine comes in boxes. You may not like the idea of boxed wines, but it's the better alternative to leaving a partially drunk bottle of wine. Wine deteriorates in longer contact with air, so the next day the rest of the bottle is not the same. But in the box, the wine does not get in contact with air and is good for up to two weeks.

What does contact with air do to the wine? Essentially, it accelerates "aging". Old wines need to breathe a little before they are enjoyed, so they

are decanted. This means they are poured from the bottle into another container to rest for up to an hour. Older wines have often some sediment which is unsightly and has a bitter taste. Decanting can leave this in the bottle. You can also decant younger wines, it helps to develop their taste. But if you leave a wine open overnight, it loses some of its crispiness and taste and may become "flabby".

If you want it fancier, you can of course pay much more. The most expensive bottle ever was sold for \$500,000, a "Screaming Eagle Cabernet Sauvignon 1992" – but it was a huge bottle of six liters, or eight normal bottles. The most expensive single bottle I found was a Bordeaux, "Chateau Cheval Blanc 1947" that was sold in 2013 for \$15,400, which makes it over \$2,500 per glass!

Twenty years ago, nearly all wine bottles had a natural cork, but with growing wine production worldwide, there were not enough cork oak trees. They mostly grow only in Portugal and the Italian island of Sardinia. Cork became expensive; fifty cents to well over a dollar each. Today, most inexpensive bottles have an "artificial" cork, some made with scraps of natural cork, ground up and mixed with polymer. Plastic corks are also common, but do not allow any oxygen contact. "Screw-tops" are also quite inexpensive. They have a membrane that allows oxygen transfer and are very convenient. Both are fine for wines consumed within about six years.

So, enjoy a good glass of wine! For feedback or questions:

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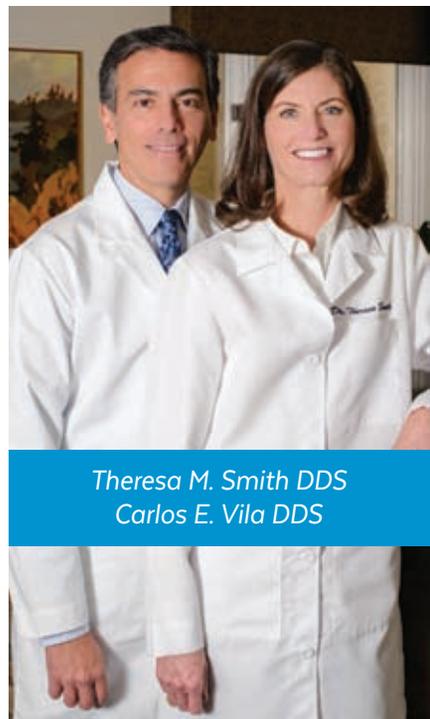
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The library thanks all who support us. Our volunteers were honored with a thank you luncheon in April. We appreciate all you do.

Our two yearly fund raisers are approaching, the annual Used Book Sale scheduled for **September 7 and 8** at the Community Center and Friends of the Library Preview Reception. Participating in the Friends of the Library for an annual donation of \$10 allows you to purchase books at our preview reception on Friday **September 6**. Please sign up to be a *Friend* at the library.

Our Library Ambassador Program is ongoing. If you know someone who is unable to use our library, please

HM Library (Community Center)
Monday to Friday 10 a.m. – 2 p.m.
Saturday 10 a.m. – Noon

HM Library contact:
Angela Linden, 610-696-5374

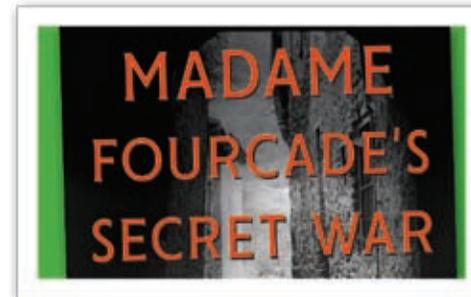
www.hmlibrary.com

call Angela Linden at and arrangements will be made to get library books to you.

FEATURED BOOK

A new acquisition is *Madame Fourcade's Secret War* by Lynne Olson. The author writes a historically correct account of a daring young woman who led France's largest spy network against Hitler. In 1941 Madame Fourcade became the leader of the Resistance Intelligence. This French spy organization supplied crucial intelligence information to British and Americans including a map of the Normandy coast. Her organization moved headquarters frequently. But still she was captured and escaped from the Nazis' several times. The author captures a story of bravery and courage.

Continued on page 35



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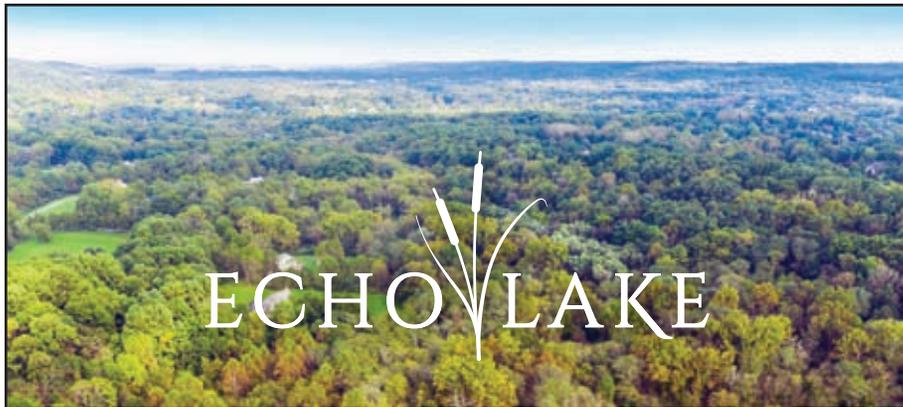


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HM Library (continued)

NEW BOOKS

Fiction

Berry, Steve - *Malta Exchange*
Bowen, Rhys - *Victory Garden*
Cussler, Clive - *Celtic Empire*
Gabriel, Marius - *Parisians*
Griffin, Anne - *When All Is Said*
Harper, Karen - *American Duchess: A Novel of Consuelo Vanderbilt*
Harrel, Lindsay - *Secrets of Paper and Ink*
Heller, Peter - *River*
Kistler, Bonnie - *House on Fire: A Novel*
Les Becquets, Diane - *Last Woman in the Forest*
Luiselli, Valeria - *Lost Children Archive*
Mallery, Susan - *California Girls*
Meissner, Susan - *Last Year of the War*
Quinn, Kate - *Huntress: A Novel*
See, Lisa - *Island of Sea Women*

Steel, Danielle - *Silent Night: A Novel*
Thornton, Stephanie - *American Princess*

Winslow, Don - *Border*

Mystery

Box, C. J. - *Wolf Pack*
Coben, Harlan - *Run Away*
Deveraux, Jude - *Justified Murder*
Finch, Charles - *Vanishing Man*
Fluke, Joanne - *Chocolate Cream Pie Murder*
Iles, Greg - *Cemetery Road*
Leon, Donna - *Unto Us a Son is Given*
Swanson, Peter - *Before She Knew Him*

NonFiction

Olsen, Lynne - *Madame Fourcade's Secret War*
Thomas, Evan - *First: Sandra Day O'Connor*

Large Print

Child, Lee - *Past Tense*

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PA Primary Election Tuesday, **May 21**. Polls open 7 a.m. to 8 p.m. In this election, we will be voting for:

- County Commissioners
- District Attorney
- Recorder of Deeds
- Register of Wills
- Sheriff
- Prothonotary
- Common Pleas Court Judges
- Superior Court Judge
- East Goshen Supervisors
- East Goshen Auditor
- WCASD School Directors

Precinct 250, East Goshen 8 votes at the HM Community Center. The following villages will vote in this precinct: Ashton, Brighton, Chatham, Devonshire, Inverness, Jefferson, Merrifield, and Oakmont.

- Republican Committee people:
 Eileen Pickett ()
 Donna Faunce ()
 Democrat Committee people:
 Marie Knox ()
 Patricia Schultz ()

Precinct 247, East Goshen 5 votes at the HM Golf Club. The remaining villages, not listed above under Precinct 250, will vote in this precinct.

- Republican Committee people:
 Bill Weber ()
 Donna Faunce ()
 Democrat Committee people:
 Nina Jones ()
 Pamela Onyx ()

Contact your committee people for questions, forms, and volunteer opportunities.

Natalia Volz

Exploring another Fact about Healing After a Loss or Death

This is our second column focusing on information about healing from a significant loss such as a death, divorce, or estrangement. More myths and truths will be explored in the next Digest issue.

Myth: Time Heals

Truth: It usually takes more time to recover than most people think.

Our society tends to act as if, in about six months maximum, we should have “recovered” from the loss or death. Some people even act as if it should take just a few weeks! Although we are resilient and meant to recover from the pain of loss, the length of time needed to recover is considerably longer than many expect and also varies greatly from person to person.

Moving through the pain of grief may take a shorter period of time when a person is supported to talk about the loss or death. People who have not experienced a devastating loss simply don’t realize this. Most caring friends and family contribute to this myth by no longer asking how the person is doing, a relatively short time after the loss. Grieving people often

don’t feel comfortable bringing up the subject, after a relatively short period of time. And the grieving person often, or even usually, stops talking about the loss because he/she thinks the, “time has come” to stop talking about it! In fact, most people need and want to talk about their loved one and their grief for a long, long time, perhaps years or decades.

Recovery time also varies depending upon the closeness of the relationship. One person may grieve the loss of a beloved pet more than the loss of a parent or possibly even a spouse if the relationship wasn’t close. This is normal!

The best gift we can give a grieving friend or loved one is to continue to ask how the person is doing and possibly what they miss about their loved one and then **listen with compassion, nonjudgment and patience**; make space for the grieving person to say what he or she is experiencing over and over, until the person doesn’t need to say it again. It is very caring to continue to ask the person how he or she is doing.

By the time you read this, we will be in the middle of our first HM Grief Recovery Group. This program is being facilitated by Natalia Volz, author of this article, a trained grief counselor. Stay tuned for information about our next Grief Recovery Group which begins in the fall.



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Classifieds

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WANTED HMCTV Channel 1970 needs volunteers to conduct **TV interviews**. Ample material will be provided to produce lively conversations. Contact Don Trauger,

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FOR SALE Several toy trucks, some are banks - 25 Hess, 7 Gulf, 2 Esso, 2 Sunoco. Most never opened, \$15 each. Call

FOR SALE Garden cart for plants and/or supplies. Very good condition. \$60. Call

FOR SALE Free-standing blond wood cabinet with 4 open shelves on casters by IKEA called Timra. 47" tall, 20" wide, 17" deep. Assembled, but never used. \$50. Call

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">Activities Calendar</h1> <h2 style="text-align: center;">May 2019</h2>			May 1	2	3	4
			7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 12:00pm Art Group 12:30pm Bridge-Social Club 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Burke Bible Study 7:00pm Singers Rehearsal	8:00am Concierge Jewelry 10:00am Caregiver Support Group 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Casual Singing Group 7:00pm Quaker Open	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Hand & Foot 1:00pm Billiards Open 2:30pm Scrabble	2:00pm Table Tennis-Open
5	6	7	8	9	10	11
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 12:30pm Mah Jongg-Mackleer 12:30pm HM Duplicate Bridge 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 6:30pm Grief Recovery Program	10:30am Tai Chi 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:00pm Pain Management Seminar 1:30pm Mah Jongg-Poling 3:00pm Vassar Open	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 10:00am Questers 12:00pm Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 2:00pm Estate Planning - Menninger Assoc 7:00pm Mah Jongg-Kiely 7:00pm Singers Rehearsal 7:00pm Springton Open 7:00pm Troon Open	9:30am Women's Bible Study 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 2:00pm Book Discussion Group 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Princeton Open	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Hand & Foot 1:00pm Billiards Open 2:30pm Scrabble	2:00pm Table Tennis-Open
12	13	14	15	16	17	18
2:00pm Table Tennis-Open	8:30am Aerobic Dancing/Exercise 10:00am Chester County Hospital Aux. 12:30pm Mah Jongg-Mackleer 12:30pm HM Duplicate Bridge 1:00pm Bridge-Groff 2:00pm Photography Club 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 6:30pm Grief Recovery Program 7:00pm Franklin Open	10:30am Audiology Screening 10:30am Tai Chi 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 4:30pm Financial Seminar - Mattie 7:00pm Great Books Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 12:00pm Social Club Bridge 12:00pm Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Singers Rehearsal	10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Springton Open 7:00pm Glenwood Open	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Hand & Foot 1:00pm Billiards Open 2:00pm Estate Planning - Menninger Assoc 2:30pm Scrabble	2:00pm Table Tennis-Open
19	20	21	22	23	24	25
9:00am Community Open House 2:00pm Table Tennis-Open 2:00pm National Affairs Forum	8:30am Aerobic Dancing/Exercise 12:30pm Mah Jongg-Mackleer 12:30pm HM Duplicate Bridge 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 6:30pm Grief Recovery Program 7:00pm HLN Open 7:00pm Monday Movie Night	6:00am Primary Election 10:30am Tai Chi 12:00pm Spirit of Democracy Club 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 6:30pm Boomers Book Group 7:00pm PC Computer Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 12:00pm Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 2:00pm Sports EXPO 6:00pm Franklin Annual Meeting 7:00pm Mah Jongg-Kiely 7:00pm Singers Rehearsal	9:30am HM Women's Bible Study 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Merrifield Open	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Hand & Foot 1:00pm Billiards Open 2:00pm Financial Planning - Menninger Assoc 2:30pm Scrabble	2:00pm Table Tennis-Open
26	27	28	29	30	31	
2:00pm Table Tennis-Open 2:00pm National Affairs Forum	8:30am Aerobic Dancing/Exercise 12:30pm Mah Jongg-Mackleer 12:30pm HM Duplicate Bridge 1:00pm Talking Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	10:30am Tai Chi 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 7:00pm Brighton Open 7:00pm Great Books Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Eaton Open 7:00pm Singers Rehearsal	10:00am Yoga 12:00pm Financial Seminar-Mattie 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Hand & Foot 1:00pm Billiards Open 2:30pm Scrabble 7:00pm Bingo	

Color Legend
 Ardmore Room
 Billiards Room
 Cove
 CC Main Hall
 Malvern Room
 Paoli Room
 Sullivan House

SMARTBODY

Sharon Duffy, PT, FCP

Introducing a novel program that combines science, learning and movement. This is an introductory physical improvement program at the Community Center on Wednesday, June 5 and Wednesday, June 19 from 10-11:30 a.m. that enables greater participation and adds value to your current programs. The program supports your community members' concerns about aging and quality of long term independence with emphasis on pain disorders. Light refreshments served.

COMMUNITY GARDENS

Ed Sweeney | Yardley

At long last! Gardening is finally here again at Hershey's Mill. We know that many of you are anxious to start your gardens this spring and apply helpful garden tips gained from our resident expert Bill Reynolds. Many of you have been busy working on your fences, garden pathways and soil preparation.

This year, we'll have our eye on the new butterfly garden planted at the far end of the gravel lane. Hopefully butterflies will abound! We also have some additional beehives which is an asset to gardens and our community.

Please don't forget to come out to the seed exchange on **May 1** at the pool. Help yourself to a new plant



(Above) Putting in the work now will give you a lovely garden, like this one, in July!

variety and, if available, bring your seeds and seedlings to share with others.

Once again, Jim DiCarlo and I want to thank everyone for their continued help.

IGC, INC CONCIERGE JEWELER

On Thursday, **May 2**, IGC, Inc. will be at the Community Center from 8 a.m. to 4 p.m. You are able to sell your gold, silver and platinum jewelry, flatware, and serving pieces; or you can just have it appraised. You can also bring any jewelry you need fitted or repaired and receive a quote from IGC. Some repairs can be done while you wait. There is also free jewelry cleaning and inspection. Replacement batteries for watches will be available. Find extra money when you turn your unwanted jewelry and heirlooms into cash. We have the highest prices paid in the five county area.

Continued on next page



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SHOWCASE OF HOMES TO BENEFIT PAOLI HOSPITAL

Lynn Mander | Devonshire

The Showcase of Homes will be on **May 9** from 10 a.m. to 3 p.m.

As you drive through Hershey's Mill, the homes look somewhat similar, but once you enter the homes, you discover that they are filled with wonderful collections and artwork reflecting the history of the owner and their personal taste. The six homes you will visit are beautifully decorated and very unique, and it's fun to see how the homeowners have renovated and updated their homes.

Tickets are \$25 and will be available at the Community Center outside of the library on May 1, 2 and May 6, 7, 8 from 11 a.m. to 1 p.m. and at the Club on May 9. Also, look for us during happy hour at the club.

A wonderful luncheon will be held at the Golf Club and you may purchase a lunch ticket when you purchase your tour ticket. The lunch ticket is also \$25. The boutique will be at the Golf Club this year from 10 a.m. to 3:30 p.m. with local vendors offering jewelry, wooden crafts, oils and vinegars, clothing and purses and discounted items at the Pro Shop. We will also have beautiful raffle baskets. Note the extended time of the boutique. You will have time to visit after the homes close at



3 p.m. You do not need to purchase a tour ticket to visit the Boutique at the Club. For additional information, call Lynn Mander at _____ or email _____

ORCHESTRA CONCORDIA

Eugene Klein | Devonshire

The Orchestra will present the final concert of its season on **May 10** at 8 p.m. at the Radnor Middle School, 150 Louella Avenue, Wayne, PA. The performance is free, wheelchair accessible, and open to the public. Under the direction of conductor Gary White, the program will feature Philadelphia Orchestra French horn soloist Jeffrey Lang in *Morceau de Concert for Horn and Orchestra* by Saint-Saëns. The mostly French program will also include *Fauré's Pavane* with guest choir *Coro da capo* under the direction of Marsha Core. By offering admission-free performances at a convenient location, Orchestra Concordia strives to make superb concert experiences accessible to all. Orchestra Concordia is a volunteer orchestra comprised of outstanding professional and amateur musicians from the Philadelphia area including Gene Klein, Devonshire. For more information, please visit orchestraconcordia.org.



(Above) Just a few of the beautiful flowers available at a past Goshen Fire Company Flower Sale

FLOWER SALE

Ralph Verno | Yardley

The Goshen Fire Company will hold its annual Mothers' Day flower sale at Station 56 at Boot Road and Greenhill Road at the following times: Friday, **May 10** from 10 a.m. to 7 p.m.; Saturday, **May 11** from 10 a.m. to 7 p.m.; Sunday, **May 12** from 9 a.m. to 2 p.m. – or when sold out. The sale will feature hanging baskets, azaleas, hydrangeas, bushes, bedding plants, etc. All proceeds benefit the Goshen Fire Company which provides emergency services (fire, ambulance, etc.) to Hershey's Mill.

Continued on next page

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UNDERSTANDING THE 2018 TAX LAW CHANGES

Michael Menninger, CFP

This educational seminar is being held in the main hall of the Community Center on Friday, **May 17**, from 2 to 4 p.m. It will provide an overview of the Federal tax laws as they apply to the personal income tax return. It will provide an easy to understand description of the Federal tax laws highlighting changes that occurred in 2018. The speaker will provide specific strategies to capitalize on those tax law changes, and ideas to improve tax efficiency, such as the RMD charitable contributions and other strategies. This will be a fun, informative and interactive session. After all, you must pay taxes, but there's no law that says you have to leave a tip. Light snacks, wine, and

refreshments will be served. Please RSVP to 610 422-3773.

MONDAY NIGHT AT THE MOVIES

Lynne Urian | Merrifield

One of the nicest things about living here in Hershey's Mill is watching all of our lovely landscaping come back to life each spring. We are really blessed with having beautiful nature all around us! To welcome the season, on Monday, **May 20** at 7 p.m., we will present *The Gardener* (G, 2016). **Location Note:** for this month, we'll meet upstairs in the Ardmore Room. This film documents the incredible life's work of Frank Cabot, creator of the magnificent 20-acre English style garden, "Les Quatre Vents" in Charlevoix County Quebec, Canada. What a perfect way to spend an early spring evening!

After the screening, feel free to stay for a brief discussion of the film. It's free and open to everyone at Hershey's Mill. If you'd like more information, please call Lynne Urian (Merrifield Village) at _____, or email her at _____.

BLUEBIRDS ARE HERE!

Eileen Rackover | Franklin

Have you seen one yet? In March, the bluebirds began their courtships throughout Hershey's Mill. According to resident, Wilbur Amand, "Pairs check out potential box nesting sites". Often, once they are successful, the bluebirds may produce two families during a summer season. Nesting boxes at HM provide a place for these beautiful creatures to mate and raise their families. Find out how you might add a nesting box near your residence by contacting Hershey's Mill Landscape Division, hmland@comcast.net.

You may notice our resident HM Bluebird Monitoring Volunteers and their young helpers, cleaning out accumulated nesting material, old wasp nests and other debris early in



the season then checking the boxes for activity throughout the season. In other words, providing a healthy environment for our feathered friends. Weekly, those volunteers will monitor the progress of the nesting cycle by checking the boxes for eggs and hatchlings until fall.

If you are interested in learning more about bluebirds and their habits, join the fun, and please contact Eileen Rackover at _____

or _____

Continued on next page

(Above) A pair of bluebirds enjoying mealworms. A thrill for backyard birders!

(At left) Gary Habberset's granddaughter Savannah checking for bluebird eggs and/or babies last August.

Photos by Gail Habberset



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Due to Verizon issues, several villages including Quaker Ridge and Springton are not able to receive HMCTV programming on channels 1970 and 1971. Verizon is aware and replacement equipment has been ordered. No timeline is currently available.

Don Trauger – HMCTV

"GRAND" IDEAS!

Audrey Carr | Eaton

As transcribed by Gail Habbersett

Each month we'd like to feature an activity our HM readers have enjoyed with children up to and including teenagers. Please email your brief article/outline about your experience as an attached Word document, to hmctvguide@comcast.net. You may also attach photos as jpg files. Don't worry, we'll polish it up if you'd like.

When my neighbor shared this news with me, I realized that it was a perfectly "grand idea". I met with Audrey to gather the details and this is her story. One day, early in March, Audrey's granddaughter, Lauren, approached her. "Nanna" she began. "What are you doing for St. Patrick's

Day"? "Nothing" responded Audrey. Historically this was not the case as she had always hosted her late husband's favorite holiday meal. Now, honored by the request, Audrey was delighted to accept. Lauren decked her home in green and set the table for 10. Together Lauren and Audrey prepped the red-skin potatoes, cabbage and carrots while the six-pound corned beef simmered in the crock pot. Lauren learned Nanna's technique for cutting fingerling carrots, steaming to tenderize then season them with butter and dill. The meat was finished off with a mustard and brown sugar glaze as the potatoes and cabbage boiled in the broth. Once seated at the table, one family member offered, as always on this occasion, "and bless the food we eat". Audrey's Irish soda bread with caraway seeds and currents, toasted and served with Kerry Gold butter remains a secret family recipe and a delicious finale.

Continued on page 51



(Above) All hands on deck! Audrey with her great grandsons and granddaughter Lauren.

(Below) A new tradition – sealed with a kiss.

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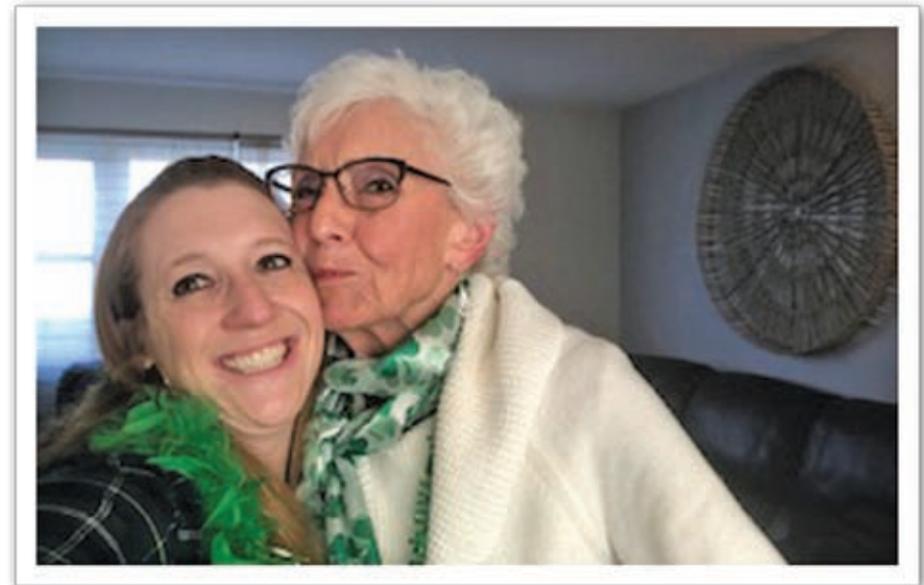


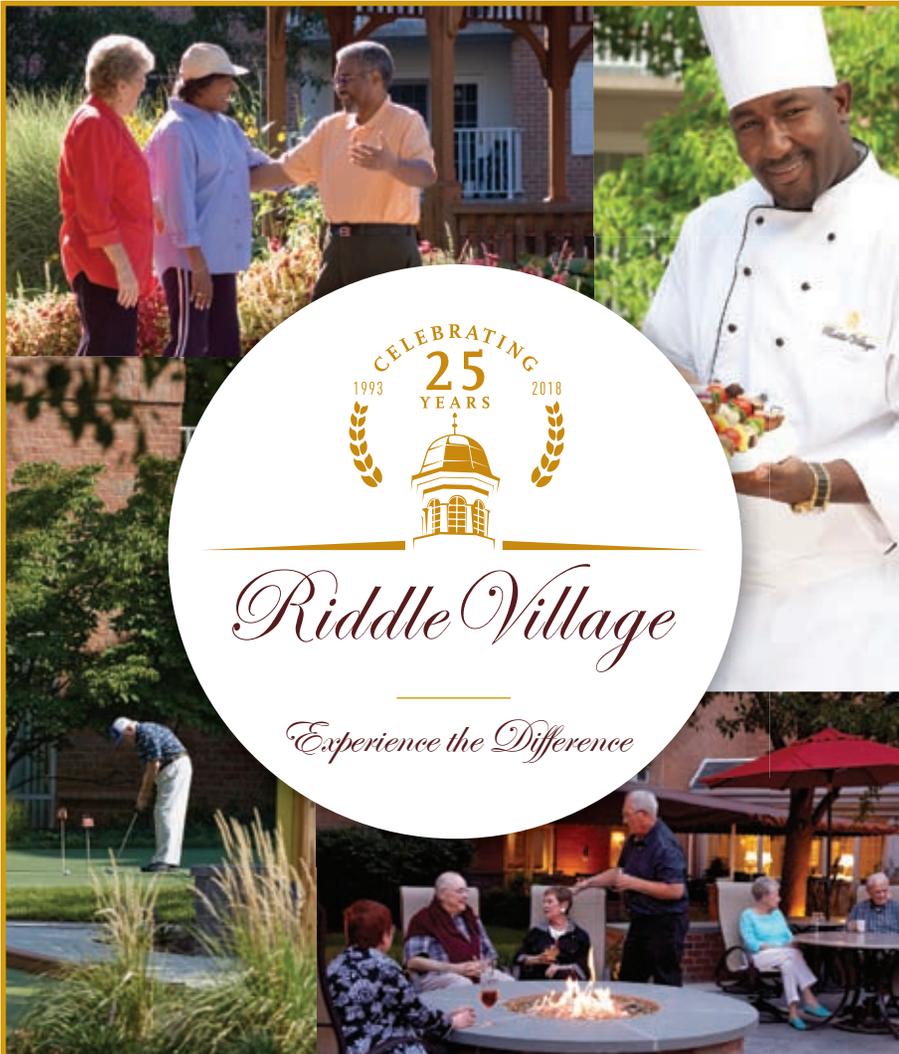
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Community News (continued)

HMCTV REVISED 2019 CONCERT SCHEDULE

June 2 (rain date June 23): Webb Band sponsored by Wagner Realty

July 14 (rain date July 21): Good Foot sponsored by Brookland Audiology

Aug 4 (rain date Aug. 25): 22 Street Orchestra sponsored by The Dorsey Team

FUNDAMENTALS OF ESTATE PLANNING

This educational seminar is being held in the main hall of the Community Center on two occasions: Wednesday, **May 8** from 2 to 4 p.m. and Friday, **May 24** from 2 to 4 p.m. It will provide an overview of the four components of a will, and the purpose of each component. The seminar will describe the manner in which an estate is dis-

tributed to heirs, what probate is, and what assets avoid probate. The speaker describes common pitfalls that could cause one's estate to be distributed in an unintended manner, particularly if it involves a second marriage. The speaker will describe the taxation of estates and methods to avoid or significantly reduce the amount of taxes assessed to the estate. This presentation is informative and interactive. Light snacks, wine, and refreshments will be served. Please RSVP 610-422-3773.



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Club News

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Were you planning to join the Hershey's Mill Knitting Circle, but instead stayed inside? Here it is May with the March winds and April showers having already subsided. Join us! If you are a hand crafter and interested in joining the Hershey's Mill Knitting Circle, we meet on **Thursdays** from 1-3 p.m. in the Paoli Room of the Community



Center. We welcome 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 Knitting Circle, contact Ruth Schick,

BOOK CLUB

Carol Barkovsky | Eaton

Please join us on Thursday, **May 9** at 2 p.m. in Sullivan House as Carole Rubley leads us in a discussion of *The Woman's Hour: The Great Fight to Win the Vote* by Elaine Weiss. This is the inspiring story of the remarkable women who fought for the Nineteenth Amendment. And how it came to a head in August, 1920. Thirty-five states have ratified the Amendment, twelve rejected or refused to vote and one last state, Tennessee is needed. This is the moment of truth after a seven-decade crusade.

PC CLUB

Don Trauger | Kennett

Our May meeting will focus on Windows 10 Toolbox. We will cover this topic and any other topics of interest. There will be time to address questions. Join us at 7 p.m. on Tuesday, **May 14** in the Community Center.

Continued on next page

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APPLE & MACINTOSH CONNECTION

Rene McNally | Eaton

FOURTH-SATURDAY MAC HELP: The regular Newer User's Group will meet in the **Paoli Room** of the Community Center from 10 a.m. to 12 noon on **May 25**. Refreshments will be available. Expert advice is free and available to all. Contact Carol Campanelli carcamp1@comcast.net to receive email-meeting reminders. Rene McNally is the contact in Hershey's Mill.

NEW LOCATION for the May **SECOND-SATURDAY MAC HELP**. **May 11** meeting will be from



9 a.m. to 12 noon at the Haverford Recreation and Environmental Center, 9000 Parkview Drive, Haverford, PA 19041. Check the Main Line Macintosh Users website: www.mlmutg.org for more information about upcoming meetings.

PHOTOGRAPHY CLUB

Carol Poling | Oakmont

If you haven't noticed, the HMPC has presented their newest show with many beautiful photographs taken by our members. The show is hanging downstairs and on the main floor of the Community Center. Meetings the second Monday of each month beginning at 2 p.m. Come join us and bring some of your photos to share.

(At left) Jim and Joan Hall, Kennett, observed the "changing of the Guard" at Buckingham palace in 2015 and will do so again this Easter. Photo taken by James Hall.



ART GROUP AT HERSHEY'S MILL

Martha Hanson | Jefferson

Art and Math are inextricably linked in Susan May's work. Her current art is a mosaic composed of circular paper hole punches inspired by the colors of a polished stone. The intricate design reflects her love of math and the patterns found in nature. Susan knew in kindergarten that she was an artist but as her art education progressed, she realized she was not interested in doing anything realistic. She preferred to focus on the interplay between texture, color and space. This led her to quilting, developing her own business, designing, making and selling her pieces. Later, she learned the art of framing

(Below) The 'Glory of the Snow' flowers were photographed while walking around Yardley or Vassar.

Photo taken by James Hall.



and ran a custom framing business from her home. She accomplished all of this while she and her husband raised four children. As a member of the Hershey's Mill Art Group, Susan is able to produce the mixed media pieces that she has always wanted to create surrounded by "like-thinking people". "I wonder what leads me to the most interesting places," Susan states. The Art Group will get to see where Susan's art takes her next. The Art Group meets every Wednesday from 12 to 3 p.m. in the Cove.



Update On Cardboard For Kids

Janet Eberlein | Eaton

Combine children with disabilities who need equipment adapted to their unique needs, some sturdy corrugated cardboard, the Hershey's Mill Woodshop, the Woodshop "Elves" and what do you have? An intergenerational community volunteer project that was spearheaded 18 months ago by the HM Woodshop under the supervision of President Fred Auger.

Since that time, approximately 60 children have received rockers, wedges, chairs, booster seats, and

tables. Often times, companies that fabricate adaptive-custom furniture are expensive and slow to produce, meaning children quickly outgrow the equipment they receive. We have the opportunity, skills and resources to fabricate customized requests, in a short time, at no cost to the families in need.

A partnership with the Institute on Disabilities at Temple University has provided funding through grants from the Christopher and Dana Reeves Foundation and other local agencies for this project. The process is simple.

After requests are received, the equipment is fabricated in the Woodshop and then passed on to the Woodshop Elves who paint and decorate the items according to the requests of the children and families.

To meet the increased demand for the adaptive furniture, we need more Hershey's Mill residents to volunteer to put the finishing touches on the furniture. The furniture projects are completed at the Sullivan House. No particular skill is needed and all supplies are provided. Many meaningful friendships have been formed as we gather to work on these projects and we would love to have you join us. Typically, the group meets on Thursday's, but those who

prefer can take projects home to work on them at their convenience.

Come see what we are doing at the Sullivan House and I'm sure you will be as excited as we are about helping children with disabilities get the equipment they need. If you are interested or have any questions please contact, Jan Eberlein at or



A collection of adaptive furniture being created especially for girls. All photos taken by Jan Eberlein.



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Woodshop Dedication – March 24, 2019

Bob Coldwell | Ulster

(At right) Receiving the plaque, L to R, are Ben Ellis, Robert Greco and Arnold Auger

(Below) Fred Auger, President, presents Woodshop Plaque

(At bottom) Dedication of newly expanded machine room



Carol Keith | Pool Manager

May has finally arrived, and so has the time for that relaxing summer feeling you get when you come to our beautiful HM Pool.

POOL OPENING - HOT DOG DAY

This event signifies the official opening of the pool on Saturday, May 25. The pool opens at 10 a.m., but *HOT DOG DAY* begins at noon and ends at 2 p.m. Come between those hours to get a free hot dog, chips, and lemonade. Rain date is Sunday, May 26.

POOL HOURS

The pool will be open from **10 a.m. to 7:30 p.m. Mondays - Saturdays** and **Sundays from Noon to 7:30 p.m.** Children are welcome from 12 noon to 5 p.m. every day. The rest of the time is for adults only. Children should be out of the pool by 4:45 p.m. to allow



time for drying off and dressing, so that they can leave the pool area by 5 p.m.

THROWING A PARTY?

If villages, clubs, or individual residents are planning to have a party at the pool this summer, they can reserve a date by contacting the Pool Manager via the Pool email hersheysmillpool@gmail.com. The forms that need to be completed by the person who is in charge of the party are available at the Pool Manager's office. Please note that there is a revised pricing structure for Pool Parties this year. Setting up for parties should be easier for everyone with the revised pool hours. Be sure to secure your party date early so that you don't miss out on the date you want.

POOL PARTIES

There will be several special pool parties this summer sponsored by the Pool Events Committee. Check the pool bulletin board and the TV bulletin board for information about these events.

HAPPY HOUR THEMED FRIDAYS

The Happy Hours were very successful last summer, so they will be continued. Adding a special theme to the Friday night events will provide more fun.



(Above) First Group in the pool last year opening day.

More information for these affairs will be posted on the pool bulletin board and displayed on the Hershey's Mill TV bulletin board.

POOL CHECK-IN

As mentioned in earlier *Guide and Digest* articles, many mechanical improvements were made to the pool, and a new check-in system called POOL PASS will be implemented. The pool will look better and be safer for everyone. Checking in at the sign-in desk will be easier when everyone gets used to the new system. Your old guest cards will still be valid, so bring them with you at first. Eventually you won't have to remember to bring your guest cards to the pool because their contents will be loaded into the new system.

The pool staff and I are eager to see everyone again, and look forward to having an enjoyable, safe summer together at the pool.



(Above) Hot Dog Day is always fun. (Below) Happy Hour was a huge success.



(At left) Many offerings to choose from at Happy Hour.



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MAY AT THE CLUB

Our **Annual Kentucky Derby** party will be Saturday, **May 4**. For those new to the Club, the Derby Party consists of The Derby Day Buffet and an opportunity to bet on your favorite horses running the race. Ladies can participate in a hat contest. The themes this year are "Silliest" and "Prettiest". Festivities and betting will begin at 5 p.m. Reservations are required.

The annual **Mother's Day Brunch** will be Sunday, **May 12** with seatings at 11:30 a.m. and 2 p.m. Call for reservations.

Ladies Night Out will be Wednesday, **May 15**. There will be a special drink, a reduced price wine and entrée as usual. Get a group of friends



together from your village, your card group, pool group, new book group, whatever! It's a fun atmosphere to socialize with your girlfriends at the Mill.

Trivia Night will be Thursday, **May 23**. Be sure to make a reservation for your table, as this is our most popular event. Doors open at 6 p.m. with the dinner buffet beginning at 6:15 p.m.

And don't forget the **Memorial Day** celebration/picnic which will be Sunday, **May 26**.

We value your feedback and suggestions. Comment Cards are included with your bill when you eat at the Club and are available in the Suggestion Box in the Lobby.

THE COMMENTS CARDS ARE READ, DISCUSSED AND ACTION TAKEN WHERE NECESSARY. To be of value, they must be dated. The two names that were pulled for submitting comment cards in February and March and who will receive a free drink are S. Shabaker and Bill Wilson.

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HMSG CLUB NEWS/EXPO

Don Evons | Princeton

The Hershey's Mill Sports Group is the source of sports and other activities that will fill in your spare time with fun games and socials plus introduce you to a neat group of new friends. HMSG and Wagner Realtor Estate have joined together to sponsor the first sports/social EXPO to showcase all the activities they sponsor which includes Billiards (pool), Bocce, Cycling, Horse Shoes, Pickleball, Ping Pong, Platform Tennis (Paddle), Shuffleboard and Tennis. All this is enhanced by a First Aid Service including CPR (with training), a Computerized Reservation System (acronym ROCO) and a Membership Committee.

On Wednesday, May 22 from 3-5 p.m., head to the Community Center where a representative for each activity will provide information on their sport and how you can participate.

(Below) Scott and Drinda Burkhart of Inverness get information from Sports Group regulars Don Evons of Princeton and Seth French of Yardley at the last HMSG Fair in 2017.



FREE wine, beer, soft drinks and snacks for all. On the following day, May 23, the games will be demonstrated and you will have an opportunity to play. Come discover the fun opportunities and great folks who look forward to sharing their enthusiasm for our HM sports.

PICKLEBALL

Tom Fant | Yardley

Named after a snack that looks like a squash or the last fishing boat to leave the dock (didn't know that did you?); that's pickleball. No exaggeration . . . the fastest growing senior activity on the planet! During the EXPO on Thursday, May 23, veteran players like Tom May and Jack Hamilton will offer free, easy to follow instructions.



(Above) Tom May (left) and Jack Hamilton (right).

Especially good news for beginners – rackets and balls are free and available at the courts. Our regular hours of play are Monday, Tuesday, Thursday, Friday and Saturday at 9:30 a.m. On Wednesday, play starts at 5:30 p.m. to allow for monthly pizza parties plus accommodate our players still working. On Sunday, we start play at 2 p.m. In each case, the courts are reserved for 2 hours of 'open play'. By the way, did you know that there are some mental advantages to playing pickleball. You see the game is almost always played as doubles, so you have to keep track of 4 turns of serve, plus the scoring system has 3 components to keep you thinking. If you can't make the EXPO, stop by at one of the regular times. Veterans love to help novices join in.

BIKING

Jeff Smith | Princeton

Spring has finally arrived and it's time to get back in the saddle of our bikes. Are you on our email list? Email Jeff Smith at or Seth French at for

Continued on next page



a free copy of our preliminary schedule (suggestions welcomed). Some planned rides will be on quiet country roads and some will be on the many trails in the Greater Philadelphia area. The schedule includes a description of the terrain, surface and approximate length of the ride. Adventurers and "newbies" will find selections just right for them. We're looking forward to you joining us for a wonderful season. Visit our booth at the May 22 HMSG EXPO.

CPR

Don Evons | Princeton

Along with the tables displaying all the activities of the HMSG at the EXPO, there will be one with information on the CPR/AED/Choking class. This includes articles that we will use in

the class such as Resussi Annie, the mannequin used for practice, as well as instruction on an AED, Automated External Defibrillator. Sign-ups for the next class on June 20 will be available. See you all at the EXPO.

BOWLING LEAGUE

Doll Elwell | non-resident

The bowling season has ended. We are now looking forward to warm weather and outdoor sports. We hope to see you all attend the EXPO. Don Evons has done a great job of organizing this event and we hope everyone will attend and show your support. We look forward to the 2019-2020 bowling season beginning in October. Until then, have a great summer!



TABLE TENNIS

Allan Shaffer | Yardley

The table tennis club went to the Villages at Hillview for a meet with the Hillview club on March 19. The results of that match will be reported in the next issue of the Guide and Digest. The team included Karen Stahl, Mary Lou Perry, Glenn Chelliah, Larry

Appalucci, Jack Hamilton, Bob Roland, Denis Raihall and Allan Shaffer. The teams have met twice with Hershey's Mill winning both events. Table tennis is held at the community center on Thursdays (except the first Thursday of the month), Saturdays and Sundays at 2 p.m. Players of all skill levels are encouraged to attend. Paddles and balls are furnished.

Visit our EXPO booth on May 22.



BOCCE

Bob Bevon | Kennett

The bocce group has a whole new format for the 2019 season. Everyone is welcome to come out and play three days a week for "open play." Bring a partner or find a partner at the courts. Come to the EXPO

Continued on next page

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and visit our booth to learn all that is new for the 2019 season. Play bocce “just for the fun of it.”

SENIOR MEN'S TENNIS LEAGUE

Sergei Yurchak | Springton

Fairly soon the weather will be improving to allow for playing outdoor tennis. This will give you an opportunity to participate with other Hershey's Mill players in the inter-

club Senior Men's Tennis League. The objective of the League is to provide competitive doubles matches for the players, typically five teams per match and ten matches per season. If you are interested in playing in this venue come May, please contact me at [redacted]. We look forward to meeting you at our EXPO table on May 22



TENNIS

Dave Clewell | Robynwood

It is spring and the tennis is underway. Looking forward to our 3:30 p.m. daily tennis and Saturday 9:30 a.m. Round Robin. Tennis is in full swing and our group is gearing up for the EXPO. See you at the tennis booth on May 22 and on the courts May 23. If you have any questions before the EXPO, contact me at [redacted], or call or text me at [redacted].

BILLIARDS

Joe Silio | Eaton

HMSG MEMBERSHIP

Don Evons | Princeton

Please consider making a voluntary membership contribution at the EXPO at suggested levels of \$10 for a supporting member; \$25 for a sustaining member; or \$50 for a Goldstar member. Raffle tickets will be given to

Continued on page 71

(Below) Team Hershey's Mill competed against Hill View Community on March 22. Notice how happy everyone in the picture is - an example of how the HM's Billiard team travels and brings joy.



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Hershey's Mill Sports Group (continued)

those members making contributions depending on the level of their contributions. Prizes will be announced at the EXPO. Come, bring a friend and enjoy!

GET INVOLVED AND "PLAY WHERE YOU LIVE"

Table Tennis: Thursday, Friday, Saturday and Sunday, 2-10 p.m.

Bocce: Open Play every Wednesday at 4 p.m.

Pool (Billiards): Every Friday, 12:30-2 p.m.

Tennis: Weekdays at 3:30 p.m.; Saturdays at 9:30 a.m. (Weather permitting)

Pickleball: Monday, Tuesday, Thursday, Friday, and Saturdays at 9:30 a.m.; Wednesday at 5:30 p.m.; Sundays at 2 p.m. (Weather permitting)

HMSG EXPO: May 22; 3-5 p.m. at the Community Center. (Free beer, wine and snacks)

Memorial Day Celebration: All activities starting at 8 a.m.; food and drinks - \$5.00



July 4th Celebration: All activities starting at 8 a.m.; food and drinks \$5.00

(Below) PickleBall supporters Alison Fant of Yardley, Helen Madden of Troon and Sara Hamilton of Heatherton take a break while Stew Tomkins of Quaker waits for NEXT! at July 4th Picnic.





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Puzzle Solution

If you haven't tried the puzzle yet, don't look at the answers! We aren't saying it would qualify you for a "pickleball paddling" or such,



but why even take the chance when there's so much to learn by doing it? Or better yet, don't look, and show yourself to be the HM sports smarty we know you are! Either way, get it done, then out to play at The Mill!



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Have a Ball in the Kitchen Too – with Meatballs!

We hope, like us, you're "having a ball" at the courts with tennis, pickleball, and bocce. And at the tables with billiards and table tennis. But it shouldn't stop there, as you can (*and should*) have a ball in the kitchen too! Our three meatball, and one vegetarian ball, recipes are as delicious as they are fun. Make them most any size you want, we leave that up to you – and small balls make great appetizers. Our limited space doesn't accommodate sides, but suggestions are provided for your own or store bought. Ball "bowls to go" are great for HM sports and concerts. So make a ball, eat a ball, and get back to having a ball!

Turkey & Stuffing Meatballs

Can't get enough of Thanksgiving treats? Then put that bird and its stuff together, and enjoy it throughout the year! Serve these on a pillow of your favorite mashed potatoes, and tuck it all in with your cranberry sauce over the top.

- 2 tablespoons butter
- ½ large onion, chopped
- 2 large celery ribs, chopped
- 1 cup chicken stock
- 2 cups packaged stuffing mix, seasoned (or season as you like)
- 1 pound ground turkey

- 1 egg
- 3 tablespoons chopped fresh parsley
- 1½ teaspoons salt
- 1 teaspoon ground pepper

In a saucepan, cook the onion and celery in the butter until tender, then add stock and bring to a boil. Add stuffing mix, stir, remove from heat, and let sit (covered) about 5 minutes. Preheat the oven to 350°F, and line a baking pan with nonstick foil. Mix remaining ingredients into the stuffing, roll the mixture into balls, and place slightly spaced in the baking pan. Bake until well browned; rolling balls at least

once partway through for browning all sides. Cooking time depends on ball size, with 2" balls taking about 20 minutes; but a thermometer reading of 170°F in the center is best. Serve hot.

Sichuan Meatballs

If you love Chinese food that's just a bit spicy, these are for you! This recipe includes a spicy sauce, so all you need to add is a base of sticky white rice.

- Peanut oil for frying
- 1 pound ground pork
- 1½ tablespoons minced fresh ginger
- ¼ cup minced green onion
- 1 egg
- 4 large cloves garlic, minced
- ¼ cup each cornstarch and water
- ¼ cup chile bean paste
- 1½ teaspoons Sichuan pepper
- 2¼ tablespoons soy sauce
- 2 tablespoons sherry
- 1½ tablespoons sugar
- 1 tablespoon rice wine vinegar

In a high-sided saucepan, heat oil (depth to cover the size of your meatballs) to 350°F. In a bowl, mix pork, ginger, onion, egg, and half the garlic, then roll into balls. In a small bowl, whisk cornstarch and water.

In batches, dip balls into starch water, shake off excess, and fry them until well browned. Cooking time depends on ball size, with 2" balls taking about 5 minutes. Remove them to drain on paper towels, and cover. To make sauce, carefully remove all but 3 tablespoons of hot oil from saucepan, then add the remaining garlic and cook a moment until browned. Add remaining ingredients, whisk together, and cook until sauce thickens; 3-4 minutes. Place balls into sauce, stir to coat, and cook for 5 minutes. Serve hot.

Lentil & Bulgur Wheat Balls

Vegetarian? Yes, but they are loved by meat-eating folks too! This recipe includes a lemon herb sauce, so a base of good hummus and a side of flatbread (for eating "by hand") make a Middle Eastern feast.

- ⅓ cup olive oil
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 1 cup of minced fresh herbs; composed of cilantro, basil, parsley, and mint (*proportions as you like*)
- 2 cups water
- 1 cup brown lentils (*other lentil colors/types can affect ball cohesion*)
- ½ cup bulgur wheat
- 1 teaspoon *each* salt, black pepper, ground coriander, ground cumin, and ground cardamom
- ¼ teaspoon *each* ground cloves, ground cinnamon, ground nutmeg, and ground allspice
- 2 eggs

To make sauce, mix olive oil, lemon juice, salt, and fresh herbs, and cover; benefits from being made well in advance, but not necessary. In a saucepan over high heat, combine the water and lentils and bring to a boil, then set temperature to

low, cover, and cook 20 minutes. Stir in the bulgur, cover, turn off heat, and let sit for 20 minutes. Mix all seasonings and eggs into lentils and bulgur, then stir and press mixture aggressively for 2 minutes. Preheat the oven to 350°F, and line a baking pan with nonstick foil. Roll the mixture into balls, place slightly spaced in the baking pan, and bake until browned and crispy; rolling balls at least once partway through for browning all sides. Cooking time depends on ball size, with 2" balls taking about 20 minutes. Serve hot or warm.

Catfish Hush Puppies

Putting these "plate companions" into a neat little package is a Southerner's dream! A side of y'all's best creamy coleslaw puts this in Bayou heaven.

- Peanut oil for frying
- 1 cup cornmeal
- ½ cup flour
- 1 teaspoon *each* baking soda, salt, and sugar
- ¼ teaspoon *each* ground black and ground cayenne peppers
- 1 egg
- ⅔ cup buttermilk
- 1 pound catfish, chopped

In a high-sided saucepan, heat oil (depth to cover the size of your meatballs) to 375°F. In a bowl, whisk together cornmeal, flour, soda, salt, sugar, and peppers, then the egg, then mix in the buttermilk and fish. Scoop 2-tablespoon portions of batter, and fry them in batches. Cooking time is about 2 minutes, turning them once halfway through. Drain on paper towels. Serve hot.

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