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A photograph of an elderly couple standing outdoors in a park-like setting with trees in the background. The woman, on the left, has short blonde hair and is wearing a green turtleneck sweater under a dark coat with a fur collar. The man, on the right, has grey hair and a beard, and is wearing a green jacket. Both are smiling and looking towards the right.

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Equestrian Area | Unionville Schools
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West Bradford Township

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Original model home | Great Value
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\$1,142,000



Thornbury Township

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Once Home to F. Scott Fitzgerald!
\$1,098,000



Newlin Township

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\$975,000



Chester Springs

5BA, 3.1 BA | 5 Acres | Pastoral Views
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Willistown Township

Last List Price: \$1,825,000



Thornbury Township

Last List Price: \$850,000



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Last List Price: \$770,000



East Fallowfield Township

Last List Price: \$585,000



London Grove Township

Last List Price: \$469,000



Avondale

Last List Price: \$430,000



West Whiteland Township

Last List Price: \$295,000



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Newtown Township

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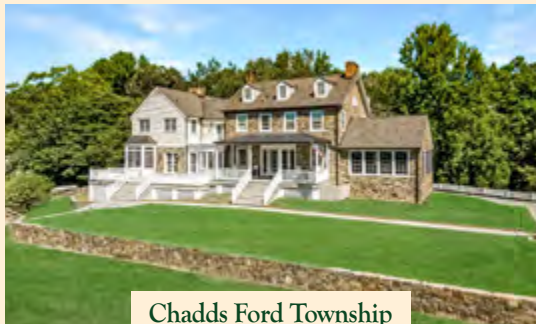
West Marlborough Township

Magnificent views of lush fields and countryside, 78+/- acres under conservation easement (2 primary, 1 secondary houses allowed). Cheshire Hunt country, Unionville Chadds Ford Schools.
\$2,652,000



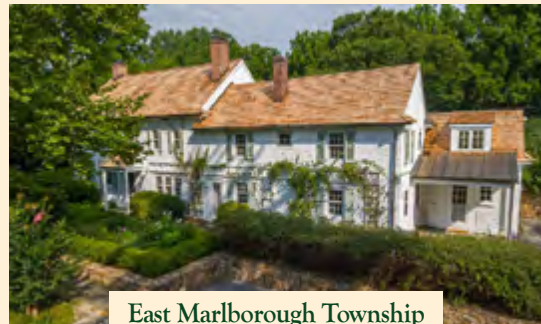
East Goshen Township

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Chadds Ford Township

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from the
EDITOR

Once again we're celebrating the joys of giving by partnering with the Chester County Community Foundation for our third Charity Datebook issue.

After a year like 2020, helping our community is even more important. We want to recognize some who have risen to the challenge.

The Datebook is introduced by Karen Simmons and Michael DeHaven, who spearhead the Community Foundation. They helped us shine a light on a few of the many nonprofits that pivoted in the face of the pandemic. Read stories of their good works and special donors in "Faces of Philanthropy."

Fundraising is the lifeblood of most nonprofits, and so we looked at how they managed that during quarantine, in "Fun Fundraisers," and what their plans are for 2021, in "Datebook Calendar." We even have style tips in "What to Wear to the (Virtual) Gala."

Want to turn your compassion into action? See the volunteer opportunities Madison Meinel rounded up in "Make a Difference." Time to volunteer! Maybe you'll choose the Chester County Food Bank after reading more about them in Brandywine Table's "A Fresh Take on Hunger."

Chester County's bounty gets some love in a shout-out from Lundale Farm's Jodi Gauker in "Can We Make 2021 the Year of Local Food and Farmers?" And Natural Land's Oliver Bass shares three recommendations for local land preserves to visit in "The Solace of Nature."

One small silver lining of the pandemic is that visiting our doctor is now much less difficult than before. Local healthcare providers weighed in. Read "Telemedicine: Its Promise and Limits."

Finally, we learn about wines to sample in Jessica Roberts' "A Whole New World of Wine," look at options for our kids in "Summer Camps," and consider how to have fun in "Best Things To Do."

We hope you're inspired by the good works happening all around us.

Thank you for reading and many thanks to our advertisers for their support.

Jo Anne Durako
Editor

COMING IN April

ANNUAL WEDDING ISSUE

Micro-Weddings • Guide to Wedding Venues
Spas and Salons • Spring Gardening
Lancaster Focus • Spring Beer
Home of the Month

COUNTY LINES MAGAZINE

March 2021

Volumes XLV Number 6

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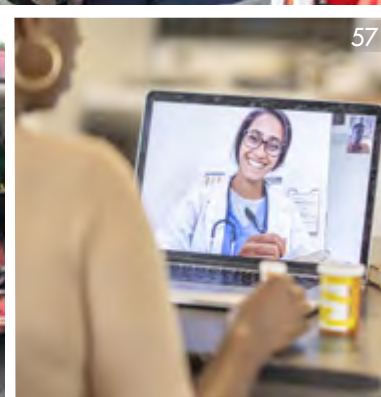
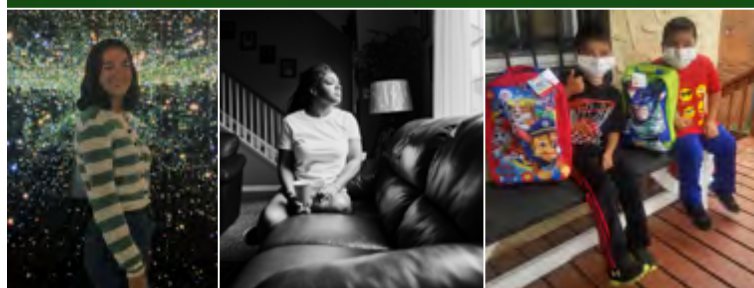
COUNTY LINES
MAGAZINE



Charity Datebook

Celebrating local philanthropy: the people, the organizations, the causes and the many months of fundraising events in Chester County & beyond.
In partnership with Chester County Community Foundation

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In partnership with the Chester County Community Foundation

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**SHOP IN-STORE
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Dark, Dangerous, Deadly. West Chester resident and NYTimes Bestselling author Bryan Reardon has just released another twisted tale. **Let Her Lie** tells an



instantly captivating story that follows discouraged filmmaker Theo Snyder as he investigates the capture of a notorious serial killer. Described as weaving a wicked, Hitchcockian web, this psychological thriller keeps you on the edge of your seat. Head to your local, independent bookstore and grab a great winter read.

Motor Movies. Exton Square Mall Drive-in is giving Chester County a movie night experience without having to leave your car! Through the app, moviegoers can order classic snacks—think theater popcorn and candy—plus hot meals from local restaurants, all delivered straight to your car. Check the schedule for what's showing—they opened with “A Star is Born” and “Tenet”. Fridays, Saturdays, Sundays, 6–9 p.m. Tickets start at \$32 plus fees. 260 Exton Square Pkwy., Exton. ParkingLotTheaters.com.



Essential Shoes. Chefs, nurses and other essential workers clocking 80-hour work weeks on their feet turn to **Dansko** as their preferred footwear for comfort and support. Based in West Grove, Dansko has turned functional shoes styled after Danish clogs for the past 30 years. Now proudly employee-owned, Dansko also offers a bit of style with floral and leopard patterns for some flair on your feet. And so much cooler than Crocs and Birkenstocks, other popular choices of longstanding workers. Dansko.com.

Museum Mini-Merger. The Delaware Museum of Natural History's renovations don't mean you have to miss out on its events and camp programs this year. Thanks to a partnership with nearby **Winterthur Museum, Garden & Library**, many community events will be held at the neighboring museum until the 2022 reopening. Learn about exotic birds up close at Morning with the Birds on March 27 and bring the kids to Spring Break Science Extravaganzas starting March 29. Support both museums at DelMNH.org.



Get Kennected. Want to enjoy nature, get some exercise and connect with the community? **The Kennett Greenway** wants to deliver what you're looking for. Once completed, the Greenway will provide a 14-mile accessible trail loop, linking Kennett residents to over 10 parks and reserves as well as local businesses. The project's mission is to improve the area's ecosystem and promote sustainable living through decreased CO₂ emissions and to increase appreciation of the indigenous forest. Learn more at KennettGreenway.com.





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March Picks

Our Picks for top events this month



Lisa Scottoline In Virtual Conversation at Reads & Company

March 25

Reads & Company welcomes best-selling author Lisa Scottoline for a virtual event celebrating the release of her latest novel, "Eternal." Preorder a signed copy and join the discussion. 234 Bridge St., Phoenixville. 7 p.m. 484-920-3695; ReadsAndCompany.com.

Brandywine River Museum of Art Virtual Gallery Talk

March 22-23

Join Victoria Wyeth as she shares her uniquely personal perspectives on the art of her grandfather, Andrew Wyeth. As part of Women's History Month, Victoria's talk will focus on Wyeth's depictions of women models. Participants in this Zoom talk may submit questions in advance during registration. 1 Hoffman's Mill Rd., Chadds Ford. 7 to 8 p.m. \$25. 610-388-2700; Brandywine.org.



Mt. Cuba Center: The Language of Birds

March 14

Calling all birders! Increase your chances of successfully sighting and identifying songbirds "by ear" this spring using intriguing strategies. Learn how, why and when birds sing and come away with foundational skills for understanding and using bird language on your next birdwatching expedition. This is an online event. 1 to 3 p.m. \$29. 302-239-4244; MtCubaCenter.org/Event/The-Language-of-Birds-2.

72nd Chadds Ford Art Show & Sale

March 18-21

The show will be a bit different this year with an auction of 60 artists working in diverse media that you can watch live from the comfort of home. Artwork purchased will be avail-

able for pickup at Chadds Ford Elementary School after April 10th, with Covid restrictions in place. The auction begins Thursday, 6 p.m. and ends Sunday at 6 p.m. 32Auctions.com/CFEArtShow.



Colonial PA Plantation Opening Day

March 27

Bring the family for Colonial crafts, hearth cooking, plowing, woodworking, weaving and much more. 3900 N. Sandy Flash Dr., Newtown Square. 11 a.m. to 4 p.m. \$6-\$10, under age 4, free. 610-566-1725; ColonialPlantation.org.



best Things To Do

Many events are on hold for now, but there are still fun things to do in our area. Please be sure to check websites often for the latest updates. *TBD—to be determined.

FAMILY FUN

THROUGH MARCH 4

Tales for Tots at Hockessin Bookshelf. Throw on your cozy pj's, grab your teddy and snuggle up for a bedtime story. Your host will be sharing a picture book for the perfect ending to your day, live on the book shop's Facebook page. *First Thursday of the month, 6:30 pm.*

Facebook.com/HockessinBookshelf.

THROUGH MARCH 9

Delaware Art Museum Art Club Classes. In Home School and After School art clubs, students learn the principles and elements of art using a variety of mediums to create works inspired by the Museum's collections. This is an 8-week program, \$170–\$195. *Visit the website to register. 302-571-9590; DelArt.org.*

THROUGH MARCH 14

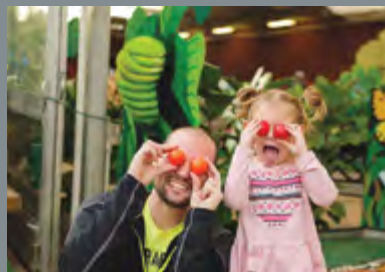
Delaware Art Museum Family Art Kits. Spark creativity and spend family time together making art with a monthly kit from the Museum. Each month's kit (available for pick-up at the museum) contains art supplies to explore a new medium and a project inspired by a work of art at the Museum. \$23. *Register on website. 302-571-9590; DelArt.org.*



THROUGH MARCH

Indoor Mini Golf at Linvilla Orchards. Linvilla Orchard's Fore! The Planet is a highly interactive and playful museum exhibit created by the Academy of Natural Sciences. This exhibition pairs important environmental issues with the fun of miniature golf. Perfect for kids of all ages. Linvilla follows all government COVID guidelines for safety. Check website for updates. *137 W. Knowlton*

Rd., Media. Daily through Mar. 12, 9 to 5; Mar. 13–28, 9 to 6. \$7. Linvilla.com.



THROUGH MARCH

Drive-In Theater Opening in Exton. Head to Exton Square Mall parking lot to see a movie and reserve your space when purchasing tickets online. Coming in March: "Unhinged," "Ready or Not" and "Sing." Hot food and snacks can be ordered through the concession stand app and delivered to your car. Check the website or sign up for the newsletter for up to date schedules. *260 Exton Square Pkwy., Exton. ParkingLotTheaters.com.*

THROUGH JUNE 30

Storytelling with Jeff Hopkins: Pirate and Mermaid Adventures at Delaware Art Museum. Characters from the Museum's paintings come to life as storyteller Jeff Hopkins illustrates and narrates engaging tales for young children. Free. Days and times vary each month, so check the website regularly. *2301 Kentmere Pkwy., Wilmington. 302-571-9590; DelArt.org.*

THROUGH JULY 18

Crayola IDEAworks: The Creativity Exhibition at The Franklin Institute. A World Premiere Exhibition featuring a fusion of cutting-edge technology with state-of-the-art exhibits. Crayola IDEAworks inspires visitors of all ages to develop and expand their creative skills through a variety of activities. *222 N. 20th St., Philadelphia. \$31–\$35. Adv. tickets req. FI.edu.*

ONGOING

Behind the Steam: A Collection Exploration Speaker Series at Marshall Steam Museum. Join this virtual event every month for the next year as they take a close look at a special item in the collection and then

zoom out for a larger discussion with experts and enthusiasts. *Mar. 18, Mountain Wagons. 3000 Creek Rd., Yorklyn, DE. 7 pm. \$5; \$30 for the year. 302-239-2385; Auburn-Heights.org.*



MARCH 20

Radnor Recreation Pop Up Park Egg Hunts. Visit Clem Macrone Park, Radnor Nature Park, Odorisio Park and Petrie Park to participate in an on-your-own Egg Hunt. Eggs and goodies available from 8 am. COVID-19 Health and Safety Protocols followed. Rain date, March 27. *Visit RadnorRecreation.com.*

MARCH 20

Teen Flashlight Egg Hunt. Radnor Recreation invites teens, age 12 and up, to participate in a flashlight egg hunt along a portion of The Radnor Trail. Event hub and parking at Wayne Art Center. Win special prizes, play games and enjoy snacks and goodies. Pre-registration req. 8 pm. Rain date, March 27. *Visit RadnorRecreation.com.*

MARCH 27

Colonial PA Plantation Opening Day. Bring the family for Colonial crafts, hearth cooking, plowing, woodworking, weaving and much more. *3900 N. Sandy Flash Dr., Newtown Square. 11 to 4. \$6–\$10, under age 4, free. 60-566-1725; ColonialPlantation.org.*



ART, CRAFT & ANTIQUES

THROUGH APRIL 8

Berwyn Indoor/Outdoor Vintage Flea Market. Shop antiques, collectibles, vintage fashions, jewelry, textiles, art and more. 260 Swedeford Rd., Berwyn. Sat–Sun, 8 to 4. Masks required. 215-625-3532; PhilaFleaMarket.org.

MARCH 8–APRIL 16

Community Art Center Exhibition. Faculty members in art departments at colleges and universities in Delaware County exhibit. 414 Plush Mill Rd., Wallingford. Mon–Thurs, 10 to 6; Fri, 10 to 2. Free. 610-566-1713; CommunityArtsCenter.org.

MARCH 18–21

72nd Chadds Ford Art Show & Sale. See *March Picks*.

APRIL 22–30

The Philadelphia Online Show. See *Sidebar*.

BOOKS

MARCH 4–APRIL 1

Wellington Square Bookshop. Non-Fiction Book Club: *Mar. 4*, “Land of a Thousand Hills: My Life in Rowanda,” by Rosamond Halsey Carr, Ann Howard Halsey; *Apr. 1*, “Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home,” by Richard Bell. Fiction Book Club: *Mar. 17–18*, “Once Upon a River” by Diane Setterfield, Wed–Thurs, 2 to 4; Thurs, 7 to 9. Books groups available on Zoom. 549 Wellington Sq., Exton. 610-458-1144; WellingtonSquareBooks.com.

MARCH 16, 25

Main Point Books by Zoom. Fiction Book Group: *Mar. 16*, “Long Bright River” by Liz Moore, 1 pm. Non-Fiction Book Group: *Mar. 25*, “Save Me the Plums: My Gourmet Memoir,” by Ruth Reichl, 7 pm. 116 N. Wayne Ave., Wayne. 484-580-6978; MainPointBooks.com.

MARCH 25

Reads & Company Virtual Conversation with Lisa Scottoline. See *March Picks*.

MARCH 25

Virtual DelArt Readers: Book Club. Join this community-led book club that meets monthly to discuss, debate, celebrate and share works of fiction and nonfiction. “The Other Alcott” by Elise Hooper. Join this Zoom virtual meeting, 6 to 7:30 pm. Free. DelArt.org.



FUNDRAISERS

ONGOING

Tredyffrin Historic Preservation Trust Presents “As History Goes On.” A non-event fundraiser, to meet final construction costs of the Jones Log Barn and programming needs of the Living History Center. To donate, call 610-644-6759 or visit their website, TredyffrinHistory.org.

GARDENS


THROUGH MARCH 21

Longwood Gardens–Orchid Extravaganza. The Conservatory is a vision of color and tex-

ture with breathtaking collections of orchids displayed in vivid baskets, columns, orbs and more fanciful forms during the Orchid Extravaganza. Visiting guidelines follow state and local regulations. 1001 Longwood Rd., Kennett Square. Timed admission tickets are required. \$13–\$25. LongwoodGardens.org.

THROUGH MAY

Winterthur Garden Tram Tours. Experience the beauty of the 60-acre naturalist garden aboard an open-air tram. This 30-minute narrated tour begins at the Visitor Center with stops at Enchanted Woods and the Museum. 5105



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Kennett Pk., Winterthur, DE. Tues–Sun, 10 to 4. \$6–\$20; members, free. Winterthur.org.

MUSEUMS

THROUGH APRIL

Winterthur Museum, Garden & Library Curator's Gallery Walks. Join a curator for an informal discussion of the “Lady of the House, Ruth Wales du Pont” exhibit, featuring a look at a reproduction of her wedding dress and objects from the archives. 5105 Kennett Pk., Winterthur, Tues–Sun, 10 to 5. \$15–\$30. 302-888-4600; Winterthur.org.

THROUGH SEPTEMBER 12

Delaware Art Museum. Through Mar. 14, “Seeing Essential Workers through a New Lens.” **Mar. 1–Sept 12,** “Collecting and Connecting: Recent Acquisitions, 2010–2020.” 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.





ONGOING

Nat'l Iron & Steel Museum Digital Exhibits. The museum announces the launch of a new digital archive, an online collection of newsletters of the Lukens Steel Company produced be-

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Local Farm Markets



Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. Order online for delivery or pickup. ArtisanExchange.net.

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station lot. 1st, 3rd and 5th Sat, Face masks req. 10 to noon. FarmToCity.org.

Downingtown Farmers Market, Kerr Park, Pennsylvania Ave. Jan–Apr, 2nd, 4th Sat, 10 to noon. 610-836-1391; GrowingRootsPartners.com.

Eagleview Farmers Market, Eagleview Town Crt., in the parking lot adjacent the community garden, Exton. Jan–Apr, 1st, 3rd Thurs, 11 to 1. 610-836-1391; GrowingRoots-Partners.com.

Kennett Square Farmers Market, The Creamery, 401 Birch St. Fri, 3 to 6. Jan 8–Apr, every other Fri, 3 to 5. Seniors/high-risk, 3 to 3:30. 610-444-8188; HistoricKennettSquare.com.

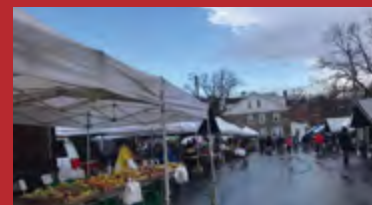
Lancaster County Farmers Market, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. Check Facebook to phone for pickup. 610-688 -9856; LancasterCountyFarmersMarket.com.

Malvern Farmers Market, Warren Ave. & Roberts Rd. Jan–Apr, 1st, 3rd Sat, 10 to noon. 610-836-1391; 610-836-1391; GrowingRootsPartners.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon; seniors, 9–9:30. Curbside pick-up, if req. by Fri, noon. PhoenixvilleFarmersMarket.org.

West Chester Growers Market, Chestnut & Church Sts. Jan–Apr, 1st, 3rd, 5th Sat, 10 to noon. Can pre-order. Contactless payment encouraged. Some vendors pre-package. 610-436-9010; WestChesterGrowersMarket.com.

Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7:30; Sat, 8 to 4. 610-492-5700; WestChesterAmishMarket.com.



2021 Regional Antiques Shows

Our calendar of annual antiques shows.

MARCH

Chester County Antiques & Art Show

This year the show will be digital. Stay tuned and check the website frequently for updates. ChesterCoHistorical.org.

APRIL 22-30

The Philadelphia Online Show

Shop from more than 50 dealer rooms through a virtual platform. Dealer Talks will run daily and, new this year, are editorial-style themed rooms, presenting cross-sections of dealer offerings representing the best in furniture, fine art, decorative arts and jewelry. ThePhiladelphiaShow.com



MAY 25-27

Brandywine River Museum of Art Virtual Antiques Show

This year the museum is hosting a series of virtual lectures and discussions on antiques.

1 Hoffman's Mill Rd., Chadds Ford
610-388-2700; BrandywineMuseum.org

OCTOBER

Antiques at Kimberton

A respected show that fills over a 10,000-square-foot space with 65+ dealers in two buildings.
Kimberton Fire Hall, 2276 Kimberton Rd.
Phoenixville; AntiquesAtKimberton.com

OCTOBER

Elverson Spring Antiques Show

Over 40 dealers offering folk art, furniture, stoneware, art and Americana.
Twin Valley High School, 4897 N. Twin Valley Rd. Elverson; 610-721-2874;
ElversonAntiqueShow.com

NOVEMBER 4-7

58th Annual Delaware Antiques Show

The Chase Center on the Riverfront
Wilmington; 302-888-4600
800-448-3883; Winterthur.org/DAS ♦

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tween 1935 and 1989 and volumes of a separate publication called “The Specialist,” produced for employees between 1969 and 1975. 50 S. 1st Ave., Coatesville. SteelMuseum.org.

MUSIC & ENTERTAINMENT.....

THROUGH APRIL 14

The Keswick Theatre Presents. *Mar. 4*, Daughtry; *Apr. 7*, Colin Hay Solo; *Apr. 8*, An Intimate Evening of Songs & Stories with Graham Nash; *Apr. 14*, One Night of Queen. 291 N. Keswick Ave., Glenside. Visit website for updates, times and tickets. 215-572-7650; KeswickTheatre.com.

MARCH 27

Wilmington Winter Bluegrass Virtual Festival. The festival is a free live stream event this year featuring Don Paisley & Southern Grass, Blades of Grass, Acoustic Turnpike, Homestead and Free Range. 4 to 9 pm. WilmingtonWintergrass.org.

APRIL 2–MAY 2

A Virtual Concert from Zonya Love at People's Light. Performing her collection of reimagined Negro Spirituals in a filmed concert event, the nationally acclaimed actor-musician leads a full band through evocative new renditions of

old songs. Purchase streaming access for \$15. 610-644-3500; PeoplesLight.org.

APRIL 3

Point Entertainment Presents ... The Rocky Horror Picture Show complete with costume contest, pre-show and full shadow cast. NOT suitable for children. The Colonial Theatre, 227 Bridge St., Phoenixville. Doors open 9:30 pm, pre-show at 10, film at 10:30. \$8–\$18. 610-917-1228; TheColonialTheatre.com.

OUTDOOR ACTIVITIES

THROUGH MARCH

Schuylkill River Trail. Nominated in *USA Today* for the 2021 Readers' Choice Award for Best Riverwalk, this is the time to venture out and walk, bike, canoe or run on the 75 completed miles of the Schuylkill River Trail. All sections of the Trail are open to the public but park amenities may be closed due to COVID-19. Check website for details. SchuylkillRiver.org.

THEATER

THROUGH MARCH 28

America 2 AM at People's Light. Follow the confessions and confrontations that unfold over late-night Zooms. \$15. 610-644-3500; PeoplesLight.org.

MARCH 3–MAY 2

Murder Mystery Dinner Theater at Mount Hope Estate & Winery. You'll enjoy a four-course meal as you become the detective—interrogate the suspects, put the clues together and uncover the truth. 2775 Lebanon Rd., Manheim. \$56.95. 717-665-7021; PARenFaire.com.

TOWNS, TALKS & TOURS

THROUGH JULY 20

Food for Thought: Community Conversations. Chester County Community Foundation hosts meaningful conversations on Zoom about diversity, equity and inclusion in America on the third Tuesday of the month at noon. Register at ChescoCF.org/Explore/Food-For-Thought. ♦

Stay in the know with everything going on in *County Lines* country. Sign up for our Events Newsletter (sent twice monthly) at Newsletter@ValleyDel.com.

Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.

For more events visit:

CountyLinesMagazine.com



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thephiladelphiashow.com

Spring Forward WITH BOOKS

Shelley Laurence

ARE YOU READY TO SHAKE OFF THIS LONG, COLD WINTER and think about spring? You might not be prepared to venture out in a crowd or take a trip, but there are plenty of books to help you connect with nature in your backyard or close to it.

Let's start in your garden.



The Art of Gardening: Design Inspiration and Innovative Planting Techniques from Chanticleer

by R. William Thomas

Chanticleer, located in Wayne, is one of the most beautiful public gardens in America. Think what they do there is out of your league? Think again.

Chanticleer's staff gardeners offer up helpful, how-to advice that's useful in any size garden. You'll learn how to pair plants and palettes to different conditions and how to use hardscape materials in a fresh way. And, the book is filled with gorgeous photos, sure to fire up any gardener's creativity.

Kitchen Garden Revival: A Modern Guide to Creating a Stylish Small-scale, Low-maintenance Edible Garden

by Nicole Johnsey Burke and Eric Kelley

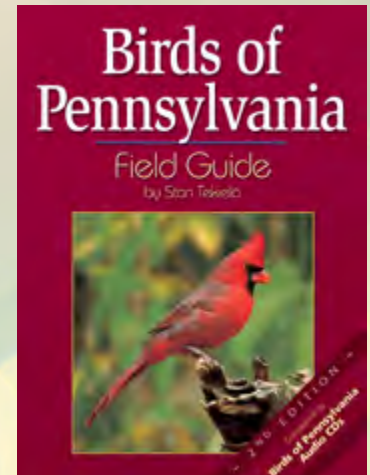
Want to grow your own veggies? This book guides you through every aspect of kitchen gardening, from design to harvesting. There are easy-to-follow plans for four seasons of ornamental plants, plus plenty of homegrown fruits, vegetables and herbs. Beginners will find what they need to get started, and experienced gardeners will learn some new tricks. You'll be eating what you grow in no time!



AMNH Birds of North America

by editor-in-chief Francois Vuilleumier

Want a bird book with more detail? This one features clear, close-up photos of the 550 most commonly seen birds, from waterfowl to shorebirds to owls, hummingbirds, finches and more. You'll learn when and where to spot them with up-to-date, color-coded maps highlighting habitation and migratory patterns. You'll want to take this with you when travel is again part of your life.



Birds of Pennsylvania Field Guide

by Stan Teklela

If gardening isn't your thing, maybe birding will pique your interest. This book is a great place to start. You'll find 117 species of Pennsylvania birds, organized by color. Do you see a yellow bird in your yard and don't know what it is? Go to the yellow section and find out. Fact-filled information, a compare feature, range maps, and detailed photographs will help you positively identify the birds that you see.





Backpack Explorer; On the Nature Trail, What Will You Find?

by the editors of Storey Publishing

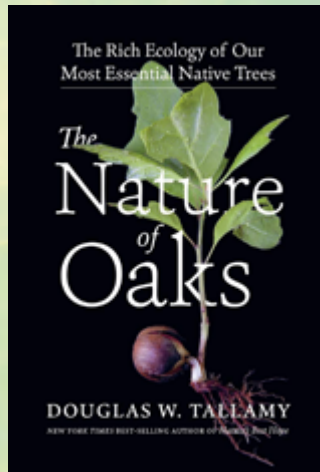
Let's not forget the younger set. Jump-start your kids' curiosity with this take-along field guide for children ages 4 to 8. From worms, birds and spiders to trees, flowers and clouds, young explorers learn what to look and listen for wherever they are, whether in a nature preserve, an urban park, or their own backyard. The book also includes seek-and-find lists, on-the-trail art projects and games to get kids engaged.



My Nature Journal and Activity Book

by Ruby McConnell

Nature is full of adventures, but sometimes it's easy to forget what you felt or saw. *My Nature Book* is the perfect place for your child to keep track of all of his or her memories. It's a place to draw and write about their experiences with nature, so they'll remember the sound of a squirrel chattering or the color of the bird that landed on their lunch sack. It's also full of ideas and projects, like how to make delicious bread or muffins to take on hiking trips. There are plenty of lined pages for writing, blank pages for drawing and other activity pages.



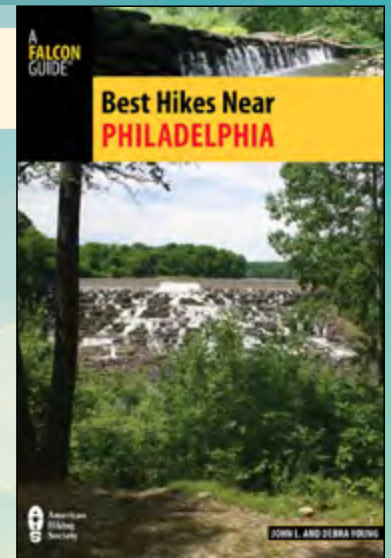
The Nature of Oaks

by Douglas Tallamy

Perhaps you're still content sitting in an armchair reading about nature. You may be interested in what local author Doug Tallamy has to say.

In his second book, *Nature's Best Hope*, Tallamy changed the conversation about gardening in America, urging homeowners to take conservation into their own hands. Now, he's turning his advocacy to the mighty oak tree.

Oaks sustain a complex web of wildlife. In this book, you'll learn what goes on month by month, in the seasonal cycles of life, death and renewal. From woodpeckers that collect and store hundreds of acorns for sustenance to the beauty of jewel caterpillars, Tallamy celebrates the wonders you may be lucky enough to find in your own backyard.



Best Hikes Near Philadelphia

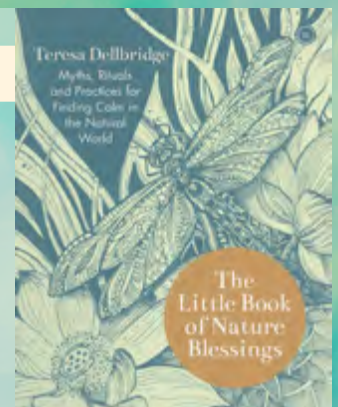
by John L. Young and Debra Young

Perhaps you're dreaming of getting out on the trail. Let John and Debra Young show you some local spots. The Youngs live in Pennsylvania and are happy to share their expertise. John Young is also the author of *Hiking Pennsylvania* and *Hiking the Poconos*.

The Little Book of Natures Blessings

by Teresa Delbridge

Maybe you're still stressed out by pandemic life and need a little help decompressing. Connecting with nature is a great way to do it. It can still the mind, help you find calm and be more consciously present. In this little book, Theresa Delbridge provides practices based on the elements, seasons, and sun and moon that will help you to release the stress of everyday life. And who couldn't use a little help in that direction? ♦



Shelley Laurence is a bookseller at Main Point Books, an independent bookstore with a handpicked selection for every member of the family. Check out their great virtual events, book groups and children's activities at MainPointBooks.com or on Facebook, Instagram and Twitter. Their fiction group meets March 16th at 1 p.m. to discuss *Long Bright River* by Liz Moore. On-line orders for delivery or pick-up. 484-580-6978; 116 N. Wayne Ave., Wayne.



Charity Datebook

Celebrating local philanthropy: the people, the organizations, the causes and the many months of fundraising events in Chester County & beyond.
In partnership with Chester County Community Foundation

/// 2021





From the Guest Editors

Can you believe it's been a year since COVID struck? The Community Foundation's last official in-person gathering was on March 9, 2020 in West Chester. We celebrated the launch of *County Lines Magazine's* Charity Datebook 2020, packed into Mercato's bustling bar area to catch up with friends while enjoying cool drinks and oven-fired appetizers.

Charity Datebook's 2021 events will definitely look and feel different. For the foreseeable future, special event logistics continue to be impacted by social distancing, sanitizing and health implications resulting from COVID. We expect many events will have a deeper resonance, paying closer attention in a myriad of ways to issues such as social justice, equity, local sourcing, global warming and sustainability.

The easy, breezy luncheons, galas, golf tournaments and 5Ks of the past are not gone. But we vow never again to take them for granted. Now, more than ever, charities are re-envisioning the core purpose of special events, examining what works and what doesn't, and reimagining how to re-design events in light of all we've been through in 2020.

In this Datebook, you'll find Charity Events. You'll also find Charity and Donor Profiles. We've selected a handful of the many, many nonprofit charities that pivoted to stand up to COVID. Community health centers, hospitals, food pantries, senior service agencies and homeless service agencies were the first nonprofits to expand their services against the odds, helping our most vulnerable neighbors who were immediately struck by the pandemic. Education, child care and environmental nonprofits refined their safety protocols. Arts, culture and historic preservation charities continuously grapple with audience and visitor capacity issues.

The charities that pivoted most rapidly were those that had visionary, resilient leadership combined with strong support from their donors. We trust their stories will inspire you.

If you're looking to get involved in your community, please *do*. We invite you to contact us to learn more about volunteer opportunities, committee service, board leadership, ways to donate and means to build a legacy to fulfill your charitable intentions. We have expertise in emerging community issues and connections to the local, regional and national charities best-positioned to meet Chester County's needs and aspirations.

We are here to connect you to the causes that matter. For good. Forever.

Here's to your health!

Karen Simmons
President/CEO

Michael DeHaven, CPA
Chair of the Board



COUNTY LINES
MAGAZINE

Chester County Community Foundation
www.chescocf.org



LUNDALDE FARM



Can We Make 2021 the Year of Local Food and Farmers?

We can all agree 2020 was a year of learning, especially for the farmers in our local food system who grow wholesome fruits, vegetables, meats, grains, dairy and more for our family tables.

When COVID-19 rocked Pennsylvania last March, store shelves became empty due to illness, shut downs and transportation delays. Consumers learned the vulnerability of an “efficient” food system, and many turned to their local farmer to feed their families.

Change beyond personal control is a common experience among farmers. Variables like changing markets, consumer interests and weather are hard to predict. It’s safe to say no one was expecting 2020 to include a global health pandemic. Yet farmers adapted, persevered, and helped feed our families. And most importantly, they’re still farming.

Let’s not soon forget the critical role local farmers play in our community and food system, and let’s think about how each of us can make changes to support them. For example:

- Budget some of our food dollars for local food from a farm stand or CSA (community supported agriculture), or purchase PA Preferred products at local grocery stores. Find a convenient farm stand at ChesCo.org/4461/Where-to-Buy.
- Help feed our neighbors by volunteering or donating to a local food pantry or the Chester County Food Bank.
- Decrease food waste by storing food properly, and freezing or preserving before it spoils. Penn State Extension has many resources to help.
- Purchase local foods in season and freeze or preserve them. Buying freshly picked foods is also more cost-effective—and delicious!
- Protect the environment by decreasing or eliminating use of water bottles, styrofoam and all single-use plastics; recycling as much as possible; and being mindful of products used.
- Support independent restaurants, especially those purchasing directly from local farmers.

In this year of transformation, how can you make an impact?

Jodi Gauker

-Jodi Gauker, Executive Director, Lundale Farm Inc.

Chester County's own Lundale Farm is a community of regenerative farmers enhancing the ecology, health and diversity of the land. The farm serves as a model for local food production and forest stewardship on preserved land. It's an evolution of the founding families' land preservation legacy that seeks to preserve land and use it in a responsible manner to benefit the region's environment, economy, agricultural heritage, health and nutrition of its people. Learn more at LundaleFarm.org.

Chester County Food Bank

THEY WORK FROM THEIR HEARTS

Before 2009, Chester County Cares was the distribution center for the many meal sites and food cupboards that served the County's food-insecure. In the midst of the recent recession, however, the organization faced bankruptcy.

The pieces got picked up by Bob McNeil and Larry Welsch, starting humbly out of a two-car garage in Parkesburg. The enterprise grew quickly, first to a warehouse in Guthriesville, and eventually into a 36,000-square-foot facility in Eaglesville.

Operations now include a fleet of tractor-trailers, a supply chain of local

farmers, wholesalers and informal cooperatives, and a donation community of individuals, corporations and food drives.

The Food Bank serves over 120 food cupboards, shelters, senior facilities and other social service organizations and has become the central hunger relief organization in the County. Through its 4,000 volunteers, it supplies food to over 70,000.

In pursuit of its mission, the Food Bank has devised several programs to achieve its mission: a Backpack program, delivering meals to school kids; a Food Box program, delivering meals to senior centers; and an Emergency Response program, to reach the desperately hungry. And, in the spirit of giving not just a fish but a rod, it offers education, training and jobs for the population it serves, graduating 30 students per year.

The pandemic presented new challenges, mostly because of the



impact on volunteers. The need grew, but donations decreased.

In the long run, plans are to double the Backpack program and expand its work by delivering to children and to minorities.

When COVID hit and Welsch retired, McNeil was asked to come back and retake a leadership role. Yet the Food Bank's success would not be possible without its new Executive Director, Andrea Young and CCFB's solid board. And its employees. "They work from their hearts and do an incredible job," says McNeil.

Learn more at [ChesterCountyFoodBank.org](https://www.ChesterCountyFoodBank.org). And see the Brandywine Table article in this issue.



Students from FRESHstart Kitchen program led by Manager Amy Rossman (far left) and Director of Culinary Programs, Chef Ranney Moran (far right).

DONOR SPOTLIGHT



Robert and Jennifer McNeil

Bob McNeil was Chairman of Board of Chester County Food Bank from 2009 to 2014 and reprised that role in 2020–2021. He has also played key roles in the Boy Scouts, the Community Volunteers in Medicine, and other local nonprofits.

Jennifer McNeil is an active member of the board of the Coatesville Youth Initiative, which seeks to build families and community relationships, while encouraging prevention education.

Known for his fund-raising skill and management expertise, Bob remains actively engaged in the Food Bank despite health issues. Lately he says he "wants people to know that life can go on despite a medical challenge."

Colonial Theatre

NURTURE COMMUNITY BY CELEBRATING THE POWER OF FILM AND THE PERFORMING ARTS

Phoenixville's Colonial Theatre has seen ups and downs over its nearly 120-year history. Its stage has been visited by musicians, vaudeville performers, magicians, lion acts, and, most famously, by The Blob.

For years, the Colonial hosted a packed house. But by the 1990s, it had to close its doors.

The Association for the Colonial Theatre (ACT) took over operations in the '90s as part of Phoenixville's revitalization. The theater reopened in 1999 and again in 2017, most recently with

more theater space. The theater now focuses on first-run, independent and classic films, along with shows for children, concerts and community events.

Its mission is "to nurture community by celebrating the power of film and the performing arts to entertain, inform and reveal meaning" and to build new audiences and share its facilities with community nonprofits. One recent program subsidizes art-centered advocacy events too costly and risky for small nonprofits to undertake. Another offers free theater tickets to its clients, which use them in fundraising.

These programs were just getting started when the pandemic hit. For three months, shows were cancelled but the theater kept up spirits with punny marquee postings: *No Close Encounters of Any Kind*, *Mr. Smith Goes to Wash His Hands*, *Don't Stand By Me*. The public offered 400 suggestions the first week.



Virtual screenings were also added, including a Cat Video Fest, perfect for early quarantine time.

More recently the theater opened, closed again in December, and reopened now, but only at 10% capacity. A bright light during the pandemic is the 17-seat private theater, where for \$125 a family or group of friends can screen its classic films in a safe bubble.

As for the future, Ken Metzner, Executive Director of ACT, is holding his breath, awaiting the pandemic's end. Then perhaps, The Blob will chase people into the theater.

Learn more at TheColonialTheatre.org.



DONOR SPOTLIGHT



Kenneth and Moira Mumma

Ken and Moira Mumma have been devoted to the Phoenixville community, dedicating themselves to the arts, social justice, advancement of women, and the disabled.

From 1999 to 2009, Ken led Phoenixville's New Century Bank, remaining a board member until 2014. From 1996 through 2017, he chaired the Association for the Colonial Theatre and, from 1998, Peoples Light. He's held finance positions and board memberships on several other nonprofits.

Moira Mumma has also been active with her philanthropy. She formed and led Citizen Advocacy since 1987 and the Community Coalition in 1991, and also served on boards of area nonprofits.

Friends Association for Care And Protection of Children

IT STARTS WITH A HOME

// "It starts with a home," explains Jennifer Lopez, Executive Director of the Friends Association for Care and Protection of Children, a nonprofit providing emergency shelter and prevention services for families facing homelessness or housing instability in Chester County. Their mission is to prevent homelessness and promote the independence of families with children.

Using a "Housing First" philosophy, the Friends Association believes that people require food, shelter and safety before they can embark on a path to personal

stability. Their view is that housing is a basic human right that leads to better health, more educational opportunities and stronger financial stability.

Importantly, the Friends Association recognizes the link between systemic racism and homelessness and is committed to being part of the solution in addressing the disproportionate rates of housing instability experienced by local African Americans.

In response to the unprecedented number of those pushed to the brink of homelessness during the pandemic,

the Eviction Prevention Court program was established. The first of its kind in Chester County, this program provides free legal representative, financial assistance and social services to those facing eviction. Unlike similar programs, this one is unique because it offers additional services, such as rental assistance and trauma counseling.



Though this pilot project is still in its early stages, it has already helped many Chester County families avoid eviction and maintain a stable home. "The hope is that together we can give every family in Chester County the safety and security of a home," says Matthew Holliday, Friends Association Board President.

During this health and economic crisis, the Friends Association has worked to keep Chester County housed and safe.

Learn more at FriendsAssoc.org.



DONOR SPOTLIGHT



Donna and Tom Urian

Donna Urian, Shareholder and Director of Taxes at Fischer Cunnane, has always been a passionate champion for women. As 70% of families in the Friends Association programs are led by women, supporting this organization was a no-brainer for Donna and her husband, Tom. The Urians recognize that without having a place to call home, a person's opportunities for employment and education become very limited.

"We greatly admire how the Friends Association takes a family-centered approach to addressing homelessness in Chester County," says Donna. "Understanding each family's story and giving them the tools and resources to rebuild is the first step towards ending homelessness."

Home of the Sparrow

THE LIFE-LONG EFFECTS OF EXPERIENCING SOMETHING AS TRAUMATIC AS HOMELESSNESS AFFECTS EVERYTHING FROM MENTAL HEALTH, SUCCESS IN EDUCATION, FUTURE EARNING POTENTIAL AND INTERPERSONAL RELATIONSHIPS.

For more than two decades, Home of the Sparrow has been a catalyst for change in Chester County, providing innovative housing solutions and support services to homeless and low-income women and mothers who want to improve their lives and become self-sufficient.

Sadly, women and mothers have been disproportionately affected by the pandemic and its economic impact affects what's known as the A.L.I.C.E. community—Asset Limited, Income Constrained, Employed. Many women experienced a sudden loss of income because they

were employed by businesses that shut down or significantly reduced their operation. Through no fault of their own, many low-income, self-sufficient women are now facing housing instability.

Home of the Sparrow continued working to meet local women's greatest needs by helping in a variety of ways, such as paying back rent or current rent, avoiding utility shut-offs, restocking pantries, paying delayed expenses, meeting childcare and family pet needs, along with referring women to appropriate community partners for additional support for medical and mental health needs.

Case managers at Home of the Sparrow used technology to continue working confidentially with current program participants and as well as new clients. A staff member on site in the office provided women with other necessities using "gobags" filled with paper products, cleaning supplies, diapers, wipes and other personal items. Donations of household goods and food were accepted in the office and were quickly dispersed to women and children.



According to Home of the Sparrow CEO, Michelle Venema, "The life-long effects of experiencing something as traumatic as homelessness affects everything from mental health, success in education, future earning potential and interpersonal relationships, to name just a few consequences." The pandemic increased stress and feelings of hopelessness.

"We are grateful to our generous donors, dedicated volunteers and community of friends for providing us with the resources and support to help women, mothers and children in Chester County who needed us more than ever," says Michelle.

Learn more at HomeOfTheSparrow.org.



DONOR SPOTLIGHT



Tali Levine

Tali Levine: "I'm a senior at Downingtown STEM Academy and decided to donate all the profits from my thrifting business, TJ Thrifted This, to Home of the Sparrow. This is my third donation in a few months, totaling \$2,000 so far. I love knowing their organization is helping people in Chester County and hope my donations bring a smile."

LCH Health and Community Services

WHAT ARE YOU DOING WITH WHAT YOU'VE BEEN GIVEN?

LCH Health and Community Services has been changing lives in southern Chester County since 1973. Led by a diverse, bilingual team, LCH (formerly La Comunidad Hispana) is dedicated to creating a vibrant, equitable, inclusive, prosperous and healthy community.

To meet the challenges posed by the pandemic, Ted Trevorow, Interim Director of Operations, explains: "What you may not know is that we at LCH think of ourselves as a learning organiza-

tion. We don't ever want to be frozen in time, unable to adapt to changing circumstances." And LCH demonstrated a rapid response to the pandemic.

Back in March 2020, LCH quickly launched HIPAA-compliant telemedicine as a safe, convenient option for their patients, along with setting up an outdoor medical unit (now a temperature-controlled trailer) in Kennett Square to test and treat COVID patients. Keeping symptomatic patients separated in this outdoor facility allowed LCH to resume indoor office visits while ensuring all patients are safe.

To ensure safety of in-person health visits, LCH installed plexiglass screens and HEPA air filters, provided protective equipment (PPE) to staff, staggered patient visits, and enhanced cleaning and sanitization protocols. They



created a mobile medical unit to travel to mushroom farms to conduct COVID testing and contact tracing for employees. Throughout their travels and in their offices they are committed to educating their patients about COVID. Ongoing patient education in Spanish and English ensures the community adopts safe habits to prevent the spread of the virus.

From the start of the pandemic, LCH put all their effort towards establishing safe and flexible services to help the community.

Learn more at LCHCommunityHealth.org.



Mike and Nancy Pia

"We had to do something," says Nancy Pia about her family's commitment to charitable giving. "This is our town, and these are our people." To meet the unprecedented needs caused by COVID, Nancy and her husband, Mike, made major financial contributions to LCH and other essential organizations serving the region.

For the Pias, giving is a multi-generational effort. They instill in their children and grandchildren that we all have the opportunity and responsibility to make the world a better place. As a result, their family has participated in many efforts to aid people struggling through this difficult time. Nancy says, "We're most grateful to have had the opportunity to support LCH and work together with their most dedicated staff."

LCH honored the Pias at their annual Amigos event with the 2020 Alice K. Moorhead Community Impact Award for their longstanding support.



DONOR SPOTLIGHT

Charles A. Melton Arts and Education Center

TO CONTRIBUTE TO THE QUALITY OF LIFE FOR ALL PEOPLE

In 1918, Dr. Leslie Pinckney Hill, President of Cheyney State Teacher's College, set out to address the needs of marginalized communities in Chester County. His organization was re-named the Charles A. Melton Arts and Education Center in 2004 to pay tribute to a leading West Chester citizen and Civil Rights activist. Mr. Melton embodied the Center's mission "to contribute to the quality of life for all people of the greater West Chester community by continuing its long commitment to providing education, recreational, cultural and civic services."

The Melton Center serves a diverse population of low-income African American and Latinx families in West Chester and surrounding areas. Last March, the Melton Center closed its building to the public due to the pandemic. The resilient staff continued to provide resources and support for West Chester families during this challenging time.

Programs included partnering with other organizations—West Chester Area

School District, Chester County Food Bank, Oscar Lasko YMCA, and Safe Harbor of West Chester—to collect and disseminate essentials.

The Filet of Soul Culinary Program prepared and distributed meals to needy families in Coatesville and West Chester. The New Directions Program supported students through innovative virtual programs, like tutoring, literacy skill-building and enrichment clubs. The program helps parents and guardians navigate student learning, which can be especially challenging for low-income families and those who don't speak English as a first language. Healthy snacks, books and educational supplies were distributed to students.

There's a great deal to look forward to at the Melton Center. In a partnership with Church Housing Corp., the Pennsylvania Housing Finance Agency (PHFA), the NRP Group and finance partners, 51 new affordable homes, apartments



and townhouses for local families are scheduled to begin construction.

Education, community building and opportunities for underserved communities have always been key goals of the Melton Center. With a national focus on racial and economic justice, Chester County is fortunate to have an organization uniquely positioned to move towards a more just future.

Learn more at MeltonCenter.org.

DONOR SPOTLIGHT



Irving Friedlander

"My whole life, I always question why people judge skin color as more important than character. It became apparent when I finally met Ken Winston (Executive Director at the Melton Center) that he and I were going to work together and make a difference. Because it's the right thing to do. A few gifts, a few dollars, a few hours of your time."

Irv and Ken training the next generation of young black men (Mobby students) at a professional leadership dinner

Surrey Services

TRANSFORMING THE IDEA OF AGING FROM A TIME OF LIMITATIONS TO A TIME OF DISCOVERY, HEALTH AND SOCIAL OPPORTUNITY.

This year the work of Surrey Services for Seniors is more relevant than any other time in its 40-year history. The organization expanded from its physical centers into the greater community to continue carrying out its mission to inspire and enable us, as we age, to live with independence and dignity and as engaged members of the community. Demonstrating resourcefulness, innovation and resiliency, Surrey pivoted to meet heightened needs caused by the pandemic.

For example, Surrey collaborated with community members, volunteers, business

leaders, elected officials and friends to gather input about how the organization can have the greatest impact. These insights led to the development of a new Strategic Plan.

Several initiatives, including The Beilenson Institute for Innovation in Aging (named for current board member and former chair John Beilenson), are already underway. The Institute will provide innovative programs and services through collaboration with national leaders in the field of aging.

New programs such as the Technol-

ogy Lending Library help reduce isolation among older adults by providing easy-to-use technology and support. Surrey has maintained senior engagement during the pandemic by offering virtual programs on their YouTube



Channel, including exercise classes and theater performances. Online programming allows seniors to take advantage of Surrey's services while staying distant and safe.

Surrey's passion for improving the health, wellbeing and quality of life for older adults in Chester County has inspired it to plan to expand virtual and center-based programs to provide support and assistance to older adults. They also plan to continue extending their reach to a wider, more diverse population.

Learn more at SurreyServices.org.



DONOR SPOTLIGHT



Jim and Robin McErlane

Jim McErlane, senior partner at Lamb McErlane, and his wife, Robin, are good friends of Surrey. At Surrey's 2020 virtual event, Jim was honored with the Jeanne Molitor La Rouché Leadership Award, named after the organization's founder. This award celebrates an individual who, through leadership and community service, exemplifies the Surrey philosophy of Neighbor Helping Neighbor.

The McErlanes admire Surrey's dedication to helping older adults in the region by, as Jim says, "transforming the idea of aging from a time of limitations to a time of discovery, health and social opportunity."

Thorncroft Equestrian Center

BUILDING AN ENVIRONMENT OF RESPECT AND INCLUSION

Established in 1969, Thorncroft Equestrian Center is one of the premier therapeutic equestrian centers in the United States, specializing in therapeutic horseback riding for both children and adults with mental, emotional and physical disabilities. Committed to personal growth and education, Thorncroft works towards their mission of providing an inclusive program of love and respect that allows true healing and growth to occur.

"We're building an environment of respect and inclusion," says Tiffany Meyer, Thorncroft's President. "We learn together,

we teach together and we work together." Offering recreational riding for all abilities, the Center typically serves 350 riders per week and offers substantial scholarships to riders in need.

As a result of the pandemic, the Center adjusted normal operations to continue to serve the community while staying safe. They shut down for a few months but still worked hard to connect to their riders with drivethrough pony parades, Zoom meetings with the horses, and virtual story time.

Thorncroft has also worked to provide new programs during the reopening

process. The First Responder program helps healthcare workers cope with heightened stress, the Veterans program gives free access to vets who want to learn to ride, and the Pony Tales program helps therapeutic riders have access to horses even if they can't ride yet.

Looking to the future, Thorncroft has some special events in the works. The Therapeutic Riders Division of the Devon Horse Show is



scheduled for May 29th, giving riders a chance to showcase their skills. And the annual Victory Gallop black-tie fundraiser, which helps raise money for many programs as well as fund scholarships for riders, is on the calendar for June 12th (details and safety protocols TBD).

No matter what, Thorncroft will continue to celebrate the fellowship of its riders. "Everything we have gone through has really shown our resilience," says Tiffany Meyer. And we couldn't agree more.

Learn more at Thorncroft.org.



DONOR SPOTLIGHT



Molly and Mike DeSantis

Molly and Mike DeSantis personify what it means to be a "friend of the farm" by doing things like donating their beloved horse Mick, an Irish Sport Horse, to the Thorncroft program. "Mick took good care of my kids in the show ring. Now it's wonderful to see him enjoying a new career with lots of love and attention," says Molly. The DeSantis family also supports the Para-dressage and Therapeutic riding programs through frequent in-kind donations. Most remarkable, though, is Molly's dedication as a volunteer. Her dependability and commitment to the farm are an inspiration.

YMCA of Greater Brandywine

A PANDEMIC CAN'T STOP THEIR MISSION OR SERVICES

Founded in 1892, the YMCA of Greater Brandywine puts Christian principles into practice through programs that build healthy spirit, mind and body for all. They serve all of Chester County, with eight local branches and an association office in West Chester.

While you might know the Y primarily from their fitness centers, their many programs focus on diversity and inclusion, based on three pillars of service: social responsibility, youth development and healthy living. Our local Y has many signature programs including camps

and outdoor activities, childcare and education, health and fitness, swimming, sports, arts and humanities, and more.

With the pandemic, our local Y had to make changes to keep members safe. They modified their facilities and implemented new protocols like health screening questions, temperature checks and masks along with retraining staff about cleaning and disinfecting procedures.

The Y experienced significant financial and programmatic effects from the pandemic, including reduced membership, staff layoffs, reduced summer camp

and childcare enrollment coupled with increased operating costs due to safety protocols. This impact from the pandemic led to difficult decisions for President and CEO, Denise Day.

According to Denise, "We quickly pivoted last March to provide essential services in response to community need." Staff organized blood drives, collected donations for



local hospital patients, collected and distributed food to families, and reopened child care and summer camp so families of essential workers could return to work.

The Y held their summer learning-loss prevention program, Power Scholars Academy, both virtually and in-person. And they arranged phone calls, virtual coffee hours and additional outreach to seniors struggling with isolation.

The YMCA will continue to innovate and commit to addressing the needs of Chester County residents as they emerge from this recent challenge. A pandemic can't stop their service or mission.

Learn more at YMCAGBW.org.



DONOR SPOTLIGHT



Bill and Melissa Hostetter

Bill and Melissa Hostetter donate to the YMCA in memory and in honor of their daughter Rebekah, a former YMCA lifeguard, swim instructor and swim coach. Rebekah tragically passed away in December 1999 at the age of 21. For 20 years, the Hostetters have held an annual golf tournament in Rebekah's memory to raise funds to support the splash water safety program. Over 1,200 kids have participated in this program.

What to Wear to the (Virtual) Gala

Do good while feeling good.

Stand out on your Zoom screen with an eye-catching top and dazzling jewelry, all while staying comfy below in cashmere sweats and fuzzy slippers. The best part? No one even has to know!



"Ice Flower Collection" by Suna Bros.
Walter J. Cook, Paoli
Prices upon requests

Diamond and Platinum Ice Flower Pendant
Diamond and Platinum Ice Flower Earrings
(both available in 18k yellow gold)



Black Silver Flare Sequin Evening Pant Suit, \$690,
by Jovani Evening.
Van Cleve Pavilion, Paoli.

Black Cozy Knit Jogger Pant, \$110,
By Jane Chalfant | Kiki Boutique,
West Chester.



Fluff Yeah Shearling Sandal Slippers, \$100,
By UGG.
Neiman Marcus,
King of Prussia.

Fun Fundraisers

Fundraisers have had to put on a new face this year. Whether virtual or live, the giving never stops. Here are a few of our favorites helping support charities in our region.



Chester County Community Foundation Virtual Annual Meeting
Mike DeHaven, Board Chair, Karen Simmons, President & CEO, Tony Morris, former Board Chair



LCH Health & Community Services Virtual Fundraiser
Amigos of LCH raised \$53,000 to support direct services in their health centers.



Chester County Day Begins with The Fox Hunt



The Colonial Theatre's Krampus Crypt-mas Spectacular
Left to right: Melissa Tapley, Ben Stansbery, Sean McMullen, Chuck Francisco, and Matt McGinnis



Surrey Services Roaring '20s Virtual Gala
Rick and Lora Davis. Rick is Surrey Board Chair.



Domestic Violence Center of Chester County
"All That's Purple Affair"



Stanley's Dream Foundation 5K Run/Walk
 Supporting childhood brain cancer research and scholarships.



Springbrook Farm Fundraiser
 Virtual Wine Tasting with Coach Dick Vermeil



Crime Victim's Center of Chester County Night of Hope Gala
 Top row: Members of Chester County Fund for Women and Girls. Middle row: Master of Ceremonies Gabrielle Hines and keynote speaker and star athlete Mo'ne Davis. Bottom row: local non-profit leaders



Unite for HER At Home—"Bloom" Spring Fashion Show

Datebook Calendar

For 2021 things look a little different. Many events are still being held virtually, and while some charities are making plans to go ahead, event dates have not been set (and are marked TBD). Please check websites often for updates and, as always, we ask you to support these great local causes ... and have some fun along the way.

JANUARY

Alex's Lemonade Stand 15th Annual Lemon Ball—A Virtual Gala

JANUARY 16

Begin with an interactive online cocktail reception, then browse auction items and wander the virtual floor. Premium ticket holders, \$125, receive a Lemon Ball Gift Box full of surprises. Standard ticket holders have access to the virtual pre-event cocktail reception and virtual program. AlexsLemonade.org.

19th Annual A Taste of Phoenixville

JANUARY 17–21

Delicious tastings from five area restaurants. Over 35 vendors participate and the silent auction, VIP dining options and entertainment continue as in previous years. Taste To Go ticket, \$120, for dinner for 2 and dessert to share.

VIP Taste To Go also includes Taste glassware, a complimentary adult beverage and the cook-book. TasteOfPhoenixville.com.

FEBRUARY

Habitat for Human- ity—4th Annual Building A Thirst Fundraiser

THROUGH FEBRUARY

Get special offers from 10 local breweries by supporting Habitat for Humanity's fundraiser. Purchase a Beer Ticket Book that contains one special offer, like a free pint or discounted takeout at participating breweries.

MARCH

Chester County Antiques and Arts Show

PREVIOUSLY IN MARCH

Plans are being made at press time to hold this event virtually. Check website for details.

ChesterCoHistorical.org.

Chester County Community Founda- tion Food for Thought: Sweet Charity Edition

MARCH 2, 16, 22-27, 30

Why are my neighbors going hungry? Where does my food come from? Join the Chester County Community Foundation on Zoom March 2 and 16 to discuss food-related social justice. Sample gourmet desserts from Carlino's Market by purchasing a Golden Ticket. Vote for your favorite and Zoom in on March 30 for fun prizes and to see which dessert won. ChesCoCF.org.

Annual Taste of the Main Line

MARCH 10, 2022

The Emergency Aid of PA Foundation hosts an evening of culinary delights from premier area restaurants to fund scholarships, grants and mentoring for local

children and families. Radnor Financial Center's Grand Atrium, 150 N. Radnor Chester Rd., Radnor. TasteoftheMainLine.com.

Cheers for CHOP

MARCH 20

Get ready to live it up in your living room. Enjoy entertainment, a fully catered event and party props to create an epic home experience. So, pop the bubbly, pass the hors d'oeuvres and bring down the house for this high-energy virtual program in honor of all the heroes — big and small—at CHOP. CheersFor.Chop.edu.

Habitat for Humanity— Build at House, Build a Dream

MARCH 20

Get special offers from 10 local breweries by supporting Habitat for Humanity's fundraiser. Purchase a Beer Ticket Book that contains one special offer, like a free pint or discounted takeout at participating breweries. Visit HFFHCC.org/News/Building-a-Thirst.

Saturday Club 5K

MARCH 21–31

Pick Your Way, Any Day is an evolution of the popular 5K Shuffle & Kids' Race. This year, encouraging participants to choose their challenge! Pick a day and a way you'd like to complete your 5K supports causes that aid and benefit women, children and families in the Greater Philadelphia region. SaturdayClub.org/TSC5K/5KRegistration.



Devon Horse Show & Country Fair, May

PHOTOGRAPHY BY BRENDA CARPENTER

Schuylkill River Greenways Paddling Film Festival

MARCH 25

Enjoy this event on a big outdoor movie screen, while following COVID guidelines for social distancing. Take part in the online live auction on a 4-person paddling trip in Florida or staff curated wine and book basket and more. Benefits SRG's mission to connect people and communities to the Schuylkill River and the River Trail. Rain date, Mar. 31. SchuylkillRiver.org.

DE Center for Horticulture 39-1/2 Rare Plant Auction

MARCH 29–APRIL 9

This is the first-ever virtual auction for DCH. Using the online auction platform, bid on the amazing and one-of-a-kind plants and non-plant items you've come to expect from the auction ... and this time, you get to enjoy the event from the comfort of your own home. Benefits communities and urban greening programs. TheDCH.org.

APRIL

Virtual Wine Tasting with Coach Dick Vermeil

TBD

Join Hall of Fame football coach Dick Vermeil for a virtual wine tasting event to support The Barn at Spring Brook Farm. Coach Vermeil will talk about Vermeil Wines, football and more with guests while raising awareness and funds to support The Barn's mission of enriching the lives of children with disabilities through animal-assisted activities. Tickets at SpringbrookFarm.org/SpringFundraiser.

Coaches vs. Cancer Basketball

TBD

Scheduled for this year. Check website closer to event for details. Benefits the American Cancer Society. PhiladelphiaBasketBallGala.org.

Greater Philadelphia Congenital Heart Walk

TBD

Benefits the Adult Congenital Heart Association and The Children's Heart Foundation.

Events.CongenitalHeartWalk.org.

Natural Lands Buds & Suds Virtual Plant Sale

THROUGH APRIL

Increase biodiversity in your garden with plants selected by Stoneleigh. Receive a \$25 gift card to a local brewery by spending at least \$200. Online store opens in April; plant pick-up May 1–2. Benefits Stoneleigh. Natlands.org/BudsAndSuds.

King of Prussia Restaurant Week

APRIL 11-15 & APRIL 18-22

King of Prussia's only restaurant week spotlights KOP's world-class dining scene while raising money for Children's Hospital of Philadelphia. Held the same week, during KOP Shops for CHOP, shoppers can save big while supporting CHOP at their favorite retailers. Visit KOP.com/KOPRestaurantWeek.

Annual Celebrity Chef's Brunch

APRIL 18–25

The brunch is going hybrid this year. Celebrity Chefs team up

with local chefs and provide recipes for local chefs to prepare. Guests can dine-in or take out from the restaurant of their choice. Plus a virtual program letting participants chat with the local and Celebrity Chef while they enjoy their meals. Benefits Meals on Wheels in Delaware. MealsOnWheelsDE.org.

Philadelphia Virtual Red Ball

APRIL 22

Red Ball will look a little different in 2021. Instead of getting all dressed up and going out on a Saturday night, Red Ball will come to you—on your phone, laptop or tablet, the Virtual Red Ball is all-new for 2021. 7 pm. Details coming late March. TheRedBall.org.

The Philadelphia Online Show

APRIL 22–30

Visitors shop from more than 50 antiques dealer rooms via a virtual platform. Dealer Talks run daily and, new this year, are editorial-style themed rooms, presenting cross-sections of dealer offerings representing the best in furniture, fine art, decorative arts and jewelry. Preview Apr. 22. Benefits the Phila. Museum of Art and Penn Medicine. ThePhiladelphiaShow.com.

"All That's Purple Affair" Unmasking Domestic Violence

APRIL 23

Annual gala being held virtually this year via Zoom, featuring entertainment by A Capella Pops and silent auction. Registration includes Zoom access to virtual Gala and catered dinner packages by Aneu Catering. Multi-ticket discounts available. Benefits the Domestic Violence Center of Chester County. 6–7:30 pm. DVCCCPa.org/Gala.

48th Annual Yellow Springs Art Show

APRIL 24–MAY 23

This year you can stroll or scroll your way through the galleries of Chester County's longest-running fine arts show. This hybrid event features over 180 artists from the Delaware Valley and beyond. Benefits the arts, education, preservation and environmental protection of Historic Yellow Springs. 1685 Art School Rd., Chester Springs. YellowSprings.org.

DE Center for Horticulture Learning from Great Gardens

APRIL 24–SEPTEMBER 25

Visit some of the region's most exclusive private home gardens.



Unite for Her at Home, Bloom Spring Fashion Show, April



Thorncroft Equestrian Center, Lobstah Bake, October



Canine Partners for Life
"Unleashed and Uncorked," May

Receive a tour from the homeowners and explore all aspects of their garden's design from personal inspiration to plant selection and beyond. Benefits DCH's mission to inspire individuals and communities through the power of plants. TheDCH.org.

Unite For HER At Home—Bloom Spring Fashion Show

APRIL 25

Join in for brunch at home and a spring celebration of life, fashion and community, featuring Unite for HER Wellness Program participants. Tickets benefit local women affected by breast and ovarian cancers. UniteForHer.org.

Delaware Marathon Running Festival

APRIL 25

Travel across Brandywine Park, on the parkways, through historic neighborhoods and Rodney Square. Benefits the

Cardiac Center, Nemours/Alfred I. du Pont Hosp. for Children. *Tubman Garrett Riverfront Park, 815 Justison St., Wilmington.* DelawareMarathon.org.

People's Light Annual Auction

APRIL 26–30

Register and keep up to date on the happenings of the annual People's Light Auction. While most of this year's event will be celebrated through a virtual raffle, there is the opportunity to purchase sponsorships to enjoy a socially distant evening outdoors at The Farmhouse at People's Light. PeoplesLight.org.

Chester County Hosp. Gala—Caribbean Night

APRIL 28

Grammy Award winning Jazz bassist John Patitucci entertains. The virtual event will celebrate the Hospital's Health Care Heroes from the COVID-19 pandemic and look ahead to advances in cancer treatment.

Dr. Robert Vonderheide, Dir. of the Abramson Cancer Center, will discuss breakthroughs in cancer treatment at Penn Medicine. Supports Community Outreach and charitable care at the hospital. ChesterCountyHospital.org.

MAY

Blue Cross Broad St. Run

MAY 2

Line up for a 10-mile, point-to-point course starting at Central High School Athletic Field in Philly and finishing inside the Navy Yard. Benefits the American Cancer Society. BroadStreetRun.com.

Bucks County Designer House & Gardens

MAY 2–30

Tour Mearns Mill Manor, an 1870s mansion owned by the Heritage Conservancy, as designers transform the home and grounds. Benefits Doylestown Hospital and the Village

Improvement Association. BucksCountyDesignerHouse.org.

20th Annual Bringing Hope Home Great Guys Dinner

MAY 6

The event brings a sigh of relief to families dealing with the financial hardships a cancer diagnosis can cause by offering financial assistance. Join the great guys (and gals) for dinner, cocktails, auctions and more. *Springfield Country Club, 400 W. Sproul Rd., Springfield.* BringingHopeHome.org.

Canine Partners for Life Unleashed & Uncorked: Backyard Barbecue & Buds

MAY 6

Fire up the grill and join your favorite CPL pups for a fun-filled evening from the comfort and safety of your home. This free event will be virtual this year. K94Life.org for more details.

Willowdale Steeplechase

MAY 8

Due to COVID-19, planning is being guided by public health guidelines. The number of spectators and volunteers may be limited. Check the website for the latest updates concerning ticketing. Benefits Stroud Water Research Center, Quest Therapeutic Services, Penn. Veterinary Medicine's New Bolton Center. 101 E. Street Rd., Kennett Square. WillowdaleSteeplechase.org.

Safe Harbor—Family Cornhole Fundraiser

MAY 8

A day of fun for the whole family with a silent auction, prizes, catered food and music. SafeHarborOfGWC.org.

Radnor Hunt Races

MAY 15

Race day is about steeplechase racing, fashion and tradition at this signature event. Benefits the Brandywine Conservancy. Radnor Hunt Grounds, 826 Providence Rd., Malvern. RadnorHuntRaces.org.

FORE Health Golf Invitational for Chester County Hospital

MAY 17

A great day of golf to benefit Women's and Children's Health Services. Chester Valley Golf Club, 430 Swedesford Rd., Malvern. ChesterCountyHospital.org/Giving.

FORE Fresh Water Golf Invitational

MAY 17

Enjoy an opportunity to tee off with Stroud Water Research Center at this exclusive course. COVID-19 protocols will be in place to help Sponsorships, foursomes and single golfer packages are available. Bidermann Golf Course, Greenville, DE. StroudCenter.org/Events.



The Philadelphia Flower Show, June

Brandywine River Museum of Art Virtual Antiques Show

MAY 25-27

This year the museum is hosting a series of virtual lectures on antiques including "Tracing Chester County Furniture," Antique Oriental rugs and a live roundtable discussion on the resiliency of the antiques business with perspectives from experts in the field. Brandywine.org/events.

The Devon Horse Show & Country Fair

MAY 27-JUNE 6

See Olympic-caliber riders, the best local riders, junior classes and munchkins on the Lead Line or come for the fun outside the ring—like the Ladies Hat contest—at the country's oldest and largest outdoor multi-breed horse show. Visit the Country Fair's midway attractions and boutiques. Benefits Bryn Mawr Hospital. 23 Dorset Rd., Devon. DevonHorseShow.net.

43rd Annual Winterthur Point-to-Point

MAY 30

Enjoy a day of elite horse racing on the lush grounds of the Winterthur Estate. A signature Brandywine Valley event complete with antique carriage parade and antique car exhibit. There's tailgating, hospitality tents and shopping galore. Benefits Winterthur's programs. 5105 Kennett Pk., Wilmington. Winterthur.org.



Delaware Center for Horticulture Rare Plant Auction, March

Schuylkill River Greenways Paddling Film Festival, March





Radnor Hunt Races, May

JUNE

Philadelphia Auto Show

TBD

Cruise on over to one of the country's top auto shows—700 vehicles from 40 manufacturers at this elegant fundraiser. Feb. 7, Black Tie Tailgate, benefits the Dept. of Nursing at Children's Hospital of Phila. *PA Convention Center, 1101 Arch St., Philadelphia.* PhillyAutoShow.com.

Alex's Lemonade Stand Great Chef's Event

TBD

Culinary superstars along with local stars from the best bars, wineries and craft breweries share their creations at this tasty annual fundraiser at the Navy Yard. *Urban Outfitters Headquarters, Bldg. 543, 5000 S. Broad St., Phila.* AlexsLemonade.org.

Natural Lands Trek-a-Thon

JUNE 1–30

It's simple: hike, walk, or run either at nature preserves, in your own neighborhood, or on your treadmill. Log your miles

and submit them each week. Socially distant, but still social. Benefits Natural Lands.

Natlands.org/TrekAThon.

The Strawberry Festival

JUNE 3–6

The Rotary Club of Coatesville now hosts the Strawberry Festival, still offering the same wonderful family entertainment, rides, kids activities, monster truck rides, craft fair, Friday fireworks and more. Benefits the Coatesville community. *Brandywine Hospital, at Rt. 30 Bypass, Coatesville.* BrandywineStrawberryFestival.com.

Willistown Conservation TrusBarns & BBQ

JUNE 5

Join an exclusive tour of Willistown's beautiful barns and farms, followed by cocktails, hors d'oeuvres, barbecue dinner and a lively auction. Benefits the Trust's conservation works. WCTrust.org.

The Philadelphia Flower Show

JUNE 5–13

Habitat: Nature's Masterpiece is the theme for this year's show,

which is moving later and outdoors for the first time. Benefits the Pennsylvania Horticultural Society. *FDR Park, 1500 Pattison Ave. & S. Broad St., Philadelphia.* Check website for times and special events throughout the show. \$20–\$45. 215-988-8800; TheFlowerShow.com.

French Creek Iron Tour—Cycling for Open Space

JUNE 5–13

In virtual form this year, you can forge your own adventure. If health guidelines allow, there will be a supported ride on June 13. Benefits French & Pickering Creeks Conservation Trust. IronTour.org.

Chester County Hospital Polo Cup

JUNE 6

Watch thundering horses and their riders play the Sport of Kings as you enjoy live entertainment, a silent auction, beer garden, delicious food and kids' activities. Benefits Ob/Gyn Clinic and The Women's Auxiliary's NICU Pledge for

Chester County Hospital. *Brandywine Polo Club, 260 Polo Rd., Toughkenamon.* ChesterCountyHospital.org/Giving.

CVIM's 19th Golf Classic

JUNE 8

Join Community Volunteers in Medicine and its partners for a day of golf on a premier course plus breakfast, lunch, dinner, open bar, auction and giveaways, to support our largest free healthcare center for families without health insurance. *Applebrook Golf Club, 100 Line Rd., Malvern.* CVIM.org.

Thorncroft's 36th Annual Victory Gallop

JUNE 12

Celebrating its 36th year, Thorncroft's Victory Gallop welcomes the community to gather for a lively, black-tie soiree in the spirit of friendship and in the mission of inclusion. Held at an exciting new venue at a sensational, private location in historic Chester County. *For more information call 610-644-1963.*

Challenge for Cancer Bike Tour

JUNE 27

Cycling tours throughout scenic Chester County from 5 to 100 miles in support of cancer care in our community.

ChesterCountyDay.com/Giving.

Lindsay Maxwell Charitable Fund Brandywine Horse Shows

JUNE 30–JULY 4, JULY 6–JULY 11

Offering two weeks of family-friendly equestrian competition at the Devon Show Grounds. This year the show benefits The Pilot School and Kevin Babbington Foundation. *Rt. 30, Devon.* BrandywineHorseShows.com.

JULY

Stroud Center's Chukkas & Caddisflies

JULY 18

Immerse yourself in the sport of polo and enjoy an afternoon at Brandywine Polo Club to benefit the Stroud Center's freshwater research, environmental education, and watershed restoration mission. Rain date, Aug. 1. *Brandywine Polo Club, 232 Polo Rd., Toughkenamon. StroudCenter.org.*

AUGUST

Delaware Burger Battle TBD

Delaware's top chefs put their best burgers forward as guests sample the burgerlicious options. Benefits Ministry of Caring's Emmanuel Dining Room. Cauffiel House, 1016 Philadelphia Pk., Wilmington. DEBurgerBattle.com.

19th Up On The Roof TBD

Sip a specialty martini as you watch the sunset from a unique vantage point. The West Chester Downtown Foundation and West Chester BID join forces for an evening under the stars with dinner, music, dancing and open bar on the rooftop of the Chestnut Street Garage. Benefits the beautification of West Chester. 14 E. Chestnut St., West Chester. DowntownWestChester.com.

Clean Water Paddle Push at Stroud Center AUGUST 1-31

Grab your friends and explore your favorite body of water with a kayak, canoe or paddleboard. Send your photos and share your adventures with other participants through social media. StroudCenter.org/Events.

Brandywine in White AUGUST 21

For the Brandywine Valley's pop-up BYO summer gala, guests wear their trendiest white outfits, bring dinner, wine, centerpiece, candles and ambiance. The location is revealed August 19 and beneficiary will be announced then. [Facebook.com/BrandywineInWhite](https://www.facebook.com/BrandywineInWhite).

SEPTEMBER

Celebrating Peter's Place 20th Anniversary TBD

Enjoy an evening of cocktails, hors d'oeuvres, and auctions to support the mission of Peter's Place, providing safe and supportive environments for grieving children and families. For information or to be added to the mailing list, visit PetersPlaceOnline.org.

5th Coatesville Invitational Vintage Grand Prix TBD

Step back in time to experience authentic early American sports car racing featuring dozens of rare and unique historic cars and motorcycles dating from 1900 to 1970 competing in individually timed races. Benefits the Coatesville community. Start and finish at 3rd Ave. & Lincoln Hwy., Coatesville. CoatesvilleGrandPrix.com.

Radnor Hunt Concours d'Elegance TBD

Drive on over to this nationally recognized three-day event that includes a Friday Night Barbecue, Chester County Road Rally and Black Tie Gala. Bene-

fits Thorncroft Equestrian Center, specializing in therapeutic horseback riding. *Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org.*

Barclay Friends' 16th Secret Gardens of West Chester Tour TBD

Visit the beautiful gardens in the southwest area of West Chester Borough at this annual event featuring artists and musicians in many of the gardens. Benefits Barclay Friends' Horticultural Therapy Program. BFKendal.org.

West Chester Summer Soirée TBD

Guests bring their own picnic dinner and cocktails to share a fun evening with family and friends dining and dancing under the stars. Live entertainment and lots of fun. Benefits Westside Community Center, A Haven and Chester County Family Academy. Location announced closer to event. WVCSummerSoiree.org.

Bike the Brandywine TBD

Riders choose from four routes in the majestic Brandywine Creek

Greenway and surrounding area. Benefits the open space and clean water initiatives of the Brandywine Conservancy. BikeTheBrandywine.org.

Run for Thorncroft Equestrian Center SEPTEMBER 2

Featuring at 5K and Move As You Please, 1-Mile Fun Run/Walk/Wheel or Ride. 5K is challenging for runners of all levels. Post-race features live music, craft beer and food trucks. Benefits the Farm and the care of horses. 190 Line Rd., Malvern. Thorncroft.org/5kRun.

OCTOBER

American Helicopter Museum Gala TBD

1220 American Blvd., West Chester. AmericanHelicopter.Museum.

Main Line Animal Rescue Gran Fondo Cycling Event TBD

Join 500+ riders to bike the beautiful country roads, enjoy an awards ceremony, great food and beer, live band, raffles, games and meet-and-greet



Bike the Brandywine, October

with adoptable dogs. Start and finish at Pickering Meade Farm, the 60-acre home of *Main Line Animal Rescue*, 1149 Pike Springs Rd., Phoenixville.
MLARGranFondo.org.

Laurel Hill Cemetery Gravediggers' Ball

TBD

Themed costumes and masks encouraged at this fun fundraiser. Benefits Friends of Laurel Hill & West Laurel Hill Cemeteries, working to preserve and promote both sites. *The Penn Museum*, 3260 South St., Philadelphia.
GravediggersBall.org.

43rd Annual Radnor Run

TBD

Lace up your shoes and join the 5-mile timed running race, 1-mile walk/fun run and a health fair after the run. Benefits the American Lung Association. *Radnor Twp. Bldg.*, 301 Iven Ave., Wayne.
Lung.org/RadnorRun.

Home of the Sparrow's 22nd Fashion Show

TBD

Designed to promote the power of women who support other women who are less fortunate, the event features a runway show with volunteer models, boutique shopping, raffle, auction, cocktails, hors d'oeuvres and a fabulous dinner. *The Desmond Hotel*, 1 Liberty Boulevard, Malvern.
HomeOfTheSparrow.org.

Crush Cancer Wine & Spirits Tour—30 years!

OCTOBER 1–31

Crush cancer with a tour of local wineries, breweries, distilleries and dining establishments through Chester County during October. Benefits The Abramson Cancer Center at Chester County Hospital.
ChesterCountyHospital.org/Giving.

Chester County Day House Tour

OCTOBER 2

This Chester County tradition is always the first Saturday in

October and is known as "The Day." Celebrate the history and architecture of Chester County on this long-running tour, taking you "inside" stunning homes and historic buildings. Benefits the Women's Auxiliary's pledge to Chester County Hospital.
ChesterCountyDay.com/Giving.

19th Annual People's Light Golf Classic

OCTOBER 4

Your tee time is reserved at the beautiful and historic Waynesborough Country Club. This tradition benefits theatre education programs for young people. Visit PeoplesLight.org.

Thorncroft Equestrian Center's 12th Annual "Lobstah Bake"

OCTOBER 10

Join Thorncroft as they combine New England charm with equestrian chic for an exciting evening filled with great food, good friends and, of course, lobstah. Live music, great food by Chesapeake Seafood Caterers and Jimmy's BBQ, plus a silent auction and tailgate competition. *Jimmy Moran North Arena*, 190 Line Rd., Malvern. Reservations a must.
Thorncroft.org/LobsterBake-Fundraiser.

Rotary Club of West Chester—Chili Cookoff

OCTOBER 10

Downtown West Chester gets spicy! Over 70 chili-cooking teams—businesses, nonprofits, hometown cooks—line the streets for this cookoff and compete for prizes in several categories. Sample as many as you can and vote for your favorite. Benefits local nonprofits. *Gay St., West Chester*.
WestChester-ChiliCookoff.com.

Brandywine in Plaid—Celebrate the Harvest

OCTOBER 16

Following the lead of Brandywine in White, this is a new, more relaxed and colorful event,



Blue Cross Broad Street Run, May



Thorncroft Victory Gallop, June



Yellow Springs Art Show, April



Willowdale Steeplechase, May



Chester County Hospital Polo Cup, June

PHOTOGRAPH BY JIM GRAHAM

NOVEMBER

French & Pickering Creek Trust's Annual Auction Party

TBD

Enjoy live and silent auctions with exciting items on the block, plus delicious food. Benefits French & Pickering Creeks Conservation Trust. *Stonewall Golf Club, Bulltown Rd., Elverson.* FrenchAndPickering.org.

87th Running of the Pennsylvania Hunt Cup

TBD

Timber racing, food and shopping highlight a day in the countryside at this long-running event. Benefits the Chester Co. Food Bank, Work to Ride and Upland Country Day School. North of Rt. 926 and Newark Rd., Unionville. PaHuntCup.org.

Chester County Futures "Harvest Dinner and Wine Tasting."

TBD

Dinner with wine pairings and items for auction benefitting Chester County Futures, providing academic, mentoring and scholarships for disadvantaged youth. *The High Point, 2475 St. Peter's Rd., Malvern.* CCFutures.org.

Phoenixville Chamber of Commerce Charity Gala

TBD

A signature event including dinner, dancing and auction with great items for this season of giving. Benefits the Phoenixville Senior Center and Barnstone Art for Kids. *Rivercrest Golf Club & Preserve, 100 Rivercrest Dr., Phoenixville.* phoenixvillechamber.org

Main Line Notable Kitchen Tour & Chef Tastings

NOVEMBER 4

This popular self-guided tour of the Main Line's unique kitchens

benefits The Philadelphia Orchestra. Come see gourmet kitchens in six private homes showcasing a notable local chef offering samples of their cuisine, plus gorgeous table decor and flower arrangements.

NotableKitchens.com.

58th Annual Delaware Antiques Show

NOVEMBER 4-7

See 60 distinguished dealers in art, antiques and design. Benefits educational programming at Winterthur Museum, Garden & Library. *Chase Center on the Riverfront, 800 S. Madison St., Wilmington.* Winterthur.org.

SHINE in the VINES

NOVEMBER 6

Celebrating 23 Years of supporting patients living with cancer. Benefits The Abramson Cancer Center at Chester County Hospital. ChesterCountyHospital.org/Giving.

DECEMBER

West Chester Charity Ball

TBD

A highlight of the West Chester charity season! Enjoy dinner, dancing and an auction. Benefits The Friends Association for Care and Protection of Children, Outreach, Emergency Family Shelter and the Homeless Prevention Program. *West Chester Golf and Country Club, 111 W. Ashbridge St., West Chester.* FriendsAssoc.org.

Uptown! Entertainment Alliance Gala

TBD

Ring in the New Year at this fun-filled gala to support the Uptown! Knauer Performing Arts Center at West Chester's "Party of the Year." *226 N. High St., West Chester. 610-356-2787; UptownWestChester.org.* ♦

letting guests wear their jeans, boots and flannels and meet at a Brandywine Valley location. Benefits preservation of open space. For tickets visit BrandywineInPlaid.org.

Safe Harbor's Annual Golf Classic

OCTOBER 18

Enjoy a gourmet lunch and dinner and a \$10,000 Hole in One Prize. Bid on auction items and take part in Longest Drive

with Closest to the pin competitions. SafeHarborOfGWC.org.

Harvest-Unite for HER Chef and Wine Tasting

OCTOBER 29

Rustic chic chef tasting event featuring the region's best chefs, wines, brews and spirits, plus an auction and live music. Benefits local women affected by breast and ovarian cancer. *Phoenixville Foundry, 2 N. Main St., Phoenixville.* UniteForHer.org/Harvest.

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Make a Difference

TURN YOUR COMPASSION INTO ACTION AND VOLUNTEER!

Madison Meinel

After a difficult year, it's important to make sure people in our community have the assistance they need. If you're in a position to safely lend a hand, consider volunteering at some of our many local organizations.

Our area is full of groups doing good work and making a difference. If you're not sure where to start, check out the information below of organizations with volunteer opportunities—there's something for every interest. And more at CountyLinesMagazine.com.

Many plans are still in flux, so be sure to check websites and social media for the latest on safety requirements and virtual events.



Animal Rescues

ALL 4 PAWS: Saving needy animals and finding them new homes and families. *Chester Springs. 610-731-1086; All4PawsRescue.com.*

BRANDYWINE VALLEY SPCA: Providing a no-kill, open admission shelter and finding pets new forever homes. *1212 Phoenixville Pk., West Chester. 484-302-0865; BVSPCA.org.*

MAIN LINE ANIMAL RESCUE: Eliminating issues that lead to animal abuse and pet homelessness and finding pets new homes. *1149 Pike Springs Rd., Phoenixville. 610-933-0606; MLAR.org.*

RYERSS FARM FOR AGED EQUINES: Providing retirement for horses that served former owners or were rescued from abuse. *1710 Ridge Rd., Pottstown. 610-469-0533; RyersFarm.org.*

TREETOPS KITTY CAFÉ: Finding permanent homes for rescued cats from high-kill shelters. *305 W. State St., Kennett Square. 610-925-2908; TreetopsKittyCafe.com.*

WOLF SANCTUARY OF PA: Protecting and rescuing gray wolves and wolf dogs and maintaining their wellbeing. *465 Speedwell Forge Rd., Lititz. 717-626-4617; WolfSanctuaryPA.org.*

Education & Youth Services

BOY SCOUTS OF CHESTER COUNTY & GIRL SCOUTS OF EASTERN PA: Serving young people in Chester County. *226 Exton Square Mall, Exton. 610-696-2900; CCCBSA.org.*

Headquarters, Shelly Ridge Serv Ctr, 330 Manor Rd., Miquon (Lafayette Hill). 215-564-2030; GSEP.org.

CAMP DREAMCATCHER: Providing a safe, therapeutic, tolerant environment for youth and families impacted by HIV/AIDS. *148 W. State St., Ste 104, Kennett Square. 610-925-2998; CampDreamcatcher.org.*

CAMP HILL SCHOOL: Helping children and youth with developmental disabilities through education, extended family living and therapy. *1784 Fairview Rd., Glenmoore. 610-469-9236; CampHillSchool.org.*

THE GARAGE COMMUNITY & YOUTH CENTER: Empowering middle and high school students in after-school programs. *115 S. Union St., Kennett Square. 610-444-6464; GarageYouthCenter.org.*

OPERATION WARM: Providing warmth and hope to children in need through brand new winter coats. *50 Applied Bank Blvd., Glen Mills. 800-730-9276; OperationWarm.org.*

Preservation Programs

BRANDYWINE BATTLEFIELD PARK ASSOCIATES: Preserving and educating the public about this battle site. *1491 Baltimore Pk., Chadds Ford. 610-459-3342; BrandywineBattlefield.org.*

GREEN VALLEYS WATERSHED ASSOCIATION: Protecting natural watersheds of northern Chester County. *1368 Prizer Rd., Pottstown. 610-469-4900; GreenValleys.org.*

HISTORIC SUGARTOWN: Inspiring engagement with the past through a 19th-century village. *690 Sugartown Rd., Malvern. 610-640-2667; HistoricSugartown.org.*

HISTORIC YELLOW SPRINGS: Sharing and pre-

serving the living village of Yellow Springs. *1685 Art School Rd., Chester Springs. 610-827-7414; YellowSprings.org.*

STROUD CENTER FOR WATER RESEARCH: Advancing knowledge and stewardship of freshwater systems. *970 Spencer Rd., Avondale. 610-268-2153; StroudCenter.org.*

VALLEY FORGE AUDUBON SOCIETY: Preserving birds, wildlife and their habitats. *1201 Pawlings Rd., Audubon. PA.Audubon.org.*

Health

CHESTER COUNTY HOSPITAL: Providing care for the health and wellness of the County. *701 E. Marshall St., West Chester. 610-431-5000; ChesterCountyHospital.org.*

COMMUNITY VOLUNTEERS IN MEDICINE: Providing free healthcare to low-income individuals and families. *300B Lawrence Dr., West Chester. 610-836-5990; CVIM.org.*

CONNECT THRU CANCER: Providing free services to individuals and families living with cancer. *20 W. Miner St., West Chester. 484-301-3047; ConnectThruCancer.org.*

DE BREAST CANCER COALITION: Offering programs and services for those affected by breast cancer. *100 W. 10th St., Ste. 209, Wilmington. 302-778-1102; DEBreastCancer.org.*

MATERNAL & CHILD HEALTH CONSORTIUM OF CHESTER COUNTY: Providing high-quality health care for pregnant and parenting women. *30 W. Barnard St., Ste. 1, West Chester. 610-344-5370; CCMCHC.org.*

Humanities

CHESTER COUNTY ART ASSOCIATION: Educating, inspiring and connecting people through the arts. 100 N. Bradford Ave., West Chester. 610-696-5600; ChesterCountyArts.org.

CHESTER COUNTY HISTORY CENTER: Preserving and sharing the story of the County's past. 225 N. High St., West Chester. 610-692-4800; ChesterCoHistorical.org.

COMMUNITY ARTS CENTER: Offering opportunities for all to create and enjoy the visual arts. 414 Plush Mill Rd., Wallingford. 610-566-1713; CommunityArtsCenter.org.

PEOPLE'S LIGHT: Making and experiencing theater through plays and arts education programs. 39 Conestoga Rd., Malvern. 610-644-3500; PeoplesLight.org.

UPTOWN! KNAUER PERFORMING ARTS CENTER: Providing a home for live performance, film and community. 226 N. High St., West Chester. 610-356-2787; UptownWestChester.org.

WAYNE ART CENTER: Enriching the community through the arts, with education, exhibitions and outreach. 413 Maplewood Ave., Wayne. 610-688-3553; WayneArt.org.

Homelessness & Food Insecurity

BRIDGE OF HOPE: Ending homelessness through help from partners. 1 N. Bacton Hill Rd., Ste. 100, Malvern. 610-280-0280; BridgeOfHopeInc.org.

CHESTER COUNTY FOOD BANK: Addressing food insecurity in Chester County. 650 Pennsylvania Dr., Exton. 610-873-6000; ChesterCountyFoodBank.org.

FAMILY PROMISE OF SOUTHERN CHESTER COUNTY: Working to end homelessness by providing meals, shelter, resources and mentorship. 1156 W. Baltimore Pk., Kennett Square. 610-444-0400; FamilyPromiseSCC.org.

FRIENDS ASSOCIATION: Providing programs to prevent homelessness and promote independence of families with children. 113 West Chestnut St., West Chester. 610-431-3598; FriendsAssoc.org.

GOOD WORKS: Repairing homes for low-income homeowners. Main office, 544 E. Lincoln Hwy, Coatesville. 610-383-6311; GoodWorksInc.org.

HABITAT FOR HUMANITY OF CHESTER COUNTY: Serving low-income families by providing an affordable place to live. 1847 E. Lincoln Hwy, Coatesville. 610-384-7993; HFHCC.org.

Human Services

CHESTER COUNTY ANTI-HUMAN TRAFFICKING COALITION: Working to eliminate modern-day

sex and labor slavery through public awareness, legislation, law enforcement and referral services to victims and survivors. West Chester. info@ccatofpa.org; CCATOfPa.org.

CARE CENTER FOUNDATION: Aiding low-income families through education and social uplift programs. 127-129 S. Matlack St., West Chester. 610-436-6226; CareCenterFoundation.org.

CHESTER COUNTY OPPORTUNITIES INDUSTRIALIZATION CENTER (OIC): Helping economically disadvantaged individuals. 22 N. 5th Ave., Coatesville. 610-692-2344; CCOIC.org.

DOMESTIC VIOLENCE CENTER OF CHESTER COUNTY: Programs, intervention and advocacy to combat domestic violence. 1001 E. Lincoln Hwy, Coatesville. 610-384-2774; DVCCCPa.org.

LA COMUNIDAD HISPANA: Supporting families with medical care, social assistance, education and job skills. 731 W. Cypress St., Kennett Square. 610-444-7550; LaComunidadHispana.org.

OXFORD AREA NEIGHBORHOOD SERVICES CENTER: Assisting people experiencing crisis or sudden hardship. 35 N. 3rd St., Oxford. 610-932-8557; OxfordNSC.org.

PHOENIXVILLE AREA COMMUNITY SERVICES: Helping people overcome food insecurity. 257 Church St., Phoenixville. 610-933-1105; PACSPHx.org.

Services for People with Disabilities

ARC OF CHESTER COUNTY: Advocating, educating and providing services to empower individuals with disabilities. 900 Lawrence Dr., West Chester. 610-696-8090; ArcOfChesterCounty.org.

CANINE PARTNERS FOR LIFE: Training service and companion dogs to aid individuals with disabilities. Cochranville. 610-869-4902; K94Life.org.

HANDI-CRAFTERS: Supporting individuals with disabilities to be more independent. 215-225 Barley Sheaf Rd., Thorndale. 610-384-6990; Handi-Crafters.org.

QUEST THERAPEUTIC SERVICES: Providing pediatric horseback riding therapy. 461 Cann Rd., West Chester. 610-692-6362; QuestTherapeutic.com.

THORNCROFT EQUESTRIAN CENTER: Providing therapeutic horseback riding for children and adults with disabilities. 190 Line Rd., Malvern. 610-644-1963; ThorncroftEquestrianCenter.org.

Seniors

MEALS ON WHEELS: Supporting community-based programs to address senior isolation and hunger. 404 Willowbrook Ln., West Chester. 610-430-8500; MOWCC.org.

SURREY SERVICES: Helping seniors live with

independence and dignity. Multiple locations. SurreyServices.org.

WEST CHESTER AREA SENIOR CENTER: Enriching the lives of seniors through friendship, activities, education and nourishment. 530 E. Union St., West Chester. 610-431-4242; WCSeniors.org.

Veterans

VETERANS MULTI-SERVICE CENTER: Providing comprehensive services for military veterans and families. 797 E. Lincoln Hwy, Ste. 12, Downingtown. 610-384-8387; VMCenter.org.

VETERANS OF FOREIGN WARS: Serving and advocating for veterans, the military and local communities. Locations in West Chester, Downingtown, Kennett Square and Media. VFW.org.

Women & Girls

CHESTER COUNTY FUND FOR WOMEN AND GIRLS: Ensuring women and girls have resources and opportunities to thrive. 113 E. Evans St., Ste. A, West Chester. 484-356-0940; CCWomenAndGirls.org.

HOME OF THE SPARROW: Supporting single women and mothers experiencing or threatened by homelessness. 969 Swedesford Rd., Exton. 610-647-4940; HomeOfTheSparrow.org.

WINGS FOR SUCCESS: Providing work-appropriate attire for women seeking jobs. Offices in Frazer and Kennett Square. 610-644-6323; WingsForSuccess.org.

YOUNG MOMS: Helping young moms build thriving futures for themselves and their families. 111 Marshall St., Kennett Square. 855-964-6667; YoungMomsCommunity.com. ♦

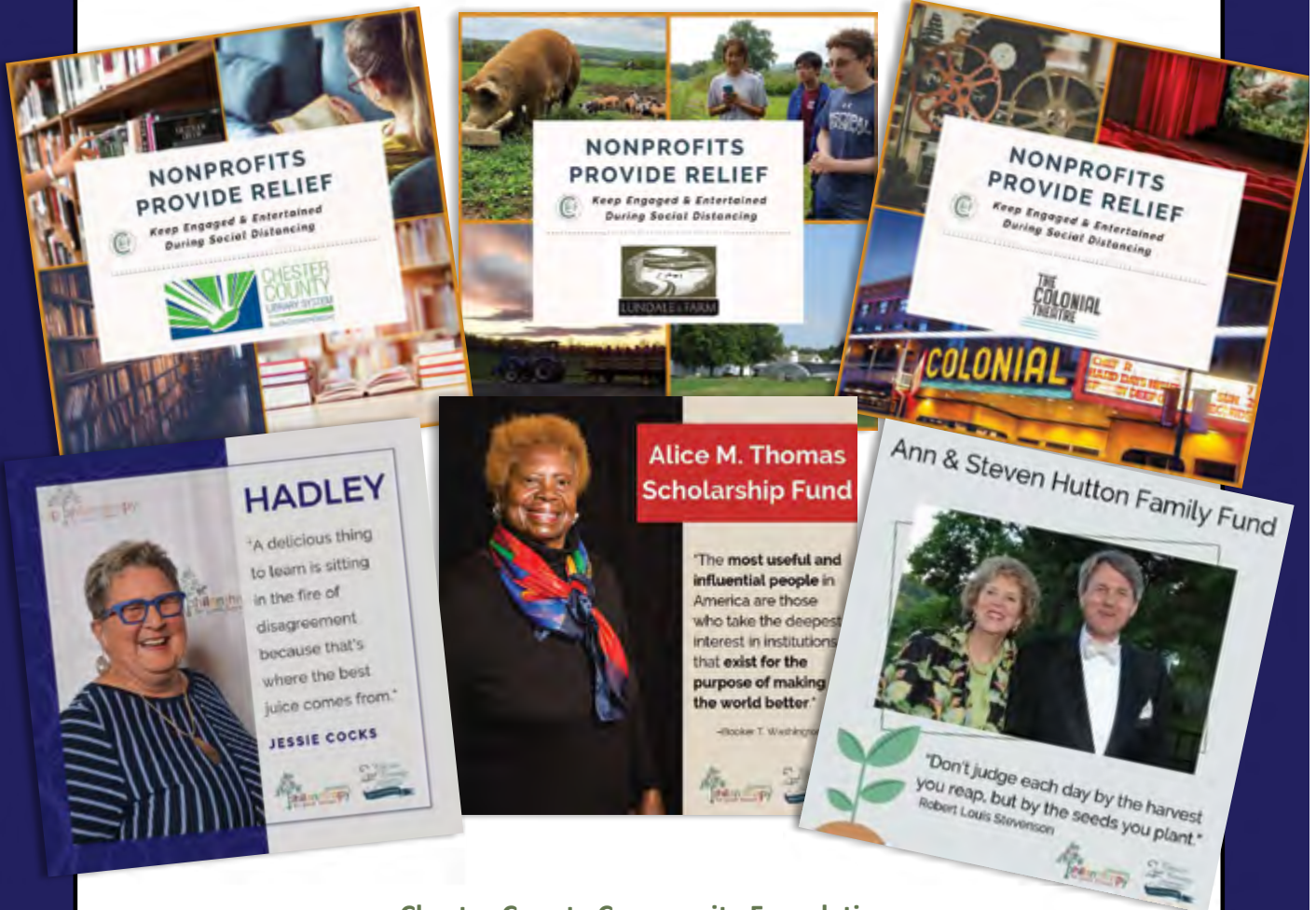
Go to ChesCoCF.org/Give/Volunteer-Opportunities or CountyLinesMagazine.com for more volunteer options.





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THE Solace OF NATURE

Bear Creek Preserve

PHOTO BY: NICHOLAS A. TONELLI

IT MAY BE THE BEST REMEDY

Oliver Bass, President of Natural Lands

BEFORE THE PANDEMIC, WE WERE LIVING IN A world of rapid and continuous change. Since the COVID-19 crisis began, however, it feels that *everything* is changing, and at an even more dizzying pace. The most fundamental routines of our lives have been interrupted and many may never again be as they were. It's no wonder observers say that, as a society, we are in a heightened state of agitation and fear.

It's also no wonder more people than ever are turning to nature as a remedy.

SPENDING MORE TIME OUTDOORS

By now, you've probably heard about or witnessed for yourself the unprecedented visitation to nature preserves and parks that's been triggered by the pandemic. Natural Lands has experienced this firsthand. Visits to many of our nature preserves have grown three-fold or more since March 2020.

It's as if an ancient strand of our DNA has been awakened, calling us to spend time among the trees, fields, streams and open skies. And why not? What better salve for the exhausting mental and psychological toll of rapid, unpredictable change than natural landscapes that provide solid ground on which to walk.

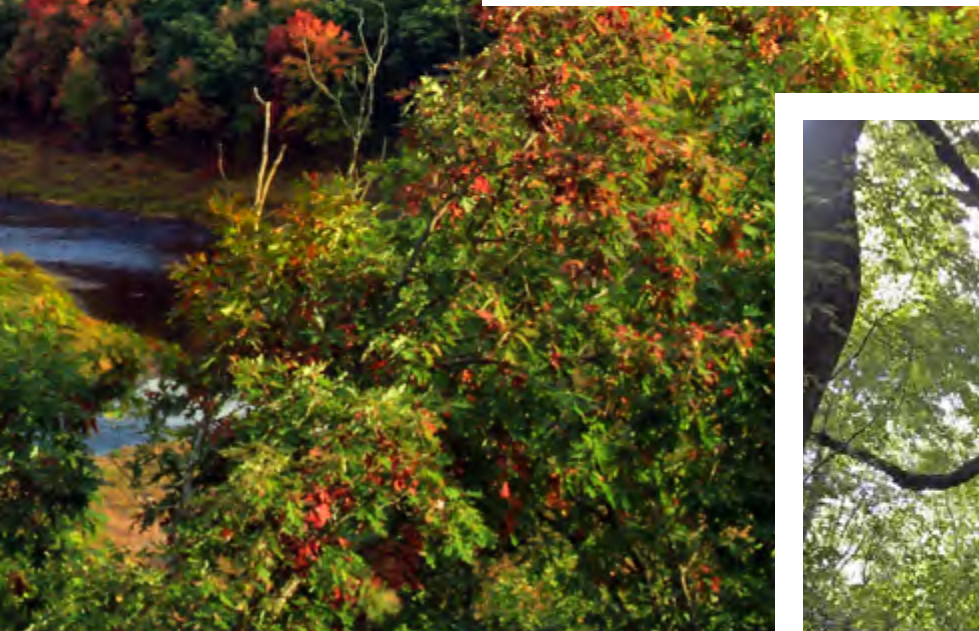
A hawk circling as it rises on a thermal, waves of wind across a field of golden grass, the melodic call of a bluebird. Nature has a steady rhythm and flow of its own. One that is a perfect counterbalance to the unprecedented disruption we are experiencing.

When I walk at one of Natural Lands' 43 nature preserves or Stoneleigh: a natural garden, I connect with and delight in that rhythm and flow. And I rejoice in knowing those remarkable places and the 400+ properties on which we hold conservation easements will remain substantially as they are, forever.

Conserved places—like all of nature—are not immune to change, but they represent constancy in a world that offers little.



PHOTO BY: ALESSANDRA MANZOTTI



The pandemic will pass. We will be changed by it. Other challenges will emerge. Change will persist, but so will the nearly 50,000 acres of nature under Natural Lands' protection. From all of us at Natural Lands, I hope you'll take a moment to go outdoors and breathe deeply.

Here are three of my favorite places that you may enjoy discovering.

CROW'S NEST PRESERVE IN ELVERSON

Hike along the preserve's Deep Woods Trail and you'll pass by piles of discarded granite cobblestones, evidence of an old quarry. You'll emerge from this trail onto Northside Road, a sleepy country lane that was once frequented by love-struck youth on their way to the "courting tree."

Local legend has it that this majestic black gum—which turns crimson each fall—was where late 19th-century romances blossomed as beaus pushed young ladies on a swing tied to its broadly

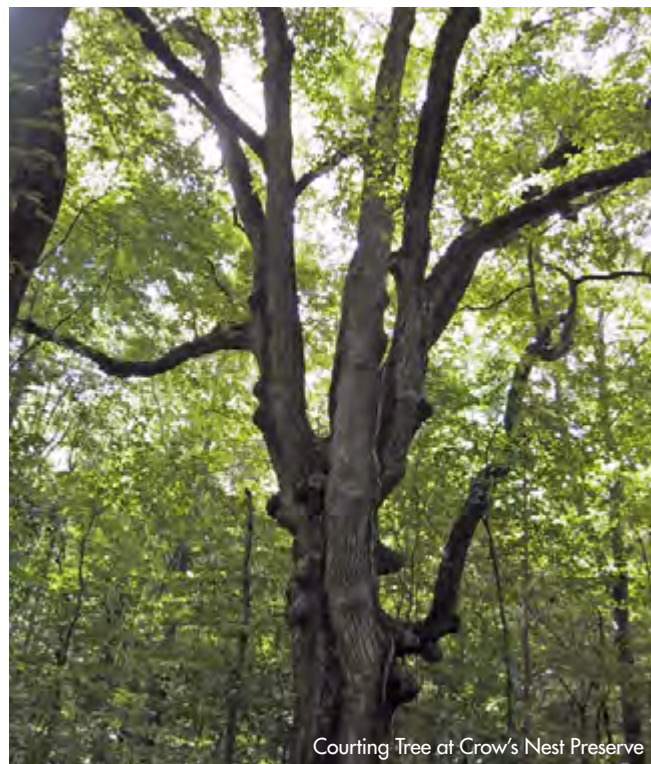


PHOTO BY: DAN BARRINGER

spreading branches. This area once supplied wood for the nearby Hopewell Furnace, but it's believed the tree—about 150 years old—was spared because gum wood was difficult to split down for the charring process.

SADSBURY WOODS PRESERVE IN COATESVILLE

Located about 20 miles south of Crow's Nest, the 513-acre Sadsbury Woods Preserve includes one of the largest remaining, unfragmented woodlands in Chester County. Bring your binoculars! The preserve's "interior woodlands" (defined as an area at least 300 feet



Bear Creek Preserve

PHOTO BY: NICHOLAS A. TONELLI



from any edge, such as a road or meadow) provide critical habitat for many songbirds.

From the parking area, follow the Compass Quarry Trail for 1.5 miles to the remains of the old quarry. Bear left onto the Step Rocks Trail to access the step rocks themselves, a spectacular rock bluff that offers a great observation point.

BEAR CREEK PRESERVE IN BEAR CREEK

It's worth the drive north to visit this 3,565-acre property in

the Lehigh River Watershed that Natural Lands acquired in 2006. The 30-plus miles of trails wind through rocky, forested terrain.

The purple loop trail is one of my favorites for the many waterfalls it passes. Or take the red trail for a bit, off of the main parking lot, until you get to the gray trail that follows along Shades Creek,

taking you to the suspension bridge. There's something so fun about crossing the creek on that swinging bridge with the water rushing beneath you.

In late May/early June, the woods have a soft pink glow from all the native mountain laurel in bloom.

Note: Learn more about these preserves and others and get trail maps at NatLands.org/visit. The preserves are generally less crowded early in the day. If the parking lot is full, please come again another time. ♦

Natural Lands is dedicated to preserving and nurturing nature's wonders while creating opportunities for joy and discovery in the outdoors for everyone. As the region's oldest and largest land conservation organization, member-supported Natural Lands has preserved more than 125,000 acres, including 43 nature preserves and one public garden totaling more than 23,000 acres. Nearly 5 million people live within 5 miles of land under Natural Lands' protection. Land for life, nature for all. NatLands.org.



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*Each camp session will follow our Health & Safety Guidelines, which resulted in a successful Summer 2020 with zero COVID cases.



610.668.7676 | jr76erscamps.com

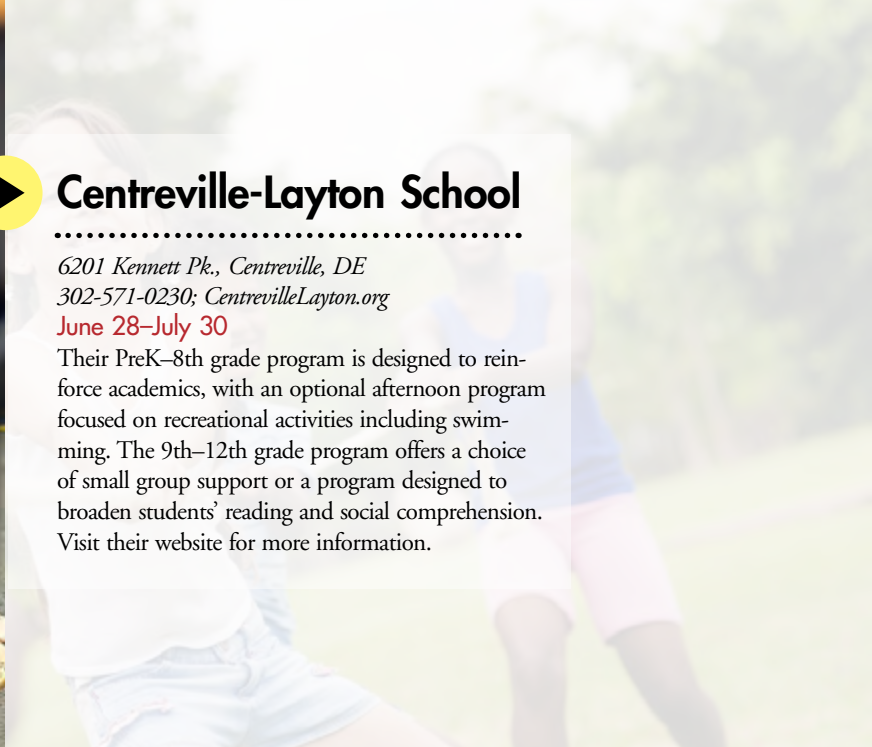


Centreville-Layton School

.....

6201 Kennett Pk., Centreville, DE
302-571-0230; CentrevilleLayton.org
June 28–July 30

Their PreK–8th grade program is designed to reinforce academics, with an optional afternoon program focused on recreational activities including swimming. The 9th–12th grade program offers a choice of small group support or a program designed to broaden students' reading and social comprehension. Visit their website for more information.



Summer CAMPS

Our Summer Camp Guide will help you keep your kids energized and engaged all summer long.



Upland Country Day School

.....

420 W. Street Rd., Kennett Square
610-444-3035; Uplandcds.org/Camp-Upland-2021
June 14–18; 26; July 2; July 5–9; 12–16; 19–23; 26–30
Aug. 2–6; 9–13; 16–20; 23–27

Upland is offering weekly camps for children entering kindergarten through 6th grade. Campers will experience the thrill of JP's Treehouse, the adventure of the Upland Woods and the excitement of building in the IDEA Center every day. They pledge to offer a happy, healthy and safe camp experience committing to the learning and growth that occurs with play, collaboration and imagination. Watch your child bloom once again.





Jr. 76ers Camps

*Locations throughout PA, NJ & DE
610-668-7676; JR76ersCamps.com*

June–August

Looking to improve your game? At Jr. 76ers Day and Overnight Camps, players ages 7–17 learn the fundamentals from an experienced staff, along with present and past 76ers players and coaches. Campers practice the drills the pros use on a daily basis and develop key techniques on and off the court, by learning cutting edge skills in a safe, positive and fun environment. Enrollment will be limited. Each camp session will follow Health & Safety Guidelines, which resulted in a successful Summer 2020 with zero COVID cases. Learn more on their website or follow on Facebook and Instagram.

Delaware Museum of Natural History Camps



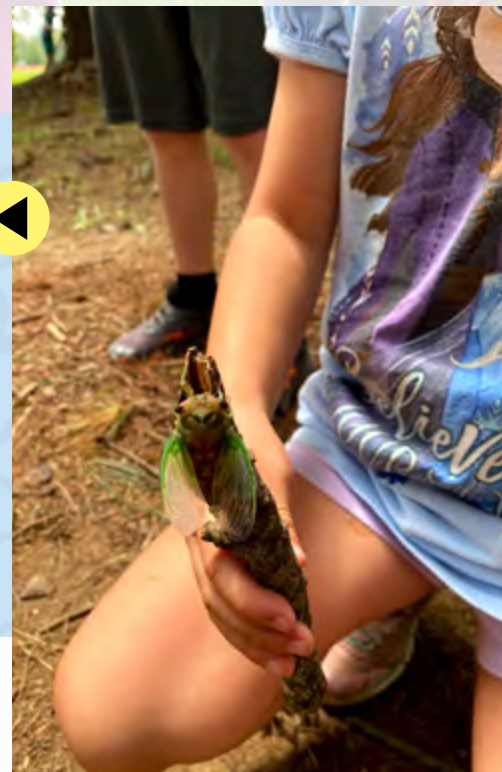
Winterthur Museum, Library, and Garden

*Brown Horticulture Learning Center
5105 Kennett Pk., Wilmington
302-658-9111, DELMNH.org*

Completed K–2nd Grade: June 28–August 20

Completed 3rd–5th Grade: July 12–August 20

Enjoy a variety of science and nature-themed camps at Winterthur while DMNH's building is closed for renovations. Through play, exploration and science led by Delaware Museum of Natural History staff, campers will discover the dynamic ecosystems and natural wonders among Winterthur's beautiful landscapes.



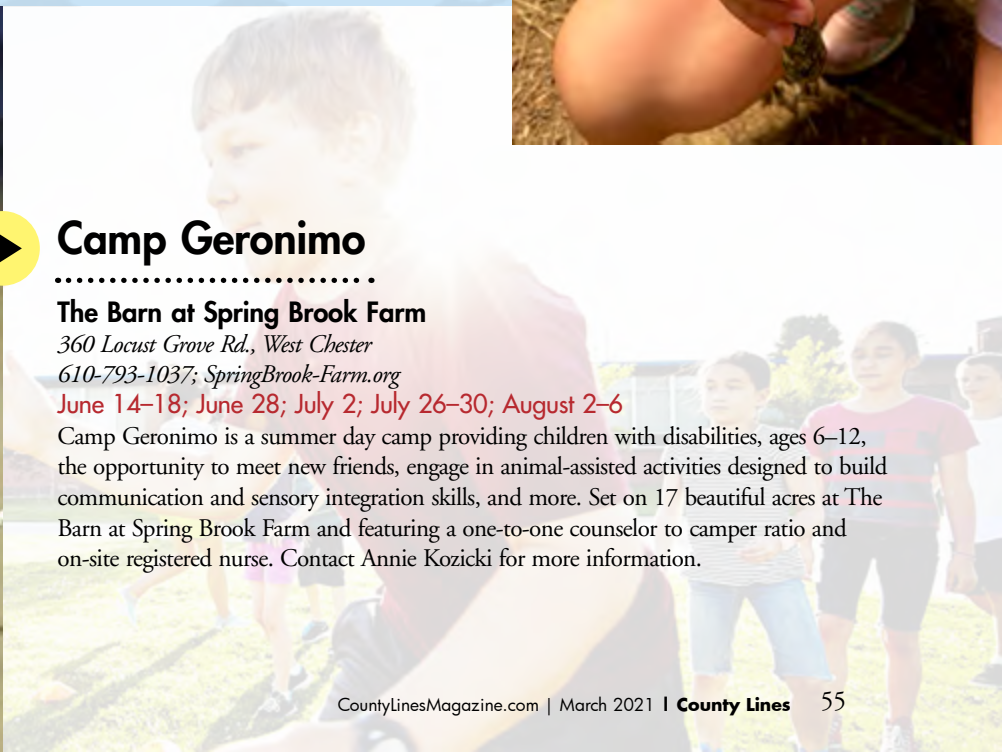
Camp Geronimo

The Barn at Spring Brook Farm

*360 Locust Grove Rd., West Chester
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Telemedicine:

Its Promises And Limits

One bright spot from 2020 is the emergence of telemedicine as a more readily available option for our healthcare needs. Whether for convenience or concern about contact with others, virtual medicine—providing medical care remotely, generally through a smart phone, tablet or computer—has become increasingly popular.

We asked local medical professionals to share their experiences and plans for the future with telemedicine, along with noting the limits of this expanding technology.

Dr. Bimal Desai of Children's Hospital of Philadelphia describes the many ways CHOP is using telemedicine for pediatric care, including plans for connecting their King of Prussia patients with specialists at the Philadelphia campus.

Bryn Mawr Rehab Hospital's Deborah Bosley explains how virtual health visits provide some clear advantages for speech, occupational and physical therapy—for example, when a therapist can see the patient's home environment.

And yet telemedicine is not a complete replacement for in-person care. Dr. Eugene Glavin of Chester County Hospital reminds us that some medical procedures, like life-saving mammograms, still require in-person visits. The good news here is that hospitals and medical offices have in place protocols so patients are safe.

Want to learn more about this new option? Read on.

Digital Health for Kids: Invention from Necessity

Telemedicine programs work better than you may think in pediatrics.

Bimal Desai, M.D., M.B.I., Chief Health Informatics Officer
Children's Hospital of Philadelphia



THIS PAST YEAR, PARENTS ACROSS THE DELAWARE Valley faced a difficult decision: how can I make sure my child continues to receive necessary medical care during a pandemic? The answer for many, as it turned out, was to use the telemedicine programs offered by area hospitals and medical practices.

Telemedicine has become such a popular option that in the past year, for example, more than 100,000 children completed over 200,000 video visits at Children's Hospital of Philadelphia using their secure platform, MyCHOP.

Along the way, health care providers carefully tracked how things were going and found that video visits are both safe and effective. Here are a few key lessons learned about telemedicine since the start of the pandemic:

1) Telemedicine is well suited for pediatric care. In *Primary and Urgent Care*, telemedicine is an effective triage tool and is great for less urgent visits that might still require a parent or child to take a day off from work or school—like those for fever and rash. In *Specialty Care*, telemedicine is a powerful tool for chronic disease management and for remote second opinions. In *Surgery*, video visits are used to conduct post-operative follow-up visits. Many healthcare providers, including *Physical Therapy*, *Occupational Therapy* and *Nutrition*, are able to use telemedicine for their visits. Crucially, especially during the pandemic, *Behavioral Health* has embraced video visits, so children can continue to receive vital mental health care.

2) It's not meant to replace all in-person care. Kids still need well-child visits for growth measurements and vaccines. Your child may still need to be assessed in person at a clinic or an emergency room. Depending on your child's healthcare needs, telemedicine may not be appropriate. To help determine the best option, medical and surgical specialties have developed care guidelines for when to use telemedicine. Your clinician will walk you through the available options and recommend the safest and most appropriate option for your child.

3) Telemedicine shows us your child's health in a different light. Every day, we hear about the unique value that telemedicine offers.

Notably, it flips the dynamic of a healthcare visit, so children who are scared of the doctor's office are often more at ease when the visit takes place from home. In addition, your doctor can learn about your child's health at home and use that information to personalize the care your child receives. For example, a nutritionist can assess how meal times are structured and teach families to read and understand the nutrition labels using the food in their own pantry. As a bonus, seeing your child's artwork and toys and watching them interact in their comfort zone is now part of the visit!

4) Families and providers rate telemedicine visits highly. Both in surveys and unsolicited feedback, families overwhelmingly say how much they like telemedicine visits. For many, it provides the flexibility to bring their child to a visit without missing an entire day of work or school. Family and healthcare provider feedback helps identify where to improve and refine telemedicine platforms and ensure the best experience possible.

5) Telemedicine can make a difference beyond routine and follow-up visits. Early on, healthcare providers learned that telemedicine solves a critical "Goldilocks" problem, filling a gap somewhere between calling your doctor by phone and going to a clinic in person. It's sometimes difficult to assess your child's health by phone, but with the addition of video, it's often possible to tell if you need to be seen in a clinic or emergency room. In addition, for

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Bimal Desai, M.D., M.B.I., is the Chief Health Informatics Officer at Children's Hospital of Philadelphia and Clinical Associate Professor of Pediatrics in the Perelman School of Medicine at the University of Pennsylvania. Dr. Desai's team is exploring novel ways to use telehealth in pediatric populations, such as remote monitoring and digital therapeutics, while simultaneously measuring the impact of digital health on healthcare quality, including health equity, safety, patient experience, and clinical outcomes.



Can Rehabilitation Services Be Delivered Through Virtual Health?

For many patients, the answer is a resounding yes!

Deborah Bosley, PT, GCS, CEEAA,
Advanced Clinician & Geriatric Clinical Specialist



VIRTUAL HEALTH, OR TELEMEDICINE, THE PRACTICE of using technology to care for patients remotely, has existed for decades. It's long proven essential in rural areas of the country, where access to healthcare professionals is limited.

In the midst of a pandemic, these virtual health visits between patients and providers have become commonplace in cities and towns everywhere.

This is also true for rehabilitation services, although prior to the pandemic, virtual health had been used for therapy in a very limited capacity. It wasn't until the pandemic that Pennsylvania approved this format as an option for speech, occupational and physical therapy, and only during what has been deemed a public health emergency. The American Physical Therapy Association is currently advocating for therapists to become recognized virtual health providers on an ongoing basis.

Speech Therapy

Speech therapy has greatly benefited from this approach to care. When therapists work with patients to overcome language or swallowing deficits, they often rely on the ability to see the patient's mouth and throat. And in many cases, the patient needs to see the therapist's mouth as well.

But pandemic safety protocols require face coverings to be worn by all during in-person visits.

In the age of COVID-19, virtual health is an excellent option for speech therapy because neither the patient nor the therapist needs to wear face coverings. The therapist can easily see the patient's mouth when articulating, and vice versa, and can also look into the patient's throat if needed.

Telemedicine visits also allow for loud phonations (speech sounds), which may result in aerosolizing that is unsafe to perform in-person at this time.

Occupational Therapy

Virtual health is also meaningful for occupational therapists, whose role is to help patients improve their ability to function at

home and work. These therapists focus on such skills as cooking, organizing, showering, dressing and other activities of daily life.

If a patient has access to a smart phone or tablet, they can take their therapist on a tour through their kitchen, bathroom, living space and workspace. What better way to gain a thorough understanding of a patient's capabilities and challenges than to have an actual window into their physical environment? This helps the patient to work toward problem solving in real time.

Physical Therapy

Physical therapy can be more challenging to deliver through virtual health, but it offers a strong alternative for patients who are either uncomfortable coming into an outpatient setting or unable to do so.

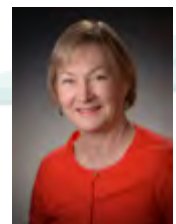
Through virtual health, physical therapists can conduct a typical therapy session and visually measure their patient's progress. The therapist can see if a patient is not performing a movement correctly, cue them in real time, and gauge their ability to respond to instructions.

If therapists are proposing to fit a patient with a wheelchair, virtual health is also very helpful. Telemedicine allows a tour inside the home using a smart phone or tablet, to identify any physical barriers that will impede movement and to address them immediately.

Of course, physical therapists prefer to provide hands-on treatment, but this is not always possible, especially during a pandemic. Therapists tend to be very flexible and creative to ensure patients are not missing out on critically needed therapy just because they can't or don't want to be in an outpatient setting.

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Deborah Bosley, PT, GCS, CEEAA, specializes in outpatient physical therapy at Bryn Maur Rehab Hospital in Malvern, a leader in physical and cognitive rehabilitation and part of Main Line Health. She's certified by the American Board of Physical Therapy Specialists and the Academy of Geriatric Physical Therapy and is a presenter with the U.S. Bone and Joint Initiative and a Master Trainer in the Matter of Balance program.



Why You Shouldn't Delay Your Mammogram During the COVID-19 Pandemic

Some medical procedures still require in-person visits—but with precautions.



Eugene Glavin, M.D., Director of Breast Imaging
Chester County Hospital

BIRTHDAY PARTIES, VACATIONS, WEDDINGS, haircuts—we've had to delay a lot of things due to the COVID-19 pandemic. And while some of these postponements have been disappointing, they were important to keep yourself and those around you safe and healthy.

Something else that was pushed back on a lot of calendars was the mammogram—a cancer screening tool used to detect breast cancer. Compared to this time last year, there was an 86% to 94% drop in overall cancer screenings in the U.S., likely due to anxieties surrounding the virus.

While delaying your annual mammogram may have been the best choice for you at the height of the pandemic, it remains critical to undergo this life-saving screening. Women who are considered to have an average risk of breast cancer can begin annual mammograms at age 40. This should be done each year—pandemic or not.

Hospitals around the country, including Chester County Hospital, have swiftly adapted to the pandemic by implementing protocols to keep you safe as you maintain necessary health screenings. Here are four reasons to get your mammogram back on the calendar.

1. An early breast cancer diagnosis can save your life. Mammograms are a breast cancer screening tool, which means they check for the deadly disease before any symptoms appear. They're meant to detect breast cancer long before any lumps, pain, discharge or other possible signs of breast cancer are noticeable, and this early detection may save your life.

When cancer is discovered early, your odds of survival increase. This is because the cancer may be smaller and easier to treat. Also, finding cancer early makes it less likely you'll require aggressive treatments like a mastectomy (surgery to remove the breast) or chemotherapy.

Certain treatments, including chemotherapy and immunotherapy, can also weaken your immune system, putting you at higher risk of complications from COVID-19. And if cancer spreads to your lungs, you may develop lung problems that can get worse if you become infected with the virus.

A mammogram is the only test that has shown a reduction in deaths from breast cancer. This 20-minute procedure could add

years to your life. Early detection remains just as critical as before COVID-19.

2. Some women are at a higher risk of breast cancer. A temporary postponement for women who have an average risk of cancer may have made sense while hospitals were overwhelmed with COVID-19 patients. However, concerns surrounding the pandemic may have caused women who are at a higher risk of breast cancer to delay these appointments for too long, putting their lives on the line. Women who may be considered high risk for breast cancer include those who have:

- A family history of breast cancer, especially from parents, siblings and children,
- A known BRCA1 or BRCA2 gene mutation,
- A parent, sibling or child with a known BRCA1 or BRCA2 gene mutation (and haven't had genetic testing themselves),
- Had radiation therapy to the chest between the ages of 10 and 30, or
- Syndromes (or have a parent, sibling or child with syndromes) such as Li-Fraumeni, Cowden or Bannayan-Riley-Ruvalcaba syndrome.

Unfortunately your risk for breast cancer remains the same during the COVID-19 pandemic, and delaying routine screenings for too long can be dangerous. Early detection is especially important for women who have a higher chance of being diagnosed with the disease.

3. Mammograms can be done safely, even during a pandemic. Long before the COVID-19 pandemic came to the Chester County area, local hospitals, including Chester County Hospital, began planning to ensure the safety of every individual who walked through

Continued on page 62

Eugene M. Glavin, M.D., is board certified in diagnostic radiology. He went to medical school at Jefferson Medical College and served his residency at the Christiana Care Health System. He currently sees patients at both Chester County Hospital and the Hospital of the University of Pennsylvania.



children who are coming home from the hospital, it's easier to check in with families via telemedicine during those first few days at home, to help families adjust to caring for their child's medical needs.

6) Telemedicine is here to stay (we hope)! Much of the growth of telemedicine occurred directly because of the pandemic, as federal and state governments temporarily cleared the legislative barriers that prevented it prior to 2020. Time will tell what will happen after the pandemic, but all signs currently suggest that telemedicine will become an accepted style of healthcare delivery, allowing providers to honor our commitment to delivering the right care to your child, in the most appropriate setting, and in a way that respects your preferences.

So, what's next for telemedicine? As an example, when CHOP opens its new King of Prussia (KOP) hospital campus this fall, many specialists at CHOP's Philadelphia campus will provide video consultation to the patients and care team at KOP, ensuring that children

hospitalized at either campus can receive the same high-quality standard of care.

What's possible beyond video visits? One idea is to develop a library of "digital therapy plans" to support children with both episodic and chronic medical conditions.

Imagine a child recovering from knee surgery who's able to get daily symptom check-ins, remote activity sensors, medication reminders, prompts to send pictures of the surgical incision, educational videos for physical therapy, and more, all "prescribed"

using a patient portal on a smartphone. While that idea may sound farfetched, a digital therapy plan for infants born with complex congenital heart disease is planned by CHOP for later this month.

Necessity is the mother of invention, as they say. If there's any silver lining to the events of the past year, it's that out of the incredible need to deliver safe and effective care at a distance, we witnessed an explosion in telemedicine that will help to redefine patient care for years to come. ♦





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The Barn at Spring Brook Farm

You are invited to join legendary Coach Dick Vermeil this spring for a private virtual wine tasting in support of The Barn's mission to enrich the lives of children with disabilities through animal-assisted activities.

For more information and tickets:

www.springbrook-farm.org/springfundraiser

610-793-1037

Engaging Caregivers

One of the silver linings currently provided by virtual health is the therapist's ability to educate and involve caregivers. With COVID-19 safety protocols, caregivers aren't always permitted to accompany their loved ones during in-person visits. Through virtual health, those caregivers can be present during sessions for speech, occupational and physical therapy.

This allows caregivers to gain a direct understanding of their loved one's treatment plan, an awareness of their capabilities and limitations, and the opportunity to be an important part of their progress and success.

Guidelines and Limitations

Each state sets its own guidelines for telemedicine, and health systems may have their own additional policies in place.

For example, at Bryn Mawr Rehab Outpatient Network, every new patient is first evaluated to ensure they are a candidate for virtual therapy. Then they are walked through each step of the process by the Patient Access staff.

During therapy sessions, therapists communicate with patients face-to-face online using Zoom, which is integrated into each patient's online MyChart account for easy access. (Due to licensure restrictions, patients must be in Pennsylvania.)

For successful virtual visits, the patient must have an appropriate electronic device (smart phone, tablet or computer with a camera), as well as a reliable Wi-Fi connection, and the ability to manage the technology. HIPAA regulations prevent connecting through public platforms such as FaceTime.

Successful televisits also may require ample physical space, specific equipment and enough privacy as the patient wishes to have when sharing personal information and participating in activities.

Safety is always considered. For patients with physical limitations (such as trouble with balance), there should be a caregiver present or close by. And if the patient's vital signs (such as blood pressure or heart rate) need to be monitored during therapy sessions, there should be a trained aide or healthcare professional on site.

It's important to note that rehab therapists are not permitted to conduct virtual health visits across state lines. For example, if a patient began treatment in Pennsylvania but is currently in Florida, virtual health can't be used for a visit now.

Getting Started Today

Throughout the pandemic, so much has been learned about delivering rehabilitation services via virtual health. As a result, patients may have more options for receiving care now and possibly in the future in-person, via virtual health, or through a hybrid model.

Please don't delay seeking the care you or a loved one need because of COVID-19. ♦

the hospital doors, including those who need routine services like a mammogram.

For example, Chester County Hospital has its own COVID-19 unit that's completely separate from other areas, including the mammography department. In addition, many safety precautions have been put in place, such as:

- thermal scanning (equipment that measures surface skin temperature),
- requiring everyone to wear masks at all times,
- reconfiguring waiting areas to promote social distancing,
- increasing the frequency of cleaning waiting areas and high-touch surfaces, such as tabletops, buttons and handrails and
- providing plenty of hand sanitizer throughout the hospital.

The Chester County Hospital has also organized a committee dedicated solely to ensuring patients, visitors and staff are kept safe. As a result, you can be confident that going in for your mammogram is safe and highly beneficial for cancer detection.

4. The COVID-19 pandemic is not going away anytime soon. The pandemic has changed the world, and what comes next depends on a variety of factors, including social-control measures (like mask-wearing and social distancing), medications and, of course, a vaccine.

However, one thing is certain—COVID-19 isn't showing signs of disappearing soon. As a result, it's become necessary for your well-being to find safe ways to keep up with routine health management, including your mammogram.

Over 42,000 people are estimated to lose their lives to breast cancer in 2020. If people continue to delay essential screenings like mammograms, this number could increase. On the other hand, continuing to get your annual mammogram can help keep you healthy for many years to come.

Know Your Individual Risk—and Communicate with Your Provider. The COVID-19 pandemic has thrown the world for a loop in a number of ways, and finding ways to keep up with healthcare appointments is certainly one of them. To stay safe and healthy, communication with your healthcare provider is critical.

If you may be at higher risk of severe illness from COVID-19—such as due to older age or other health conditions like heart disease or diabetes—talk to your healthcare provider. Together, you can decide when you can safely resume routine mammograms.

While this pandemic may understandably lead to more anxiety, it's also a great time to recognize how essential your good health is. Mammograms have long been a life-saving tool for women in order to diagnose and treat cancer as early as possible, and during the COVID-19 pandemic, this remains as true as ever.

If you have questions about scheduling your annual mammogram during the COVID-19 pandemic, call your healthcare provider or request an appointment online. Do it today! ♦

Digital Drinks. Want to reach out to a drinking buddy but maintain safe social distance? Then the **BruYou** app developed by West Chester U grads is the answer. Just buy friends and family a drink with the app—beer, a shot or whatever—then they redeem it in person, all completely contactless. Use the free app to support your favorite bars, breweries and servers—tips are built in. So download, buy local and share some good cheer! BruYouApp.com.



Eat. Shop. Learn. The long wait for the opening of the huge space planned for the new **DiBruno Bros.** in the Strafford Shopping Center is almost over. Food fans will soon find a full service market featuring more than the usual meats and cheeses. Get ready for tasting stalls, coffee bars, oyster bars and demonstration kitchens with star chefs. Mark your calendar for a late-March opening of what may be your favorite new gourmet goodies destination. 375 W. Lancaster Ave., Wayne. DiBruno.com.



Simple Super Snack. March is **National Celery Month**. What? Exactly what about this marshland vegetable warrants a special day? Well, it's rich in water content, dietary fiber and vitamin C, and its low-calorie count makes celery one of the healthiest snacks around. You can add cream cheese or peanut butter and raisins (ants on a log, anyone?) for a tastier treat. Need more convincing? Consider its proven healing properties of aiding digestion and lowering blood pressure. Plus there's that satisfying crunch to celebrate!

Prized Pasta. Renowned chef Anthony Andiaro, helming an eponymous restaurant in West Chester, is a major player for plating pasta. Among other accolades, PA Eats placed **Andiaro** on its bucket list for handmade pasta, noting the hyper-seasonal ingredients and ever-changing menu—think chestnut cappelletti, nettle tortellini, classic spaghetti alla chitarra. Although the menu is a tad limited these days, make a reservation, order takeout or scroll through the Instagram to understand the hype! 106 W. Gay St., West Chester. Andiaro.com.



Time for a Change. After 186 years of hospitality, the **Kennett Square Inn** is under new management. The 4AM Hospitality team plans to revamp the historic inn and create a new gastropub named Letty's Tavern (a nod to William Penn's daughter Leticia). Letty's will maintain the building's rich history and spirit and is keeping the bottle shop open to sell old stock at bargain prices. Think they'll have mushroom soup on the menu? 201 State St., Kennett Square. LettysTavern.com.





A Whole New World of Wine

TIME TO BREAK OUT OF THE CABERNET CAGE AND TRY NEW WINES.

Jessica Roberts

FROM CABERNET SAUVIGNON AND PINOT NOIR to chardonnay and sauvignon blanc, most of us have sampled the go-to wine options. So, isn't it time for a change? Why not surprise your wineglass and your palate by uncorking a bottle that's a bit out of the ordinary range of choices?

It's time to introduce yourself to four grapes you may have noticed but were unsure about trying—tempranillo, cabernet franc, pinotage and grüner veltliner. These lesser-known grapes have much to offer—in addition to variety—and will show you a whole new wine drinking experience.

Try Tempranillo

If you're looking for something that's a bit hefty and bold, check out the tempranillo grape. It's almost exclusively found in Spain, primarily the northern region of Rioja.

To start, try the 2017 **Black Elk Tempranillo** from Castilla, an easy drinking, lighter expression of this grape at a very affordable price point of \$10.99. It's aged in stainless steel, giving it smooth raspberry and cassis notes.

It's worth noting that most tempranillo wines are heavily influenced by the aging process, which can give them a darker fruit or smoky component. For example, the 2015 **Marqués del Atrio Rioja Reserva**, priced at \$15.99, is aged for

two years in French oak and showcases the aging process, making the wine more complex with dark cherry and cedar notes.

For an even bigger punch, savor the 2009 **Bodegas Riojanas Monte Real Rioja Gran Reserva**. At \$29.99, this wine spends close to three years in American oak, which gives it a very earthy quality paired with luscious blackberry that makes it fresh and ripe.

Select one of these wines to complement a range of dishes, from lighter turkey meals, grilled burgers or lamb. This transformative grape's flavor varies in every bottle, so be sure to sample a few to get a full sense of the flavor of tempranillo.

Crave A Different Cabernet

Another grape that's been in the spotlight lately is cabernet franc. Not to be confused with the better known cabernet sauvignon, the cabernet franc grape is much lighter with components of juicy strawberries, crunchy bell peppers and crushed gravel.

This grape is most popular in the Bordeaux region of France, but is starting to gain attention in other parts of the world including



Italy, North America and South America. Often, this grape is blended with other grapes, but increasingly there are more single varietal options available.

Let's start a little south of Bordeaux, in the Languedoc region, with the 2018 **Laroque Cabernet Franc Cité de Carcassonne**, priced at \$11.99. This wine has hints of raspberry and rhubarb followed by silky smooth tannins. The winemaker says there's a "very feminine touch" to the wine, along with its attractive aromatics and body.

If you enjoy the Laroque cabernet franc, you may also enjoy trying one of the many Bordeaux blends that include this grape. Then feel free to compare and contrast the blend with the singular expression of the grape.

Pick Pinotage

A favorite underrated grape varietal is pinotage. If you're searching for big alcohol and full body, this is the wine for you. This grape is found almost exclusively in South Africa but with small quantities from Brazil. It's meaty, bold, large and in charge.

Start your exploration with the 2018 **Beyerskloof Pinotage** from the Western Cape, priced at \$12.99. It's a more approachable expression of this grape with strong plum and cedar notes. This wine is a little lighter compared to other pinotages, making it an excellent entry bottle.

To jump into something unique, pick the 2017 **Survivor Pinotage** from Swartland at \$17.99. This wine was aged for 18 months, and it's certainly very hearty. Along with bold flavors of cedar, spice, dried plum and fig, you'll get a slight herbaceous note in the background that ties this wine together. It will warm you up after just one sip!

Grab a Grüner Veltliner

One last grape varietal on this tour is grüner veltliner. This grape is made into a white wine that's attracted attention lately. Found mostly in Austria as well as Slovakia, Hungary and more recently in the United States, it's a crisp, flinty grape full of flavors such as apple, pear and white pepper.

Grab the 2019 **Pfaffl vom Haus Grüner Veltliner** from Niederösterreich, priced at \$14.99, and the 2019 **Little Cricket Grüner Veltliner** from Pannon at \$11.99. These wines are packed full of bright acidity and juicy fruits, perfect for the upcoming spring and summer months. Be sure to get your hands on some before they're gone!

Here's to exploring new wines! Never be afraid to try something beyond your go-to bottles. And feel free to ask your local wine specialist about that bottle you've been curious about—maybe it'll become a new favorite. Cheers! ♦

Jessica Roberts has worked with Fine Wine & Good Spirits for six years, taking the position of Wine Specialist a year and a half ago. What began as a hobby soon blossomed into a satisfying career. Jessica works at the Premium Collection store in Phoenixville. Stop by for one of her tastings or just to ask a question. Learn more at FWGS.com.



A Fresh Take On Hunger

HOW THE CHESTER COUNTY FOOD BANK IS RAISING THE BAR FOR FOOD INSECURITY

Alyssa Thayer

THIS TIME OF YEAR, WE EMERGE FROM THE doldrums of winter craving the freshness of spring. Unfortunately, for those facing food insecurity, access to fresh food can be more of a luxury than a normal part of the change of seasons. Also less palatable, emergency food is often synonymous with heavily-processed or canned goods and for good reason—it's easier to store, transport and distribute.

From its inception in 2009, the **Chester County Food Bank** has set out to change this story. Culinary Director Ranney Moran says they are constantly trying to move from canned and processed to fresh and sustainable. "This is the foundation the Food Bank was built on," says Ranney. Ultimately, the Food Bank has been working toward the goal of making 50% of the food they distribute fresh.

In recent years, the Food Bank has met this goal through a comprehensive approach, which includes establishing a robust fresh food supply-chain, increasing the capacity of their 120 partner agencies to store and distribute fresh food, bringing their Fresh2You Mobile Market to areas lacking fresh food access, and offering nutrition and culinary education through their Eat Fresh cooking series and FRESHstart Kitchen workforce development program. "We even



Food Bank staff delivering produce boxes for EatFresh, a 6-week bilingual cooking and nutrition program.

have our own partner farms and agricultural team during the growing season," says Ranney proudly.

This past year has presented the Food Bank with unprecedented challenges, but they have still managed to achieve their 50% fresh goal. In 2020 they distributed 3.3 million pounds of food with an astounding 1.5 million pounds of it in the form of fresh fruits and veggies.

On top of the 30% increase in local need, the Food Bank has had to navigate the hardship brought on by a 60% drop in volunteer labor. "We rely heavily on volunteers," says Ranney, "the staff has had to rise to the occasion." Ranney, who personally oversees the commercial kitchen, says their prepared meal production has ramped up from 400–500 meals a week pre-pandemic to 2000–3000 meals a week now.

Amid monumental need, the Food Bank has stood strong as a pillar of strength for the community. To celebrate their mission, programs, and the coming of spring, we've selected a few of their tastiest EatFresh recipes to feature. Try them, make them your own, and if you're interested in going further, check out their extensive archive of recipes and video tutorials at ChesterCountyFoodBank.org/recipes.



Students from FRESHstart Kitchen program, a 14-week culinary workforce development program led by Manager Amy Rossman (far left) and Director of Culinary Programs, Chef Ranney Moran (far right).



Volunteers working in the Coatesville Community Garden as part of the Raised Bed Garden program.

Stuffed Sweet Potato Breakfast

The sweet earthiness of this fully loaded sweet potato creation will fill you up and satisfy your sweet tooth!



- ½ C. oats
- 1 C. milk or water
- 2 T. nut butter (peanut or almond works well)
- 1 T. honey or maple syrup
- 1 sweet potato

Toppings:

- ¼ C. plain Greek yogurt

Optional:

- Nuts and seeds
- Dried fruit
- Grated coconut
- Granola

Begin by preparing the oatmeal according to directions on the stovetop or in the microwave. Once oatmeal is cooked, mix in the honey and nut butter and set aside.

To cook the sweet potato quickly, poke holes around the outside and cover with a damp paper towel or cloth. Cook in microwave for 3 minutes or until tender. Once cooled, slice a slit down the center of the potato lengthwise (making sure to not cut all the way through).

Stuff the sweet potato with the oatmeal mixture and top with your choice of toppings.

Enjoy as a breakfast or as a wholesome dessert!

Makes 2 servings.

Beet and Greens Slaw

Rather than tossing those vibrant radish or beet greens, use them on this fresh take on slaw.

- 2 or 3 beets
- ½ bunch of greens (beet greens, cabbage, turnips greens, etc.)
- 1 T. fresh lemon juice
- 1 T. olive oil
- Salt and pepper to taste
- 1 tsp. chili sauce (optional)

Tips For Eating Fresh & Frugal

It's not a secret that using natural and whole ingredients can often be more expensive than their processed counterparts. But here are a few tips to help you eat fresh on any budget.

Plant Power – Incorporating plant-based proteins like legumes (beans and lentils) into your meals not only ups the nutrition but also helps stretch your meat budget. For example, try adding a can of black or pinto beans to your turkey chili.

In-season Ingredients – If you've ever tried to buy berries in the middle of winter, you know they're expensive and often tasteless. For optimal taste and value, opt for in-season when possible.

Cheaper Cuts – Tougher and fattier cuts of meat are available at a fraction of the cost. Examples include pork shoulder, brisket, chuck and ribs. All of these benefit from a low and slow preparation. Bonus: the fat in these cuts makes them the most flavorful as well.

Whole Hen – One surprising value pick is whole chicken. While poultry is one of the most common proteins, most folks opt for a pack of pre-portioned breasts or thighs. With a little practice, you can whip up a whole roast chicken and use it in different ways for a few days!

Favor Frozen – Remember that whole thing about not buying berries out of season? There's one exception ... Frozen fruit and vegetables can be a great way to add affordable freshness to your meal. So go ahead and enjoy frozen blueberries in your oatmeal or frozen peas to your risotto. They are generally harvested and frozen at their peak, and unlike some canning methods, freezing tends to maintain the taste and nutrient content.

Erase Waste – Throwing food away is throwing money away. Avoid this by only buying what you are going to use (meal planning helps a lot with this). Be cautious about buying large quantities of perishable foods unless you have a preservation plan, for example batch cooking and freezing leftovers.

Save Scraps – Beyond not wasting the good stuff, there are also ways to use the bits that would normally be tossed. Save rendered fat for future sautees, use vegetable peels and animal bones for broth, and find recipes to help use over-ripe produce—banana bread anyone?

Optional:

- 1 C. chickpeas cooked or canned, drained
- 3 T. peanuts/cashews

Peel and remove stem from beets. Shred with a box grater into a medium-sized bowl. Chop greens and toss into bowl with beets (if using chickpeas and nuts, add into bowl as well).

To make dressing, whisk together lemon juice, olive oil, salt, pepper and chili sauce (if using). Taste and adjust acidity, salt and heat to your liking.

Pour dressing over beet and green mixture and toss to combine. Let everything sit about 5 minutes to let the veggies absorb the flavors of the dressing.

Serve on its own, or piled onto a favorite sandwich as shown on the next page.

Makes 2 side portions.

Hakurei Sandwich

The creaminess of the mayo pairs perfectly with the crisp freshness of the veggies to make this sandwich a lunchtime favorite.

Note: One of our favorite healthy swaps is to mix Greek yogurt into mayo—not only is it healthier, it also keeps its creamy consistency and adds a delicious tanginess to the flavor profile!

Garlic Cilantro MAYO-gurt:

3 C. fresh cilantro
1 C. plain Greek yogurt
1 clove garlic, peeled
1 T. lemon juice
Salt and pepper to taste

Place all ingredients in a food processor. Process until sauce is relatively smooth, about 30 seconds. Scrape down the sides of the food processor bowl and pulse again to form a smooth sauce.

Taste and add additional salt, pepper, lemon juice as necessary.

Serve immediately or store in the fridge for up to a week.



Sandwich:

4 slices whole-wheat bread
Garlic Cilantro MAYO-gurt to taste
3–4 Hakurei Turnips, sliced into 1/4 inch rounds
Beets and Greens Slaw (previous recipe)
1/2 big or 1 small kohlrabi, julienned

Optional: Roast turnips by tossing in olive oil, salt and pepper and baking on cookie sheet at 400° until browned.

To prepare the sandwich, toast bread (recommended) then slather on freshly-made MAYO-gurt. Cover one slice of bread with a thin layer of hakurei turnips and top with a scoop of Beets and Greens Slaw (draining any extra juices before adding to ensure sandwich does not get soggy).

Finish with a sprinkle of julienned kohlrabi for crunch, and close sandwich with the other slice of bread.

Slice and enjoy immediately!

Makes 2 sandwiches.

Beet Fried Rice

It's your favorite take-out dish, but healthier! Make it your own with various veggie combinations that match your preferences and what's in season! Also a great bet for using up leftover cooked rice or quinoa!

1 1/2 T. coconut oil
2 medium beets, peeled and finely diced
1-inch ginger root, peeled and finely minced/grated
or 1/4 tsp. powdered ginger
2 cloves garlic, minced
1/4 tsp. ground cumin
1/4 tsp. ground coriander
1/4 tsp. ground turmeric
1/8 tsp. ground black pepper
1 crown broccoli, cut into florets
1 bell pepper, cut into strips
1 onion (any color), diced
2 C. brown rice, cooked

Sauce:

1/4 C. freshly squeezed orange juice
2 T. freshly squeezed lime juice
1/4 C. low-sodium soy sauce/tamari



In a small bowl, whisk together all sauce ingredients. Set aside.

Heat coconut oil in a large, wide pan over medium-high heat. Add beets and stir. Continue to cook, stirring frequently, for 5 minutes or until beets are starting to soften. Add ginger and garlic and cook for 30 seconds, until fragrant. Add cumin, coriander, turmeric and black pepper and cook an additional 2–3 minutes more, stirring constantly.

Stir in remaining vegetables. Sauté until bright in color and slightly tender.

Add in cooked rice and stir to combine. Add sauce mixture, stirring well until well mixed and hot throughout.

Makes 4 servings.

Note: Instead of broccoli or bell pepper, feel free to mix and match other veggies of choice. Other options include sliced cherry tomatoes, cauliflower (takes a bit longer to cook), snap peas and kohlrabi.

Quinoa Sweet Potato Burger

These meatless patties seem to have solved one of the biggest issues facing homemade veggie burgers—crumbling! Unlike countless we've tried, these are formed, then refrigerated 2+ hours to help hold them together even during the cooking process.

- 2/3 C. quinoa
- 2 medium sweet potatoes
- 2 C. kale, finely chopped
- 1/2 C. scallions, chopped
- 1 T. fresh herbs such as parsley, cilantro, dill or mint
- 1 clove garlic, minced
- Salt and pepper to taste
- 1/2 C. bread crumbs or flour
- 2 T. high-heat oil such as avocado, grapeseed or peanut

Cook quinoa according to package directions. Allow to cool slightly. Poke small holes all over surface of sweet potatoes and microwave on high heat for 4–5 minutes, until soft throughout. Allow to cool, then remove skin.

Place sweet potato flesh in a large bowl and mash. Add cooked quinoa, kale, scallions, fresh herbs, garlic, salt and pepper and mix.

Scoop out mixture one at a time to form balls. Roll balls in bread crumbs or flour and press down into a patty shape.

Refrigerate patties for 2 hours or overnight.



Note: The patties can also be frozen at this point.

To cook, bring oil to medium heat in a large pan. Add a few patties to the pan at a time, ensuring space between them.

Cook until crisp on the bottom, about 3–4 minutes. Flip and cook for an additional 3–4 minutes. If cooking in batches, place sauteed burgers on parchment in a warm oven until serving.

Makes 4 servings.

Note: Serve on a burger roll, on top of salad greens, or as part of a burrito bowl over rice. We also enjoyed them with a slice of cheese melted on top! ♦

Alyssa Thayer found her love of food at an early age, frolicking around her mother's organic farm and eating her weight in berries and snap peas each summer. She is a self-proclaimed urban farm girl, whose mission is to bring inspired ideas to life, passionate people together, and good food to every table.



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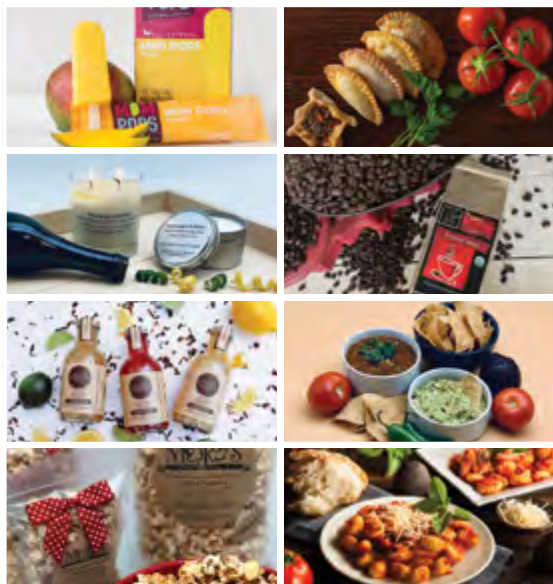
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