

AUGUST 2020

GUIDE — AND — DIGEST



A PUBLICATION OF HMCTV AT HERSHEY'S MILL



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HMCTV Guide and Digest
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All submissions welcomed; with rights retained by the owner. Send to 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. HMCTV determines suitability and has sole discretion to publish any submission. Submissions are due by the 23rd (37-40 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community TV, its officers, or directors.



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Cover photo: Bob Coldwell with his bowls.

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Tending to your health is always essential.

There's no denying the new realities brought on by COVID-19. And while much has changed, one thing has not: our commitment to human care. Which is why our hospitals, health centers and practices have put measures in place to safeguard your health. Learn more at mainlinehealth.org/patientsafety

Stay safe. Be seen.



Lankenau Medical Center | Bryn Mawr Hospital | Paoli Hospital | Riddle Hospital
Bryn Mawr Rehab Hospital | Mirmont Treatment Center
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What Residents Want to Know

Karl Grentz | MA President

QUESTION: With the recent communication in the COVID Update #40, regarding the speeding being reported within Hershey's Mill, combined with the fact that HM is considered one of the top communities in the Northeast, why don't we have a fully connected walking path that would allow residents to safely enjoy the community without putting themselves at severe risk with having to walk either in the road or on uneven ground along the stretch of Chandler Drive, between Mill Drive and Princeton Lane?

ANSWER: The only unconnected piece of the walking path that is left to be finished runs between Mill Road and Princeton Lane, between Glenwood and Franklin Villages. It would be financially impractical and very costly, given the slope of the terrain, to run the path down the Glenwood side of the road. The residents of Franklin were approached, within the last year, to finish the walking path on their side of the road but the village rejected the proposal from the Master Association.

ANOTHER ANSWER FROM FRANKLIN VILLAGE

Jack Keeley, President of Franklin Village

The Franklin walking path would necessitate the removal of approximately 13-15 healthy trees. The path would then pass within 15 ft. of some homes. This would deny the residents of the pricy that existed when they purchased their homes. Instead walkers can make use of the Franklin Way "walking path", a "No Through Traf-

fic Street". With the Corona virus in mind, it would be safer since it's much wider than the trail width allowing walkers to maintain 10 feet of clearance. Also the walkers from Kennett, and Eaton would continue to use the shorter route through Franklin Way to get to the pond rather than continuing on Mill Rd. to a new path on Chandler Drive. This could potentially save the MA approximately \$100,000.

This is a fluid situation that will be readdressed again in the near future.



QUESTION: We're told that the Master Association meetings cannot be open to all because the Ardmore Room is too small. In this age of technology, why can't meetings be video recorded and made available on the website and shown on Channel 1970? This would give transparency to the meetings and encourage resident participation.

ANSWER: It sounds like a TOWN HALL is what you are looking for. This is a great question. Unlike municipalities, HOA's are not required to open their meetings to the public. However, I believe that there is no reason why Channel 1970 could not record the monthly Master Association meetings and rebroadcast it on Channel 1970 for the residents to view, if that is technically feasible. This is the first time that I have been asked this question.

Submit questions by e-mail at hmctvguide@comcast.net, by calling 610-436-6429, or by delivering them to the mailbox outside the Hershey's Mill Community TV building.

Marc Fraser | Director of Security

In previous “From the Main Gate” articles, I have warned about various scams where people call your home and use convincing stories (“You’ve won a car”! or “A loved one is in jail and needs you to post bail”) to persuade seniors to reveal their bank account numbers or to wire money.

Especially during peak air conditioning season and winter months, scammers will pose as utility company representatives and place telephone calls to homeowners. The scammer will tell the homeowner that their service is about to be shut off because of unpaid bills; and to avoid an immediate shutoff, the homeowner must pay their overdue bill by providing the caller with a credit card number or pre-paid debit card number. These scammers will try to confuse and deceive people by stressing the urgency of paying the bill immediately over the phone. In some cases, these scam artists have been demanding payment for several months’ worth of purported unpaid utility service; and they even have the ability to falsely display the name and phone number of your utility company, or any other phone number, on your Caller ID. Once these scammers have your credit/debit card numbers, they will proceed to drain your account of any remaining credit.

If you receive a phone call from a utility company that is threatening to cut off your service, do not give any information to the caller. Rather, dial the customer service number on your corresponding utility bill and verify the information with an actual utility company representative.

Also, Security has received a few reports of people knocking on doors and stating that they were sent by your utility company or even from your village management company. At times, their goal is to get a credit or debit card number from you; and other times, they are looking to steal something easily accessible from your home while you go look for a utility bill or to step outside to look at a “problem” with the exterior of your property. Thankfully, I am not aware of anyone within Hershey’s Mill who has lost money or property as a result of this scam. However, if you find yourself facing a situation like this, do not let the visitors into your home; and do not go outside and leave your home unattended.



Simply tell them that you’re going to call Security, or the police, and close the door. Once you’ve closed and locked the door, please call Security immediately at 610-436-6403 and let the officers on duty know of your experience and where the visitor is headed next, if possible.

Solicitation and peddling is not allowed within Hershey’s Mill without permission, so if you see someone going door-to-door, please contact Security at the number listed above.

Be especially aware of the following scams that target seniors and have victimized residents of Hershey’s Mill:

ROMANCE SCAM – Criminals pose as interested romantic partners on social media or dating websites to capitalize on a person’s desire to find companionship.

TECH SUPPORT SCAM – Criminals pose as technology support representatives (i.e. from Apple, Microsoft...etc.) and offer to fix non-existent computer issues. The scammers gain remote access to victims’ devices and sensitive information.

GRANDPARENT SCAM – Criminals pose as a relative, usually a child or grandchild, claiming to be in immediate financial need, typically due to incarceration, automobile accident, or stolen ID/credit cards.

GOVERNMENT IMPERSONATION SCAM – Criminals pose as government employees (i.e. Sheriff’s Office, IRS, FBI, Police Department...etc.) and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

SWEEPSTAKES/CHARITY/LOTTERY SCAM – Criminals claim to work for legitimate charitable orga-

nizations (i.e. Publisher’s Clearing House, Police/Veterans charities...etc.) to gain victim’s trust. They can ask for donations or claim their targets have won a foreign lottery, car, or other prize, which can be collected for a fee/tax.

CREDIT CARD SCAM – Criminals pose as credit card representatives who claim that the target’s card has been compromised or fraudulently used; and they ask for a person’s card information.

EMAIL MONEY REQUEST SCAM – You may receive an email, requesting a favor or money, from a friend whose email account has been hacked. Oftentimes, the email will contain grammatical errors, odd language, or unusual sentence structure. Never open any associated email attachments, and never respond to the email directly and use a trusted contact method, not one mentioned in the email, to reach out to your friend/acquaintance if you believe the email may possibly be valid.

Be suspicious of anyone calling and stating you should send money in any form. Remember that these scammers are well-trained, very convincing, and try to pressure a target to act quickly, so if you ever think that a telephone call may be related to a scam, simply note the phone number on your caller ID and hang up the phone. Even under pressure, never give up any personal or financial information; and if you so choose, try using the internet to look up the phone number from which you were contacted. Odds are, other people have already reported the phone number as a scam number. Most importantly, if you ever feel you are in danger, call 911 for police assistance.

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Residents Update

Boote, Patricia & Hunsberger, Brenda

1561 Vassar Court

Charlesworth, Debra & Evelyn & Coutant, Rory

(updated)

1207 Princeton Lane

Crispin, Samuel & Barbara

703 Inverness Drive

Davis, William & Anne

969 Kennett Way

Kauffman, Lester & Lorna

756 Inverness Drive

Jonak, Gerald & Idenka

(updated)

1096 Lincoln Drive

Langrall, Mary Ann

1558 Ulster Circle

Panichelli, Joe & Patty

1642 Yardley Drive

Schipper, Christiaan & Schipper-Grier, Joanne & Grier, Julie

1110 Lincoln Drive

Shipley, William & McGuinness, Margaret

(updated)

559 Franklin Way

Cute Sayings

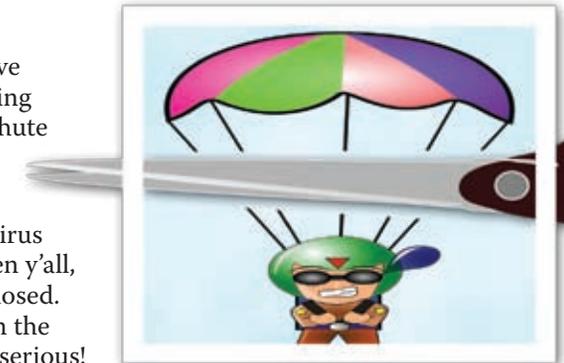
The spread of Covid-19 is based on two things:

- How dense the population is.
- How dense the population is.

Appropriate analogy: "The curve is flattening so we can start lifting restrictions now" = "The parachute has slowed our rate of descent, so we can take it off now."

People keep asking "Is coronavirus REALLY all that serious?" Listen y'all, the churches and casinos are closed. When heaven and hell agree on the same thing it's probably pretty serious!

Day 37: The garbage man placed an AA flyer on my recycling bin.



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Programs	August 1-17 (7 p.m. show on August 17 will not be shown)			
<p>Webb - "Band of Brothers" 2019 Concert No concerts in the park for 2020, so here is the June 2019 concert, featuring this party band, with band leader Wally Hart, a resident of Ulster Village. We have enjoyed having them perform for us for 5 years and they feature 1950's rock 'n roll and rockabilly, and classic rock from the 60's and 70's. Wally and his band are retiring from performing and this is their last concert. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., and 12:45 a.m.</p>	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.



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**. Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

Movies Noon & 8:30 p.m.	<p>August 1 to August 7, noon An Affair to Remember (NR) <i>Gary Grant and Deborah Kerr</i> A couple falls in love and agrees to meet in six months at the Empire State Building, but will it happen? [Run time 1h55m]</p>
	<p>August 7, 8:30 p.m. to August 17, noon Jurassic Park (PG 13) <i>Sam Neill and Laura Dern</i> A special effects blockbuster about science gone wrong at an island theme park. [Run time 2h7m]</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. ©2020 HMCTV

Programs	August 18-31 (7 p.m. show on August 31 will not be shown)			
<p>Good Foot 2019 Concert in the Park These great musicians have fun playing together and their fun is contagious. If you like Dance Music, R&B, Motown, Oldies, Rock, 80's, 90's, and some current hits, you will enjoy this music from the July concert. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., and 12:45 a.m.</p>	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.

Movies Noon & 8:30 p.m.	<p>August 17, 8:30 p.m. to August 24, noon The Jazz Singer (PG) <i>Neil Diamond and Laurence Olivier</i> The musically talented son of a Jewish Cantor decides to seek pop music stardom in LA. [Run time 1h55m]</p>
	<p>August 24, 8:30 p.m. to August 31, noon While You Were Sleeping (PG) <i>Sandra Bullock and Bill Pullman</i> A hopelessly romantic Chicago Transit Authority token collector is mistaken for the fiancée of a coma patient. [Run time 1h43m]</p>

24 hours/day on channel 1971	Bulletin Board Times
12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 1970	

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Roseann (Rosie) Taylor

Princeton Village

Guide and Digest Featured Writer

In 2018, my husband Jeff and I moved seven miles up the road from Pocopson Township and immediately regretted not making the move sooner. I love everything about HM – the well-maintained landscape, the beautiful homes, the variety of villages and, most important, the exceptional people. The golf course has always been a favorite of mine and I enjoy playing every Wednesday with the 9-Holers. Over the last two years Pinochle, Hand & Glove, Dance, Bocce, contributing to the *Guide and Digest*, co-chairing Princeton Village’s Social Committee and launching my *for the Love of* website have kept me quite busy while still consulting part-time.



Kathryn (Kate) Lindsay

Brighton Village

Guide and Digest Featured Writer

I arrived here in Brighton Village, Hershey’s Mill in 2012 and worked from home until 2019. While I took advantage of the Photography Club and canasta with my neighbor, I did not more fully take advantage of all Hershey’s Mill had to offer until I retired. I then joined the *Guide and Digest* in the fall of 2019. I had been on the literary magazine in high school and yearbook in nursing school and wanted to try



writing again. It was a great choice and I have met many great women doing this. I have also joined the women’s Pinochle group and value the friendships and laughs that happen during play. I have to say, this was a great decision for me and I am happy here at Hershey’s Mill.

Katherine (Kathy) Schilling

Kennett Village

Guide and Digest Featured Writer

Charlie and I had a lovely life residing in our “home territory” of Long Island with a second home of Charlie’s dream in New Bern, North Carolina when my children both moved to the Philadelphia area. Eventually they married and grandchild number one of this side of the family (ours is a second marriage) arrived. My very large foot slammed down and I declared, “No more LI. Let’s get a condo near the kids.” And we did. That was ten years ago. While we love seeing the now five grandchildren conveniently, I also golf, sing with our HM Singers and Players, volunteer at our local church and write for the *Guide and Digest*. Charlie has been waylaid by various health problems but loves sitting out on our deck in Kennett Village and enjoying the scene of golfers passing by. Aren’t we lucky!



Grace Reed

Chatham Village

Guide and Digest Featured Writer

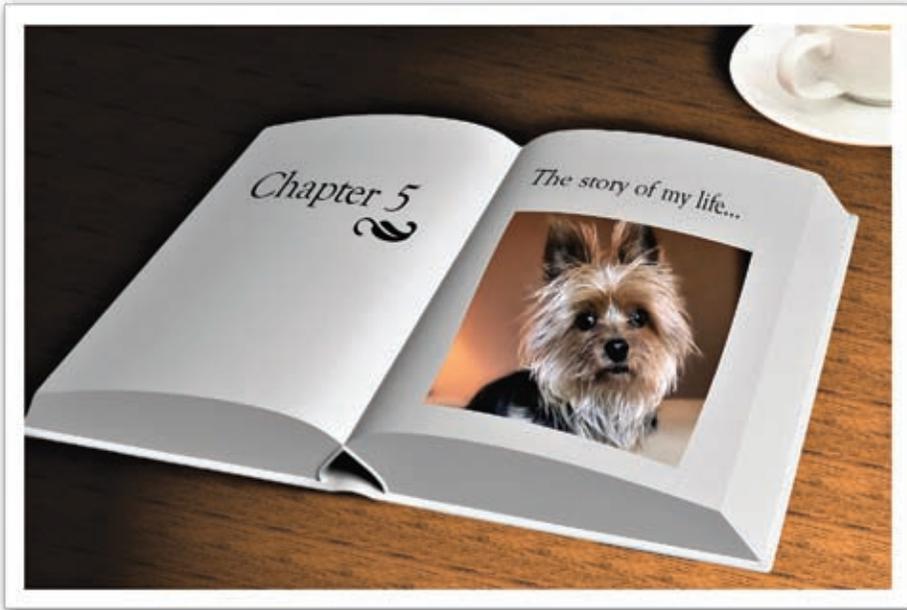
A move to Hershey’s Mill last June from New Jersey (after 46 years of teaching) has given me a fulfilling start to my retired life. I am enjoying playing cards, learning bocce, joining a hospital auxiliary, and working on the *Guide and Digest*. All have kept me very busy!



“Teaching is an important part of our family. Our daughter teaches at Drexel, our son-in-law teaches at William Penn Charter and our grand-

daughter will be majoring in special education at Elon University. Grandson Jack is still in high school and has time to decide his future.”

Max Hamilton | Heatherton

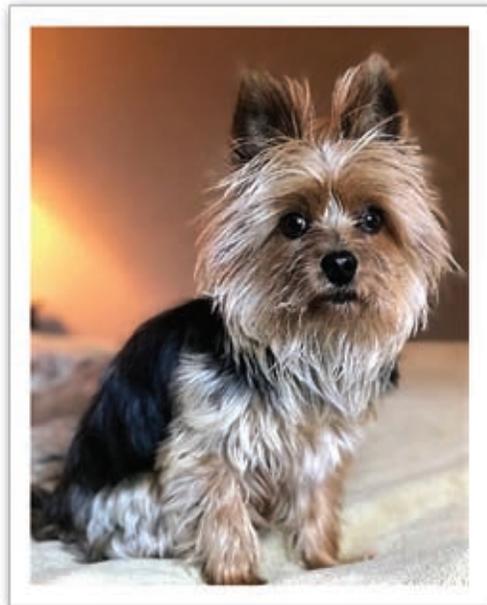


Hi! My name is Max. Maximilian really because my mother (her name is Sara) wanted a big name for a little dog. All my friends call me Max.

My first memory was scampering around in a cardboard box with a bunch of other Yorkies. A lady came by and picked up a couple Yorkies. Then she grabbed me. I snuggled up to her and put my face beside her neck. Then I put my head under her coat and I swear I heard her mumble "Sold!" I must have been a salesman in my previous life because it was the perfect close. I sealed the deal.

The next thing I knew I was in a new home in Rose Valley. Anything was better than the

cardboard box but the new digs were special. This 4 inch, 2 pound, 3 month old Yorkie made himself right at home.



(At right) Did I tell you I'm a chick magnet? (Max)



(Above) "Pickleball greets Young Kang (left) of Brighton and Julie Herring of Franklin are two of my biggest fans."

I had a nice courtyard where I could take care of the necessities. For "fun" my mother's old man (his name is Jack) took me for daily walks at Swarthmore College. It was fun at first but after 6 years, it got a bit old. For years, my mother had been trying to talk her old man into moving us to Hershey's Mill. He resisted saying only old people lived there. Well, by the time we finally moved there, the genius was an old guy himself.

Hershey's Mill has changed all our lives. My mother paints with the art group. The genius keeps trying to

learn pickleball, and I take walks all over the place, including outside the pickleball courts. When I show up at the courts, the players stop their game and yell "Hi Max!" I am a game breaker. The only thing better is how the lady players fawn all over me.

People say a dog is like your family. My mother and the genius say I am their family. Lucky for them. Lucky for me.



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Hershey's Mill Bus Trips

Delaware Park

Mondays, August 17 & September 21, 2020

Cost: \$17 + Lunch

Departs: 10:15am

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.

NOTES:

1. Prior to making payment, anyone who wishes to participate in a bus trip must first call the contact person to ensure that there is still room on the bus.
2. All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
3. 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.
4. 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.
5. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive 10 minutes early.

Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at 610-431-4006.

SERIES TRIPS

2020-2021 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$51 per show

Departs: 12:30pm

Contact: Jayne Lytle (Thursdays) & Karen Smith (Saturdays)

The Walnut Street Theatre's 2020-2021 Season includes the following shows for both the Thursday Matinee and Saturday Matinee Series:

Thursday 9/24/20 & Saturday 10/3/20 – "Rocky, The Musical"

Thursday, 12/3/20 & Saturday 12/12/20 – Disney's "The Little Mermaid"

Thursday 2/11/21 & Saturday 2/20/21 – Noel Coward's "Blithe Spirit"

Thursday 4/8/21 & Saturday 4/17/21 – Arthur Miller's "Death Of A Salesman"

Thursday 6/10/21 & Saturday 6/19/21 – "On Your Feet: The Story of Emilio & Gloria Estefan"

Seats are currently available; but call soon, as they are limited and fill up very quickly!

The Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at 610-431-4006.



Picnic on the Patio

Louise O'Brien | Springton

Before the pandemic, outside dining during the Dogs Days of August might have conjured up images of family, friends, checker tablecloths and baskets brimming with fried chicken and other delights. This can still be done – just a little differently. During the ‘green’ phase of this pandemic you should definitely consider having a **Picnic on the Patio**. This ‘Dining Out’ experience offers us the opportunity to serve the food on the picnic table buffet style while enjoying each other’s company...6’ apart! A bonus...besides bringing a ‘dish’ for the table, everyone brings his own chair! This might not

be perfect but can you think of a better way to enjoy a beautiful day?

Here are a few menu suggestions:

Grilled Shrimp and Watermelon Salad

Active Time 30 Mins, Serves 4 (serving size: 2 cups)

Steaming the shrimp helps prevent overcooking and keeps it succulent. Watermelon makes a surprisingly good pairing.

Ingredients

- 3 cups water
- 1 cup apple cider vinegar
- 1 pound peeled and deveined tail-on raw large shrimp

- 1/3 cup minced shallots
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 3 tablespoons canola oil
- 1 tablespoon toasted sesame oil
- 2 cups chopped romaine lettuce
- 2 cups fresh spinach
- 1 ripe large avocado, cut into wedges
- 1/2 cup loosely packed fresh cilantro leaves, divided
- 1 teaspoon shichimi togarashi or crushed red pepper (optional)
- 1/2 teaspoon black sesame seeds
- 1/2 teaspoon toasted sesame seeds

How to Make It

Fit a steamer basket into a stockpot. Add 3 cups water and vinegar; bring to a boil. Add shrimp; cover and steam 5 minutes. Remove shrimp to a baking sheet; chill 15 minutes. Stir together shallots, soy sauce, lime juice, and honey in a bowl. Let stand 10 minutes. Whisk in canola and sesame oil. Add watermelon, lettuce, spinach, avocado, and 1/4 cup cilantro to shallot mixture; toss to combine. Place salad on a large platter, leaving any remaining dressing in bowl. Add shrimp; shichimi togarashi, if desired; and remaining 1/4 cup cilantro to bowl. Toss to combine. Place shrimp mixture on salad. Sprinkle with sesame seeds.

Barbecue Boneless Chicken Breasts

Ingredients

- 4 tablespoons cider vinegar
- 3 tablespoons coarse-ground mustard
- 3 cloves garlic, peeled and finely chopped
- 1 lime, juiced
- 1/2 lemon, juiced
- 1 1/2 teaspoons salt
- ground black pepper to taste
- 6 tablespoons olive oil
- 6 skinless, boneless chicken breast fillets

Method

Prep: 15 min, Cook: 20 min; 8hr marinating

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, dark brown soft sugar, salt and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover and marinate 8 hours or overnight. Preheat an outdoor barbecue for high heat. Lightly oil the cooking grate. Place chicken on the prepared barbecue and cook 6-8 minutes per side, until juices run clear. Discard marinade.

Grilled Corn on the Cob

Ingredients

- 1 stick of butter (1/2 cup)
- 1 pkg. Hidden Valley Original Ranch Salad Dressing
- 6 ears of corn

Pull down husks, remove corn silks then pull husks backup. Place corn on grill for 20 minutes, occasionally turning. In small bowl, combine melted butter and ranch dressing. Remove corn from grill, pull down husk and generously brush with butter dressing mix. Salt and pepper to taste.





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Vine Talk

OLD WINES – Global Wine Production

Jurg Oppliger | Devonshire

Wine is produced all over the world, even in unlikely countries like Canada, Sweden and Nepal, but about three quarters of all wine comes from the Mediterranean region of Europe. Worldwide, about 36 billion bottles are produced every year, which makes about five bottles per person.

France and Italy are the two biggest wine producers – the number one and two places switch from year to year. Each one makes about 17% of the world's wines. Both countries make a lot of good everyday wines, like the French Beaujolais and the Italian Chianti, but also some of the best wines in the world, like Bordeaux and Burgundy in France and Barolo and Barbaresco in Italy.

Spain is number three and makes about 14% of the world's wines. The top red wine is Rioja, but there are also excellent roses and Sherries.

The US is the number four wine producer with about 8% of the world's wines. Two thirds of the wine consumed in the US is domestically produced. The US can compete with France for the best red wines, but also makes excellent white and sparkling ones.

Argentina is the number five producer with about 7%, and makes the best Malbec in the world.

Number six is Australia, with about 5%. Its best is an excellent Shiraz; a red wine with rich berry flavors.

Chile is number seven with about 4%. It makes an excellent Sauvignon Blanc, but also good Chardonnay and Sauvignon Blanc; for the reds, Cabernet Sauvignon and Merlot.

China is the number eight producer with about 4%. China is by far the biggest grape producer, but only a small part is used for making wine.

About 3% of the world's production is made in Germany, and the same amount in South Africa.

Small contributions are also made by Portugal (the Porto!), Romania, Russia, Hungary (the Tokay!) and New Zealand.



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Recipes

Tuna and Bean Salad

Source: Anna Moreschi

Looking for a quick luncheon salad, you'll love this!

Total Prep Time: 15 minutes

Yield: 4 servings

Ingredients

- 1 can of tuna, drained
- 2 stalks celery, chopped
- 2 cups canned beans, drained
- ¼ cup oil & vinegar dressing
- 1 small onion, chopped
- Salt & pepper to taste

Instructions

Toss all ingredients gently to blend and serve.

Roasted Peppers and Romaine Salad

Source: Louise Capiello

Serve 'plain' as is or add chicken or shrimp to make it fancy. Either way, it's delicious and easy.

Total Prep Time: 15 minutes

Yield: 4-6 servings

Ingredients

- 1 jar of roasted peppers
- 1 head of Romaine lettuce
- ½ cup of pitted black olives

Dressing

- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1 tablespoon Parmesan Cheese
- ¼ teaspoon pepper
- 1 tablespoon red wine vinegar
- 1 pressed garlic clove

Instructions

In jar combine oil, cheese, vinegar, salt, pepper and garlic clove. Shake vigorously, set aside then wash romaine lettuce and tear into small bite-size pieces. Mix romaine, peppers and olives and toss with dressing.

Berry Mandarin Salad

Source: Sandy Taylor Kempton

This healthy fruit salad is full of fresh flavor, healthy and a crowd pleaser!

Total Prep Time: 15 minutes

Yield: 12-14 servings

Ingredients

- 2 tablespoons honey
- ½ teaspoon paprika
- ½ teaspoon grated onion
- Dash salt
- 2 tablespoons cider vinegar
- ½ teaspoon ground mustard
- 1¼ teaspoon lemon juice
- ¼ teaspoon celery seed
- ¼ cup sugar
- ½ cup vegetable oil
- 8 cups torn mixed salad greens
- 1 (11 oz.) can mandarin oranges, drained
- 2 cups sliced fresh strawberries
- 1 medium sweet onion, sliced into rings
- 4 bacon strips, cooked and crumbled
- ⅓ cup slivered almonds

Instructions

In a 2-cup microwave safe bowl combine the first 8 ingredients and microwave, uncovered, on high for 1½ to 2 minutes. Add sugar and stir until dissolved. Whisk in oil cover and refrigerate until serving. In a salad bowl, combine the greens, strawberries, oranges, onion, almonds, and bacon, Drizzle with dressing and gently toss to coat.



Joe Kennedy | Princeton

The military career of General Henry “Hap” Arnold was full of contradictions. He was forced by his father to attend West Point, yet became famed as an aggressive commander during World War II. He was one of the foremost airmen of the 20th century, yet never flew a combat mission. And while his friends in the service called him “Hap,” short for “happy,” he was known as someone with a bad temper and no sense of humor.

There is general agreement, however, that this Gladwyne native was the father of the U.S. Air Force as a separate branch of the armed forces. In 1938, then a 52-year-old major general, Arnold was appointed chief of the Army Air Corps. In 1941, the Air Corps became the Army Air Force, an independent unit within the Army. Under Arnold’s direction, the unit grew from 20,000 members and a few hundred outdated aircraft to 2.4 million members and 80,000 modern planes. By the end of the war, it was the most powerful air force in the world, having defeated the German Luftwaffe and, with the Navy, the air wing of the Imperial Japanese armed forces in the Pacific.

Henry Harley Arnold was born in Gladwyne in 1886. His boyhood home, now St. John Vianney rectory, is marked by a plaque. His father, a doctor, served with an Army cavalry unit during the Spanish-American War. The elder Arnold admired the military and wanted his sons to pursue Army careers. The family moved to Ardmore, where Henry Arnold, known as Harley to his classmates, attended Lower Merion High School. He played football, baseball and tennis, and



graduated in 1903. The high school’s Athletic Field is named in his honor.

Arnold’s father pressured him to seek an appointment to West Point, where he was accepted in 1903. While he was a cadet, he was branded with the nickname “Hap” because, as the story goes, he wore a Mona Lisa-like smile. His record at West Point was not remarkable, and he graduated in 1907 with a commission as second lieutenant in the infantry. That same year he returned to Ardmore to marry Eleanor “Bee” Pool, a banker’s daughter from the area. The couple had four children.

Promotion in the infantry proved to be too slow for Arnold, historians report. In 1911, he applied to the Signal Corps to learn how to fly. The request was granted and he was ordered to Dayton, Ohio, where he was instructed by Orville Wright. In 1912, during Army maneuvers in Virginia, Arnold flew a reconnaissance mission, tracked down a cavalry column hidden from land view in a wooded area and reported its position to his headquarters. Having shown the value of the airplane for this type of observation, he became the first recipient of the Mackay Trophy, awarded annually for the outstanding aviation feat of the year.

Early in 1917, he was named executive officer of the Signal Corps Aviation

Section. From this position, he spent most of World War I in Washington in an effort to have 64 U.S. airplanes mass-produced. He arrived in France for front-line service just as the war with Germany ended, then the youngest colonel in the Army. Between the world mobilize wars, Arnold attended the Army Industrial College, which prepared military leaders to economy in any future war, and the Command and General Staff School at Fort Leavenworth, which was considered a key to high promotion. He became an advocate of an independent air arm and encouraged the development of heavily armed four-engine bombers.

During World War II, from his office in Washington, Arnold conducted a worldwide air war. He spent long hours taking air trips to visit combat

commanders and airmen in Europe and the Pacific. Arnold’s one failing was that he could not bring himself to delegate authority, which created an atmosphere of tension that sometimes exploded into his raging temper tantrums. During the war, he suffered several heart attacks. Yet with fellow officers such as Gen. George C. Marshall, commander of the U.S. Army, he had a strong working relationship.

On Sept. 18, 1947, the Air Force became a separate branch of the armed services and Arnold retired. His last years were not easy ones. He lived on a 50-acre farm in Sonoma, California and tried to breed prize cattle. By 1949, the farm was failing and he had run out of money. He tried to get back into active military service but was rejected. He died in 1950 at age 64.

Getting Lost

Rosie Taylor | Princeton

My best friends are Roger Lee Easton, Sr., Ivan A. Getting and Bradford Parkinson and I've never met them. Why are they my BFFs? Because they have been credited with inventing the GPS. An invention I value more than the washing machine, dryer and even my microwave. You see, I have no sense of direction. Never had, and I fear, never will. North, south, east, west, left turn, right turn or straight ahead, for the most part, are Greek to me. Some people, like my husband Jeff, can tell you how to get to the most remote location even if they have only been there once 20 years ago!

Jeff can't understand why I don't remember how to get to a place we have been to time and time again. To his credit, he tries to make it easy by giving me general guidelines like north-to-south highways are odd-numbered, with lowest numbers in the east, and highest in the west; east-to-west highways are typically even-numbered, with the lowest numbers in the north, and highest in the south. HUH?

There are times I don't get lost. I do just fine when someone is sitting next to me telling me to 'turn right'; 'make a left at the next light – no not this one, the next one' and other hand-holding directions. Driving to places I go to often, like the Giant in

the shopping center, the dry cleaner – okay, it's in the same shopping center, my

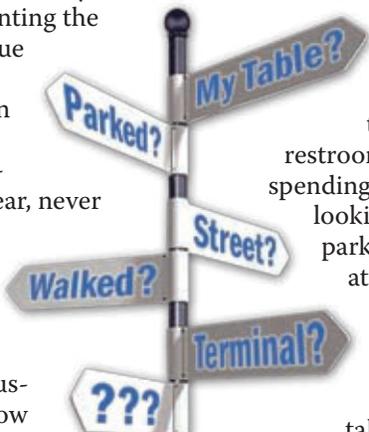
doctor's office, and other places aren't a challenge. Of course to get to these places I only use one route. Close a road, set up a detour and game over.

Being directionally challenged isn't limited to driving. At a restaurant, I've been known to get lost returning to my table after using the restroom and, on occasion, spending way too much time looking for my car in the parking lot. When shopping at a large store or, heaven forbid, the King of Prussia Mall, I make sure to enter and exit through the same door taking note of the items

near that door. When I see them, I know I'm headed in the right direction. Parking on the streets of West Chester, Media, and Philadelphia pose a huge challenge as do parking garages. The terminals at the Philly airport are out of the question.

Now, I consider myself a fairly intelligent person and I really wanted to get to the bottom of this mystery. Is it medical? Psychological? A lack of concentration? Genetic?

Genetic – that must be it! Just another thing that can be blamed on my parents. I tried to trace it back to them. My Dad did have a directional mishap when he was young. At his first Holy Communion, he was tasked with leading his classmates from the pew to the altar. He was halfway to the back door before being stopped by Sister Mary-Don't-Mess-With



Me. Okay that might have been more purposeful than directional. My Mom knew how to get around Center City, Philly like a taxi driver and my brother survived being dropped into a forest with a backpack, a candy bar and a compass. Guess it wasn't them.

Still trying to prove the 'genetics' angle, since my immediate family was of no help, I chose a family dinner to conduct a test. We traveled up to Toms River, NJ for a get-together with an uncle and 12 first and second cousins. I waited until just the right break in the conversation and asked, "Who considers themselves directionally challenged?" Every hand went up. EVERY HAND! Male, female, old, young – every single hand. I shot an "I told you so" look at my husband and breathed a sigh of relief. It wasn't in

my head; it was in my genes. Granted, this isn't proof positive; however you must admit, there has to be something to it.

In my lifetime, I've found that everything, good, bad or indifferent has benefits and disadvantages. The disadvantages of being directionally challenged are well known; however, there are benefits. Directionally challenged people are adventurous. Taking unexpected detours and turns can result in finding fun places you never would have found if you weren't lost. Are you 'into' exercise? Getting lost while walking or running can add miles, therefore improving your health. And one devilish advantage – being asked for directions, giving them, and watching the person drive off...on an adventure of their own.

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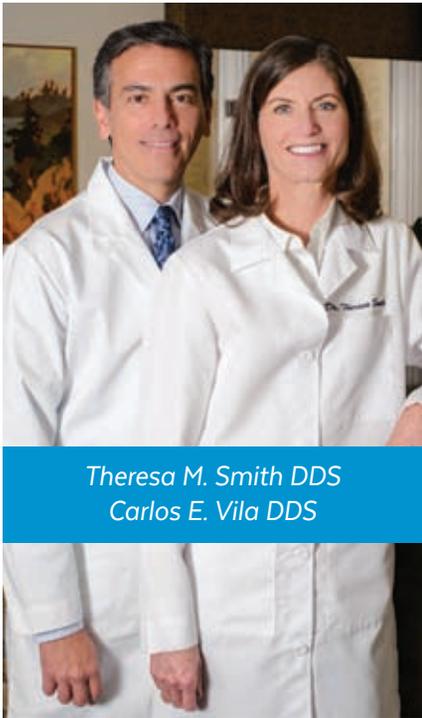
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Corona Hairstyles

Scott Burkhart | Inverness

As I sit here writing this story, it has been over three months that beauty salons and barbershops have been closed.

Looking into the mirror, I figure if we go another three months I will just get a gallon of red dye and ten to twenty shots of botox and recreate my 1969 look. How do other HM residents feel about the corona look? My research findings:

Most men noticed that their hair grew longer. Others said their wives clipped their hair so their look didn't change. Still others noticed their hats felt snug.

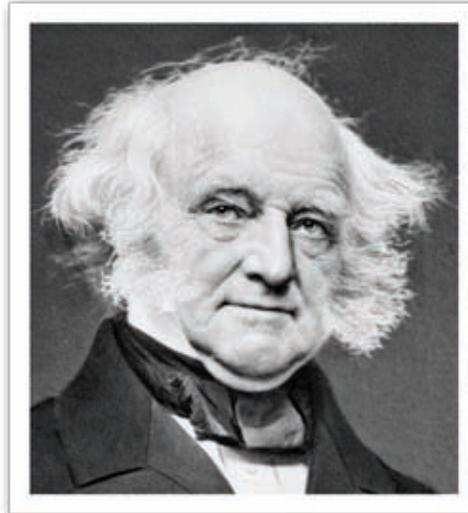
Women went into a little more detail than the men. Here are some of their responses:

- Corona hair is not pretty.
- What idiot decided hair and nail salons were not an essential service?

- When I tried a do it yourself, dye my hair did not look like Eva Longoria's does on the commercial.
- I cut my hair myself. I step out of the shower with my hair wet, use a three way mirror and scissors and trim away. (Note: her hair looked good but if I used this method I would look like Vincent van Gogh)
- My hair hasn't been this long since my high school yearbook picture. (Note: nothing wrong with that look, bet you were popular in high school)
- There's a device you hook up to your vacuum cleaner that cuts your hair called a Flowbee, Google it. (Note: I did and it looked pretty scary)
- For me there are three hair care steps: overall color, adding high-lights to that color, and getting rid of gray underneath the overall color. I can't do all that, what can I do?

Here is my advice. Hop in your car and head to Delaware. It seems a lot of women are finding salons open there. If you don't want to drive that far there are secret salons closer to home. Ask around and when you find one, follow these rules: make sure to park at least two blocks away, knock three times and give the secret password... *split ends*.

Hopefully by the time you read this, corona hair will no longer be a problem. Have a good (hair) day.



(At left) At least we have an excuse for the crazy hairstyles. Martin Van Buren (past U.S. President) sported this hairstyle *by choice!*



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Beautiful HM Flowers



We don't have a green thumb, but many at The Mill do. A few years back, in early August, we headed to the HM Community Gardens with our camera to enjoy the beauty of the flowers. Wow! They were fantastic! What's blooming now? Head over and see for yourself.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Activities Calendar August 2020</h1>						Aug 1 Don't judge each day by the harvest you reap but by the seeds that you plant. – R.L.Stevenson
2 Only those who risk going too far can possibly find out how far one can go. – T.S.Eliot	3 I have not failed. I've just found 10,000 ways that won't work. – Thomas A. Edison	4 Persistence: fall down seven times, stand up eight. – Japanese Proverb	5 7:30am Men's Bible Study None but ourselves can free our minds. – Bob Marley	6 10:00am Caregiver Support Group (patio) 1:00pm Knitting Circle (patio) Constant repetition carries conviction. – Robert Collier	7 Be yourself; everyone else is already taken. – Oscar Wilde	8 I quit being afraid when my first venture failed and the sky didn't fall down. – Allen H. Neuharth
9 There is no path to happiness: happiness is the path. – The Buddha	10 What do we live for if it is not to make life less difficult for each other? – George Eliot	11 Life is 10% what happens to me and 90% of how I react to it. – Charles Swindoll	12 7:30am Men's Bible Study Dream no small dreams for they have no power to move the hearts. – J.W.Goethe	13 9:30am Woman's Prayer Group Don't cry because it's over, smile because it happened. – Dr. Seuss	14 Self-control is strength. Right thought is mastery. Calmness is power. – James Allen	15 Self-suggestion makes you master of yourself. – W.Clement Stone
16 How am I going to live today in order to create the tomorrow I'm committed to? – Anthony Robbins	17 It is never too late to be what you might have been. – George Eliot	18 No one can make you feel inferior without your consent. – Eleanor Roosevelt	19 7:30am Men's Bible Study Live life as if everything is rigged in your favor. – Rumi	20 1:00pm Knitting Circle (patio) If you judge people, you have no time to love them. – Mother Teresa	21 The world steps aside for the man who knows where he is going. – James Allen	22 If you think you are too small to make a difference, try sleeping with a mosquito. – The Dalai Lama XIV
23 Life is a daring adventure or nothing at all. – Helen Keller	24 You must be the change you wish to see in the world. – Mahatma Gandhi	25 Life isn't about finding yourself. Life is about creating yourself. – George Bernard Shaw	26 7:30am Men's Bible Study I am not a product of my circum-stances. I am a product of my decisions. – Stephen Covey	27 9:30am Woman's Prayer Group You only live once, but if you do it right, once is enough. – Mae West	28 Live as if you were to die tomorrow. Learn as if you were to live forever. – Mahatma Gandhi	29 Life is like riding a bicycle. To keep your balance, you must keep moving. – Albert Einstein
30 You never fail until you stop trying. – Albert Einstein	31 Whatever you are, be a good one. – Abraham Lincoln					

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FOR SALE TREK 800 "Antelope" off-road **men's bike** \$100 or best offer; TREK 7500 Multitrack men's bike \$400, or best offer. Custom men's **racing bike**, Atala Cromor Frame with Shimona Ultra/LX parts, orig cost \$1300. Asking \$500, or best offer. SARIS 2 bike trunk rack for any size sedan. \$75, or best offer. Contact

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NEW SIGNS

Sharon Kope | Robynwood

The elevator is installed and as of the beginning of July, is ready for you to use. I know activities have changed quite a bit because of the Coronavirus, but the Community Center is open. If you aren't comfortable meeting inside, please take advantage of the patio. Just call to reserve like you would a room. Naturally, social distancing and wearing of masks apply.

With the installation of the elevator, the Community Center office was moved to the *Guide and Digest* building located across from the Community Center, just inside the Main Gate. New signs were recently installed with *Guide and Digest*, and HMCTV letters placed on the building. Signs by the entrance to the building were also updated and include the Community

Center office. Stop by and see us. Hopefully by the time you are reading this, things are more back to normal.

**PAOLI AUXILIARY'S
'AUXILIAN OF THE YEAR'**

Gerry Walsh is named PHA-HM Branch 'Auxilian of the Year'! With her most joyous spirit, she shares her enthusiastic support of the Paoli Hospital Auxiliary. Gerry participates in every activity as a volunteer, a co-chair, or being the chair. It is always a pleasure to work on any project with Gerry who definitely puts the "fun" in fundraising! You may encounter Gerry on her daily walks through Hershey's Mill. Please be sure to offer your congratulations – from a safe distance of course.

HM Auxiliary Meetings: Although we are in this activity pause due to the



virus, we have scheduled our 2020-2021 meetings beginning in September via Zoom. All meetings are on the second Thursday of the month, except for September which is on Wednesday, **September 9**, at 10 a.m.

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We all rely on the laborious work of honey bees to pollinate many of our flowers and vegetables. In recent years, commercial beekeepers sounded the alarm about bees disappearing and bee hives vanishing. To help that problem, the Hershey's Mill Community Gardens formed a type of partnership with local beekeeper, Carman Battavio, by allowing him to house some of his hives at our gardens.

To give you an idea as to what goes in to beekeeping, we asked Carman what is involved. Carman takes every precaution he knows to keep the bees

alive and healthy. This yearly maintenance includes: feeding when needed, antibiotic and probiotic treatments, mite treatment when needed, and regular hive maintenance. Despite these efforts, many beekeepers often see the effects of colony collapse, which can be devastating in hives. Last year, Carman had an alarming 85% loss! However, this is a new year and Carman hopes for the best. Right now, the bees are enjoying the nectar flow and happily producing good honey.

Carman appreciates having a hive in our gardens and he hopes we also benefit with better pollination of our vegetables and flowers from this alliance. Also, we can feel good knowing that we are helping these amazing insects help us sustain our food system. One other bonus – his bees' honey is the *best!*



(At left) Busy bee gathering his contribution to the hive.

(Above) Carmen Battavio, beekeeper extraordinaire!



HM NATURE GROUP (HMNG)

Christine McCormick | Ashton

You may have heard about this new group in Hershey's Mill. We want to enrich the environment of Hershey's Mill and to help our neighbors know and enjoy the unique natural features

of our community We encourage you to visit our new web site – go to Hersheysmill.org and look for HMNG under Activities. To learn more and join the fun, we invite you to become a participating Nature Group member. Contact _____ or _____ .

August is Immunization Awareness Month

Kate Lindsay | Brighton

One of the health awareness themes for August is Immunizations. This is probably because children are returning to school and are required to be fully immunized. Along with recommended vaccines for children, there are recommended vaccines for adults. Immunization is defined as an action to create immunity to a specific disease-producing organism. The action that is most familiar is inoculation of a vaccine to stimulate antibody production which can cre-



ate immunity. What makes this topic important in 2020 is the CoVid 19 pandemic and that the National Institutes of Health and the pharmaceutical industry are working feverishly to develop a vaccine for this virus.

Vaccines have been part of our culture and we do not always fully understand the concept of vaccines and immunizations. As we were growing up, immunization occurred by having the disease. The disease stimulated our immune system and if we were exposed to the disease again, the antibodies developed during our illness could continue to fight off the organism re-entering our body. During this time, vaccines were also being developed for certain diseases and I can remember standing in line at school for the Polio vaccine.

Over the years, many vaccines were developed for childhood diseases. In addition, vaccines have been developed for adults. The most common adult vaccines include the influenza and pneumonia vaccines. The science of vaccine development has improved. The vaccines will contain enough of the organism to stimulate immunity while minimizing side effects. You may

remember the low-grade fever and sore arm during early immunization activities. The science has expanded and now has many types of microorganisms which will maintain the part that triggers immunity while preventing the disease.

The Center for Disease Control and Prevention (CDC) has a questionnaire on their website which can show the vaccines you may need. The most widely known vaccines for those of us living at Hershey's Mill are for the flu, pneumonia, tetanus-diphtheria-and pertussis, as well as shingles.

- The influenza vaccine should be done yearly in the fall. Immunity needs to build, therefore should be received before flu season is in full swing.

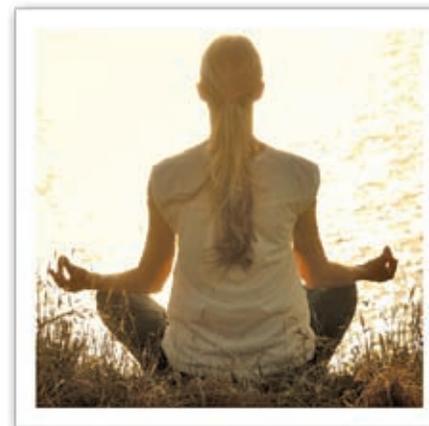
- The pneumonia vaccine comes in two types and you should talk to your PCP to determine when you get these vaccines.
- The Tdap vaccine (T = tetanus-lock-jaw; D = diphtheria a severe infection of nasal passages; P = pertussis aka whooping cough) is one dose with a Td booster every 10 years as recommended by your PCP.
- Shingles (Zoster) needs to be discussed with your PCP for recommendations of which type of vaccine is most appropriate for you.

Some people have concerns about vaccines and need to discuss the risk and benefits of each vaccine with your PCP.

Mindfulness Meditation

Gabe Kresge | Kinetic Physical Therapy

This month we continue our learning about the mind/body connection as it relates to our health and well-being, specifically as it relates to managing stress. Again, Gabe Kresge, clinical



director of Kinetic Physical Therapy, has generously written the following article.

As we age, it is found that older adults have fewer physiological reserves and are more likely to be affected by stress, both physical and mental. The body is hard wired to respond to stress in a way that helps protect you from predators and other threats. However, today such "old school" threats are rarely present, so your body can often treat minor hassles as perceived threats!

When this stress reaction occurs, your body releases a hormone called Cortisol which curbs bodily functions that are not essential during an "emergency", such as immune response and digestion. While beneficial in the short

Continued on page 47

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Health and Well Being (continued)

term, long term exposure to hormones such as Cortisol place you at increased risk for health problems such as anxiety, depression, weight gain, sleep disorders and a less than stellar immune response. Furthermore, research has found that conditions such as anxiety and depression can increase a person's perceived level of pain.

That being said, you have the power to fight back and stop stress from controlling your life! Research has shown that mind/body therapies, such as Mindfulness Meditation, have the potential to be an effective treatment for people with chronic pain, anxiety and depression. In a 2018 study entitled "Internet Mindfulness Meditation Intervention (IMMI) Improves Depression Symptoms in Older Adults," researchers found that

compared with the control group, participants practicing Mindfulness Meditation for six weeks had improvements in depression symptoms, perceived stress, insomnia, pain interference and spirituality. Furthermore, a follow up six weeks after the trial showed sustained improvements in the participants! Studies such as this continue to lend support to the idea of mind/body therapies as a low-dose, low cost and easily accessible treatment for disease.

However, while these mind/body therapies may be cheap and accessible, it does not mean they are easy. They require time; commitment and discipline without a time table, but the reward for learning to manage stress will be peace of mind and a healthier life.

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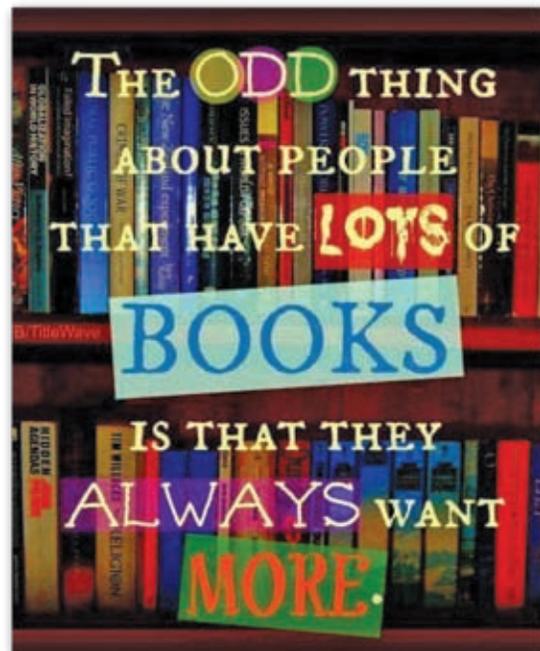
- Wear mask (required)
- Practice social distancing
- Wait at the door before entering
- Sanitize hands before entering (sanitizer inside building entrance door)

Our committee has been diligently compiling our new purchases and they are ready for circulation. We continue to depend on our "FRIENDS" sup-

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port. Your annual contribution of \$10 will help us with our expenses.



NEW BOOKS

FICTION

- Alexander, V.S. – *Traitor*
- Berry, Steve – *Warsaw Protocol*
- Bohjalian, Chris – *Red Lotus*
- Chiavaroli, Heide – *Tea Chest*
- Cussler, Clive – *Journey of the Pharaohs*
- Deveraux, Jude – *Forgotten Murder*
- Dillon, Alana – *Mercy House*
- Enright, Anne – *Actress*
- Erdrich, Louise – *Night Watchman*
- Green, Jocelyn – *Veiled in Smoke*
- Hendricks, Greer and Sarah Pekkanen – *You Are Not Alone*
- Joshi, Alka – *Henna Artist*
- Katsu, Alma – *Deep*

- Kink, Lily – *Writers & Lovers*
 - Mantel, Hilary – *Mirror and the Light*
 - McBride, James – *Deacon King Kong*
 - McCann, Colum – *Apeirogon*
 - Nguyen, Kevin – *New Waves*
 - Nunn, Kayte – *Forgotten Letters of Esther Durrant*
 - Penman, Sharon Kay – *Land Beyond the Sea*
 - Richardson, Kim Michele – *Book Woman of Troublesome Creek*
 - Rosner, Jennifer – *Yellow Bird Sings*
 - Steel, Danielle – *Numbers Game*
 - Stratford, Sarah-Jane – *Red Letter Days*
 - Wrobel, Stephanie – *Darling Rose Gold*
 - Zigman, Laura – *Separation Anxiety*
- MYSTERY**
- Box, C.J. – *Long Range*
 - Cobin, Harlan – *Boy from the Woods*

- Fluke, Joanne – *Coconut Layer Cake Murder*
- Hood, Joshua – *Robert Ludlum's The Treadstone Resurrection*
- Leon, Donna – *Trace Elements*
- MacNeal, Susan Elia – *King's Justice*
- Reichs, Kathy – *Conspiracy of Bones*
- Ruggero, Ed – *Blame the Dead*
- Serle, Rebecca – *In Five Years*
- Stuart Woods – *Hit List*
- Swanson, Peter – *Eight Perfect Murders*

NONFICTION

- Larson, Eric – *Splendid and the Vile*
- Abrams, Dan – *John Adams Under Fire*

BIOGRAPHY

- Kalb, Bess – *Nobody Will Tell You This But Me*
- Card, Maisy – *These Ghosts are Family*
- Ripkin, Donna – *Sun and Her Stars*

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Peggy McCall | Quaker

Mr. Dusty

When Bob Coldwell was a teenager, his dad introduced him to wood turning using a lathe. To help develop his skills, Bob found a chess set lathe project in Popular Mechanics. The instructions were only three pages long so he thought “how hard can this be?” A year later, Bob finally had a finished chess set! Because the knight pieces involved some hand-carving, Bob admits his set includes three horses, and one duck! But he was undeterred.

According to Bob, wood turners tend to be singularly devoted to their craft. Many have little interest in other woodworking skills because there are endless projects to be created on the lathe. In 2018, Bob took a wood-turning class offered at Hershey’s Mill Woodshop by lathe expert Fred Auger. This experience cemented Bob’s passion for turning wood and he eventually zeroed in on making bowls. Bob



believes that the wooden bowl “is a reflection of both utility and beauty – an inspiring craft form to experience”.

Similar to his lifelong occupation as a free-lance commercial photographer, Bob sees both art and organization in the bowl-creation process. It starts with a mental concept and moves onto a concrete design phase. What shape will the piece have? How big will it be? Which species of wood best lends itself to each project? Bob likes this part of the process best: “the various grains and colors of wood combine to create endless designs”.

Bob now makes three different types of bowls: segmented, solid, and hollow form. Segmented bowls are made of specially cut pieces of wood joined into rings and then layered to achieve a desired size and shape. Solid bowls are turned from a single thick piece of wood. Hollow-form bowls can be segmented or solid. The top has a small opening and the interior is hollowed out.



Once the design is conceptualized, execution begins. Execution involves using tools: your hands, the lathe, chisels, gouges, scrapers, and more. According to Bob, “The hardest part is knowing when to use which tool. This just takes lots of experience”. The process is always fluid, moving back and forth between design and execution. Bowls naturally evolve.

Over the past 2 years Bob completed over 140 bowls at the Woodshop. A few made their way to family and friends as special gifts; the rest have cherished spots in Bob’s home. Bob prefers simple bowls and says “simple curves make the most elegant finished bowls, but those simple shapes can be quite deceiving to execute”. His favorites are the Native American seed bowls, which he finds the most challenging to make. His goal is to make the “perfect” bowl. So far, he believes he achieved that goal only once.

The beautiful clean lines of a finished wooden bowl contradict its fabrication



on the lathe. Few woodshop projects are as dirty as lathe projects, a fact noted early on by Bob’s wife Donna when she jokingly but aptly nicknamed him “Mr. Dusty”.



Community Bible Study (CBS)

Bill and Terese Judkins | Chatham

Interested in studying the Bible with friends and neighbors right here at The Mill? This fall a new Bible study for men and women is starting on Friday, **September 18**, from 10-11:30 a.m. in the Cove. The class will run through early May 2021 with a break for Thanksgiving and Christmas. There will be a small charge for class materials. We will be studying the Book of John. CBS includes Bible readings, study questions, small group discussion, a brief video lecture and a time of fellowship with coffee and a tasty treat.

Community Bible Study is an inter-denominational organization with classes throughout the US and

in many foreign countries. It was formed to encourage people to study the Bible together and build a caring community with others. To learn more about CBS, visit their website: communitybiblestudy.org. For more information or to register, call Bill or Terese Judkins, _____, or come to the first meeting in September. We would love to have you join us for fellowship and learning together from God's Word!

Caregivers

Sue Staas | Kennett

As the CoVid Virus evolves and as long as the weather holds, we will meet on the patio at the Community Center. If you are not already on the contact list, please send your email address to Aimee Gustitis, our group leader, at aimeegustitis@outlook.com,

or to me, your Hershey's Mill contact, at _____ or _____. With your contact information, we'll be able to keep you informed. Stay well!

Apple and Mac Connection

Rene McNally | Devonshire

Fourth Saturday Newer Users Mac Help should check the website at www.mlmug.org for information about their regular meetings which would normally meet in the Paoli Room of the Community Center from 10 a.m.-noon. Our last four meetings were successfully held on Zoom. It's a great way to ask your questions and also learn more about your devices from other users' problems.

If we are still unable to use the Community Center, we will probably continue to utilize Zoom. In that case, I will send out the access information for the meeting to those on my email list. Contact me at carcamp1@comcast.net if you wish to be included on my list. Rene McNally is the contact in Hershey's Mill.

Hershey's Mill Knitting Circle

Ruth Schick | Chatham

At the time of this writing, the Hershey's Mill Knitting Circle is anticipating that for the month of August, we will be meeting on **Thursdays** from 1-3 p.m. at either the pool or at the Community Center. We are a group of handicrafters who enjoy helping each other with projects and welcome knitters and crocheters, whether they are beginners or experienced in their crafts. We are very happy

to assist people with projects and techniques to the best of our abilities. For more information or our current meeting location, contact Ruth Schick,

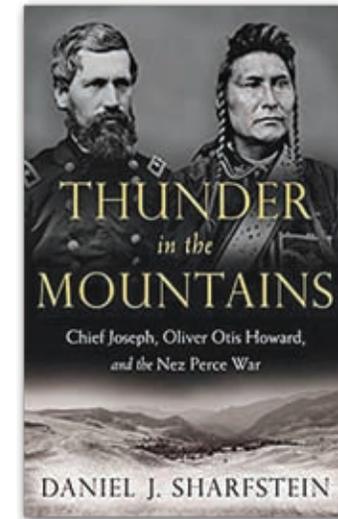
Book Club

Carol Barkovsky | Eaton

Monthly meetings are held from 2-3 p.m. on the second Thursday from September through June. Check the September *Guide and Digest* to learn if they will be held in the Sullivan House or by Zoom invitation.

Jean Gaul will start our season discussions off on **September 10** with *Thunder in the Mountains: Chief Joseph, Oliver Otis Howard, and the Nez Perce War* by Daniel J. Sharfstein. In summary, after the Civil War and Reconstruction, a new struggle raged in the Northern Rockies. During the summer of 1877, General Oliver Otis Howard, a champion of African American civil rights, ruthlessly pursued hundreds of Nez Perce families who resisted moving onto a reservation. Standing in his way was Chief Joseph, a young leader who

never stopped advocating for Native American sovereignty and equal rights. *Thunder in the Mountains* is the spellbinding story of two legendary figures and their epic clash of ideas about the meaning of freedom and the role of government in American life.





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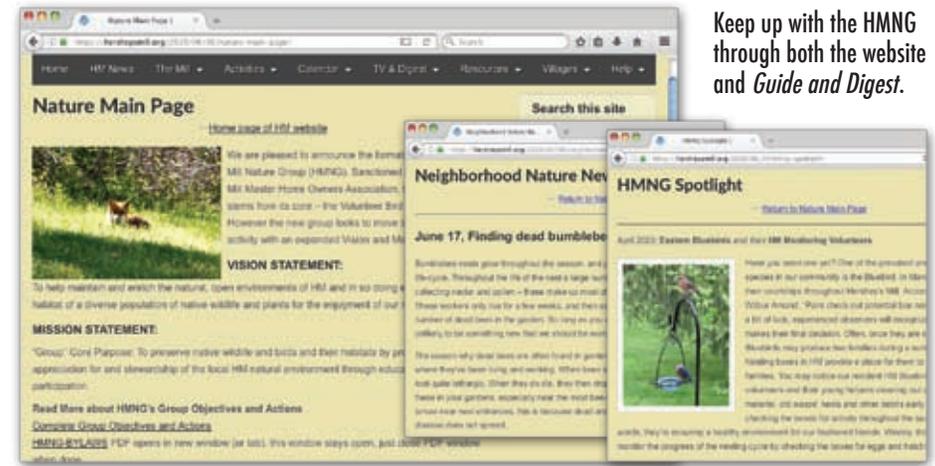
Nature Group News (HMNG)

Wilbur Amand | Inverness

Our Group observed National Pollinator Week, June 22-28, by conducting events registered with the Pollinator Partnership. Activities included: a daily email describing a 'Pollinator of the Day; open dialogue on hersheysmillnature@gmail.com; identifying pollinators that were observed and asking for identification assistance; and the opportunity for members to have their garden recognized as the HM Pollinator Garden of the Year. Nomination submissions

included pictures, lists of plants, observed pollinators, and additional steps gardeners have taken to enhance the propagation and health of pollinators. Top gardens will be announced next month.

Sixteen HM volunteers will continue to monitor over 100 nest boxes till mid-September. Many Bluebirds are nesting along with numerous tree swallows and wrens. Data collected will be analyzed and results shared with NestWatch at the Cornell Laboratory of Ornithology. Northern (Baltimore) Orioles have been observed nesting here and Pileated Woodpeckers have been heard drumming. A Per-



Keep up with the HMNG through both the website and *Guide and Digest*.

egrine Falcon was recently observed. So get out there and enjoy the many birds and nature around us.

It is always encouraging to hear about other wildlife observed in HM. Recently, there has been an increase in observations of turtles. Historically there have been six turtle species observed in HM: Snapping Turtle, Eastern Box Turtle, Eastern Painted Turtle, Spotted Turtle, Musk Turtle, and Wood Turtle. So be on the lookout and let us know what you have observed and where.

Turtles and tortoises (chelonians) have been integral components of global ecosystems for about 220 million years and have played important roles in human culture for at least 400,000 years. The chelonian shell is a remarkable evolutionary adaptation, facilitating success in terrestrial, freshwater and marine ecosystems. Today, more than half of the 360 living species and 482 total taxa (species and subspecies combined) are threatened with extinction. This places chelonians among the groups with the highest extinction risk of any sizeable vertebrate group. Turtle populations are declining rap-

idly due to habitat loss, consumption by humans for food and traditional medicines and collection for the international pet trade. Many taxa could become extinct in this century (From Current Biology, June 22, 2020).

The HMNG Steering Committee has been actively working on a website presence for our Group. By the time you receive this issue of the *Guide and Digest*, we hope to have launched this Activity site on the Main HM Website. Please take a moment to check it out and let us know what you like, how we might improve the site and some information that would interest you. Thanks to the Technology Committee for their assistance with this effort.

Our recent pandemic and the associated public health restrictions curtailed many of the events we had envisioned. Hopefully we will be able to reschedule some of them. We are trying our best to achieve our Mission and Vision and invite you to become a participating Nature Group member. Contact _____ or _____ if you wish to join.



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Tech Tips

Windows 10 Updates – What You Need to Know

Don Trauger | Kennett

On May 27, 2020, Microsoft released their latest version, referred to as a Feature Update, or May 2020 Update, or Feature Upgrade “2004”. Take your pick. The “20” means year and “04” is the month (April). Oh well, it was only a month late due to a security issue. They have been working on “2004” since early 2019, yet it was released with 13 embedded problems. As of June 16 they have fixed 3 and only issued work-arounds for 2 others. Do you want to install this version on your computer? I hope not! Fortunately, Microsoft is not forcing it on you but you need to take some measures that will protect you from some unpleasant surprises. If you click Settings, then click Update & Security do NOT click any button that is labeled “Check for updates” or “Download and Install” as it relates to “Feature update to Windows 10 version 2004”. The “2004” update is a major type of update that occurs twice per year. The next one may be labeled “2010” or thereabouts.

Here’s updated information from a previous article:

It’s very easy to see that Microsoft issues updates starting on the second Tuesday of each month then spends the rest of the month figuring out how to fix them. Let me guide you away from this scenario.



Here’s how to configure Windows update to avoid Microsoft’s mistakes. In Settings click Update & Security. Move down to and click Advanced options. Scroll down to Pause updates. Assuming you get your updates in the first week of the month click the down arrow in the field and select the last Friday of the current month (at the earliest) or the first Friday of the following month. Microsoft limits you to a 35 day maximum delay. Whenever you receive your new updates then you can reset a new 35 day delay window.

You can see this feature will always delay updates up to 35 days. However, the first time you use it depends on receiving stable updates during the first week of the month that don’t require patching during the second, third or fourth week of the month. Be alert to any system problems that occur after an update. Click the Resume updates button located in Update & Security under Settings and download the fix. It may take a week or longer to download a stable fix.

Hershey's Mill Weather Station

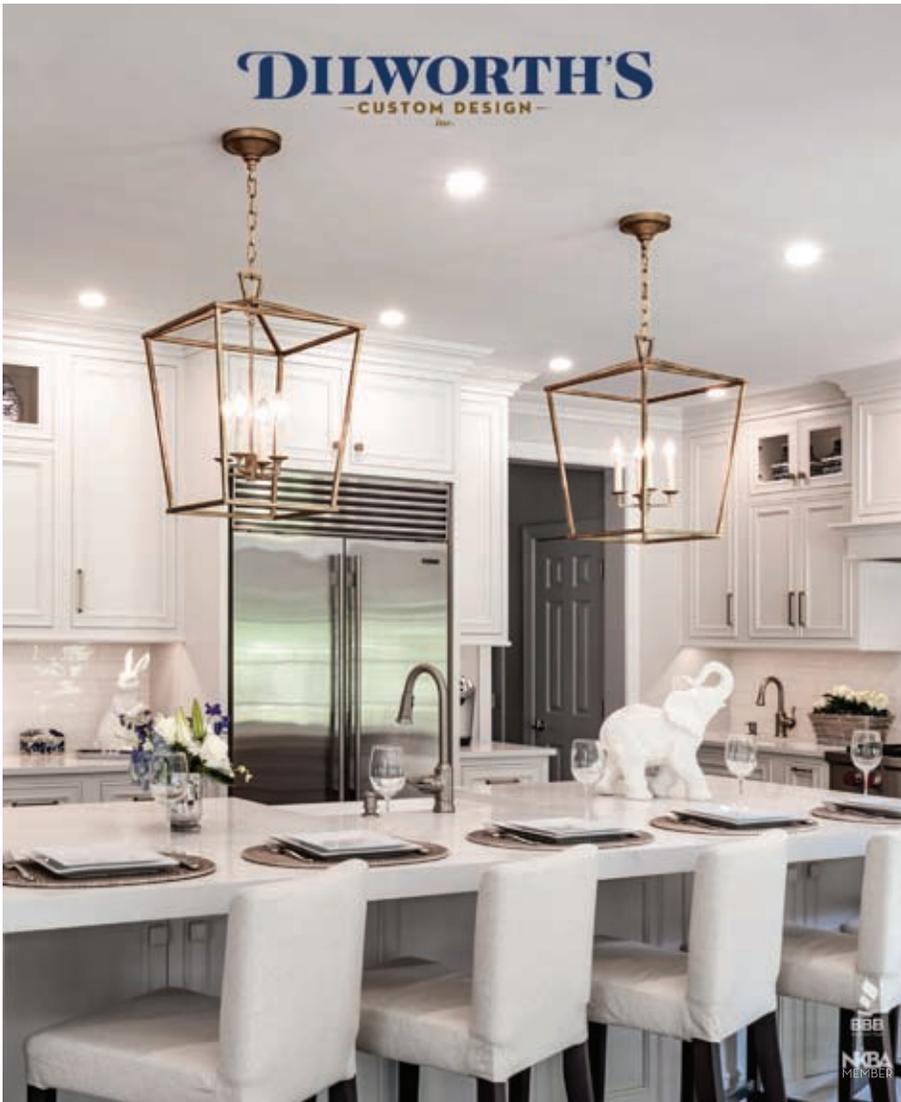
Did you know that Hershey's Mill has its own weather station? I found the station while using Weather Underground. Originally it started as a website for people interested in accurate forecasts and in greater detail. The site was later bought by The Weather Channel and became part of the IBM family. The site has many followers and interested participants with over 250,000 who have pur-

chased equipment and are part of a network feeding information to the service. Our neighbor, Jerry Hopper, built a weather station and connected it to the internet via Weather Underground.

The weather station equipment is installed discretely at the back of his deck. The information can be viewed by going to the Weather Underground website and searching for Hershey's Mill. The URL is: <https://www.wunderground.com/weather/us/pa/malvern/KPAMALVE69>

Jerry has lived in Hershey's Mill since 2013 and the station has been operational for 4 years. The station tracks temperature, windspeed and direction, humidity, and also serves as a rain gauge.

As is true for many websites, the only negative is the number of advertisements. If you are interested in tracking storms and using the channel, you may be interested in the annual subscription of \$20. Its benefit is doing away with advertisements. You can view weather stations throughout the world, many with webcams.



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Hershey's Mill Golf Club

Maria Edwards | Ulster

The Club is Back!

Our club is off to a great new beginning! Welcome to John Hagerty as the new Chairman of the House Committee! With joy, golf is open to play and continues to practice safety procedures. It is the perfect game for social distancing and has found a resurgence of players in the sport as it appears to be growing nationwide.



address to receive your bill in the mail. Emails are no longer being accepted for reservations. We have limited seating, so call the Club early. If your party is larger than four, please let us know. Menus are found on the Hershey's Mill Golf Club website, hersheysmillgolfclub.com, just choose 'dining'. If you haven't tried our new cuisine, you are missing a wonderfully new culinary experience. Our hours for dining:

Lunch: Tuesday-Sunday, 11:30 a.m. to 2:30 p.m.; *Dinner:* Wednesday-Saturday, 4 p.m. to 8 p.m.; *Dinner* on Sunday, 4 p.m. to 7 p.m.

The Club has welcomed our new chef, Lenny, with rave reviews and he has hit the ground running. His passion shines brightly from the preparation of fresh food to the creativity of deliciously prepared meals he and his crew offer us Tuesday through Sunday. In case you aren't aware, takeout meals are available to the **entire** Hershey's Mill Community during those same days, membership not necessary. All that is necessary is a phone call to 610-431-1600, and select option 2 to place your order or make reservations. Have your member number ready; non-members provide your billing

Please continue to fill out the comment cards with your positive and/or negative thoughts regarding your dining experience. We are always looking for ways to improve and make our clubhouse the place you want to be for social dining. So come on out, wear your mask into the club and remove it during dining on the deck. Enjoy yourself! We are back in full swing!

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BIKE CLUB

Jeff Smith | Princeton

As of this writing, Chester County has failed to meet important benchmarks for continuing to ease coronavirus restrictions. Consequently, the club's riding schedule remains on "hold". Myself and others have been riding solo on some of the nearby trails including the Chester Valley Trail, the East Brandywine and Struble Trails, and East Goshen Park. There is a way to access East Goshen Park without having to transport your bike if you're willing to ride on Route 352 for about a quarter mile. From the east gate of Hershey's Mill, make a right onto 352 and then a left onto Highland Ave. Go approximately 50 yards and there is a driveway on the right that is a back entrance into the park.

(At right) Committee Members Mary Lou Perry, Lynn Mander, George Madden, and Jack Hamilton with our new pickleball teaching aide TP (Tutor Plus).

BOCCE

Joe Carrone | Inverness

The bocce season is well underway with league play continuing thru Labor Day, followed by the playoffs and a season-ending social in mid-September. For any info, e-mail Joe Carrone at . If your village wants to schedule a bocce social night (usually involving food and drinks), contact Carroll Thompson at for further details and to pre-reserve the courts. There is also weekly **open bocce every Wednesday** at 4 p.m. No signups; just show up and play. Contact Carroll for questions.

BOWLING LEAGUE

Ed Isselmann | Inverness

By the time you read this article, our hope is that we have moved from **YELLOW** to **GREEN** when bowling centers will open in Chester County. If that is the case, the Hershey's Mill Bowling League will start around Tuesday, **October 6** and end around Tuesday, March 30 at The Palace Bowling Center in Downingtown on Route 30 across from Wegman's and BJ's. For those who have not bowled on the league, we meet from 9:45 a.m. until about noon every Tuesday between October and March. We always need more regular bowlers and substitutes. Our main goal is to have FUN. If interested contact Ed or Eileen Isselmann at or by email: Ed, ; Eileen, .



PICKLEBALL

Tom Fant | Yardley

"Slow down, you move too fast. You have got to make THIS SUMMER LAST." Sorry Paul Simon.

Open play or "walk on pickleball," some say our most crowd pleasing feature, still not available at this writing (mid-June). Notice will be given on the tennis billboard, so stop by as you make "The Chandler Rounds." Our HM Sports Group online reservation system, ROCO, will also give notice.

I know that we have new people waiting to hear about a Pickleball Clinic for 2020 using the new and impressive teaching aide, Tutor Plus ball machine, but here again this will have to be a bulletin board/ROCO item.

We love to welcome new folks from The Mill to our nation of pickleball lovers and regret the late start.

SHUFFLEBOARD

Roseanne Havird | Devonshire

Shuffleboard is available for open play all week except for Wednesdays and Saturdays at 9:30 a.m. Either schedule your time on ROCO at www.hersheysmill.org or take your chances that courts will be free when you arrive. Chalk and erasers are available and game rules are on the backside of the score board. Disinfectant wipes are available to clean the cues. The prime time to play is mornings in the shade of the trees. This sport is an easy way of spending time in the fresh air. Bring a chair. Benches are provided but may hinder the 6 foot distancing recommendation.

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Activities Contacts

Art Group.....	Sara Hamilton
Baby Boomers.....	hmbomers@gmail.com
Billiards Club	Joe Silio
Bingo.....	Hal Deal.....
Book Discussion Group.....	Carol Barkovsky
Bowling (Oct-Apr).....	Ed Isselmann.....
Bridge Groups:	
Golf Club Tuesday Bridge.....	J.B. Smink
Golf Club Friday Bridge.....	John Marks
HM Duplicate Bridge, Mondays at 12:30pm.....	Bray LeBrocq
Social Club Party Bridge.....	Susan Hackstaff.....
Talking Bridge	Lisa Groff
Card Games	Penny Adolf.....
Caregivers Support Group	Sue Staas
Chester County Hospital Auxiliary.....	Helen Adair
Computer Club (PC).....	Don Trauger
Cradle Stitchers.....	Donna Faunce
Dominoes (Mexican Train).....	Sheila Di Croce
Exercise to DVDs.....	Barbara Scott.....
Gardens (Community).....	Jim DiCarlo.....
Hand and Foot Card Group.....	Agnes O'Leary
Knitting Circle	Ruth Schick.....
Mah Jongg (Groff).....	Lisa Groff
Men's Bible Study.....	Ken Mertz.....
Mermaid Book Club.....	Marrie Truskey
Monday Night at the Movies.....	Lynne Urian.....
Paoli Hospital Auxiliary.....	Betsy Carlin.....
Photography Club	Carol Poling.....
Pinochle Club.....	Erna Graham.....
Poker Club	Mike Brindisi
Quilters.....	Diane King
Scrabble.....	Marie Knox.....
Singers (Casual Singing Group).....	Paul Day
Singers (Hershey's Mill Singers).....	Dolores Manion
Social Club.....	Judith Dooling.....
Sports Group (HMSG).....	John DeVol
Sullivan House (FoSH).....	Elaine Becker.....
Table Tennis.....	Allan Shaffer
The Players.....	Shauna Flynn
Yoga	Ellie Sybesma

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