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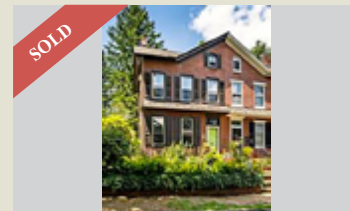
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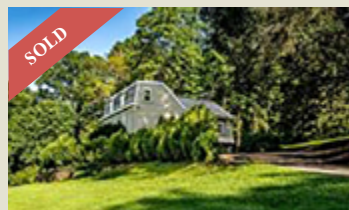
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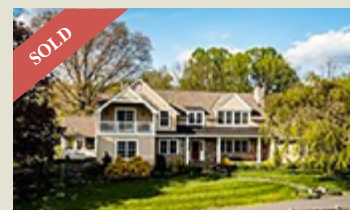
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from the
EDITOR

Here's our fifth Charity Datebook, in partnership with the Chester County Community Foundation. Once again, we celebrate local philanthropy.

Guest Editors Karen Simmons and Winifred Moran Sebastian, from the Community Foundation, introduce this year's issue as we highlight nine women leaders and the nonprofits they care about. Learn more in "Faces of Philanthropy." For those interested in pitching in, learn about board membership in "Get on Board Chester County."

Our "Charity Datebook Calendar" lists a full year of fundraising events, offering opportunities to do good and have fun. Check out the photos from 2022 in "Fun Fundraisers." Then read about "Strategic Charitable Giving" from Delphi Wealth Management's Kelley Meagher.

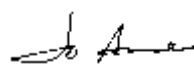
Malcolm Johnstone's "Four Women Who Made History in Chester County" tells the stories of Rebecca Lukens, who ran Brandywine Steel in the mid-19th century, and others. Shelley Laurence of Main Point Books considers "How to Change the World?" and recommends starting with a book. In "Women's Health," three local experts share advice on talking about miscarriage, getting HPV vaccines and choosing a primary care physician for those 65+.

In "Mission-Centered Farming," Brandywine Table's Courtney Diener-Stokes writes about a sustainable farming community at Lundale Farm and has recipes for quiche, burgers and chicken that will leave your mouth watering. For wine lovers, there are healthy wines — low calorie, low sugar, low alcohol. In "Your Health Is Trending," Jessica Roberts examines these new categories and makes recommendations.

And as always, *County Lines* has the Best Local Events and tons of ideas for Family Fun for March, along with a Summer Camp Guide to help plan for the kiddos.

Thank you for reading and many thanks to our advertisers for supporting this special issue.

A final note: we mark the passing of Karen Waldauer, former owner of *County Lines* for 30 years. She created a vibrant publication celebrating Chester County, a passion project we strive to continue.


Jo Anne Durako
Editor

COUNTY LINES MAGAZINE

March 2023

Volume XLVI Number 7

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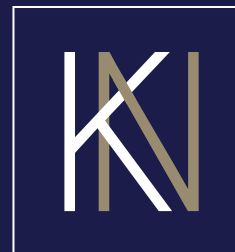
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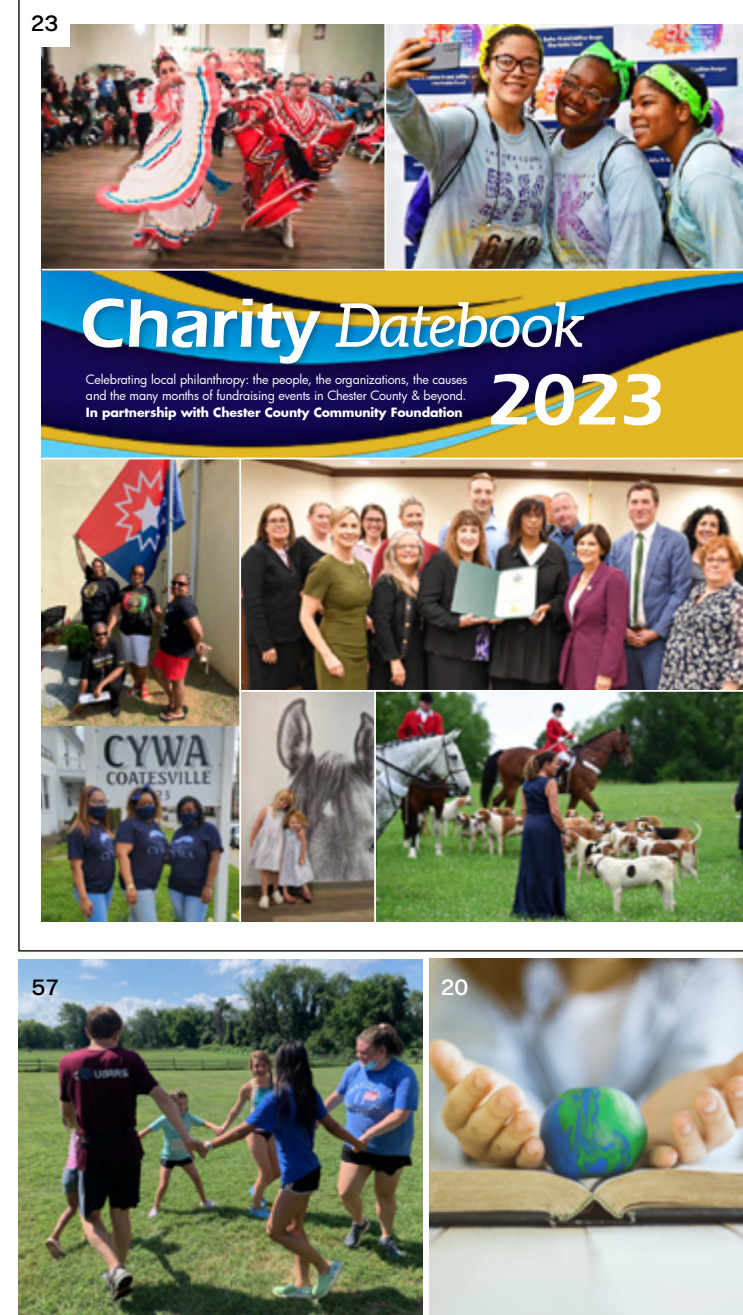
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CONTENTS

VOLUME 46, NUMBER 7 • MARCH 2023

COUNTY LINES
MAGAZINE



23

57

20

- 20 **HOW TO CHANGE THE WORLD?**
Start with a book
Shelley Laurence, Main Point Books
- 24 **FROM THE GUEST EDITORS**
Karen A. Simmons, President/CEO,
Chester County Community Foundation,
Winifred Moran Sebastian, Esq., Board Chair
- 25 **GET ON BOARD CHESTER COUNTY**
Chester County Community Foundation
- 26 **FACES OF PHILANTHROPY**
Women leaders and the nonprofits they care deeply about
- 36 **FUN FUNDRAISERS**
Have fun and help a good cause at the same time
- 38 **CHARITY DATEBOOK CALENDAR**
We'll help you plan something to attend every month
Edited by Marci Tomassone
- 48 **FOUR WOMEN WHO MADE HISTORY
IN CHESTER COUNTY**
A small sample of an important group
Malcolm Johnstone
- 50 **WHAT TO WEAR TO THE GALA**
Light up the room with these stunning options
- 52 **WOMEN'S HEALTH**
 - We need to talk about miscarriage
 - HPV vaccine for more than teens
 - Choosing a primary care practitioner for 65+
- 57 **SUMMER CAMPS**
Our guide to help you keep your kids energized,
engaged and happy all summer long
Edited by Marci Tomassone
- 62 **YOUR HEALTH IS TRENDING**
Cheers to healthier wines
Jessica Roberts
- 66 **BRANDYWINE TABLE**
Mission-centered farming
Courtney H. Diener-Stokes

departments

11 **GOOD TO KNOW**
13 **MARCH PICKS**

14 **BEST LOCAL EVENTS**
51 **WORTH KNOWING**

65 **FOOD NEWS**
70 **INDEX**

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[Good to Know] Just a few things we'd thought you'd like to know this month



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casting, molding, torching and even setting stones by hand. Visit him in the Gay Street Commons for custom-made bracelets, earrings, necklaces and rings. 117 W. Gay St., Ste. 104, West Chester. KerkulasJewelry.com.



Antique Antics. Have antiques lying around that you're not sure how to care for? Bring them to Winterthur Museum, Garden & Library's free **Conservation Clinic** on Monday, March 9. Faculty and students from the Winterthur/University of Delaware Program in Art Conservation will consult on the condition, care and possible treatment of your treasures. Bring paintings, textiles, books and archival documents, photos, furniture, decorations and more. Schedule a 30-minute appointment. 5105 Kennett Pk., Winterthur, DE. Winterthur.org.

Bobblehead-in-Chief. Earlier this year, former Lieutenant Governor John Fetterman was inaugurated as the newest U.S. Senator from Pennsylvania. Now he's also been inaugurated into the **National Bobblehead Hall of Fame and Museum**. Standing on a circular stars-and-stripes-adorned base, the smiling and waving bobblehead is wearing jeans and Fetterman's trademark navy blue hoodie. Get your own senatorial bobblehead from the museum's online store while supplies last! BobbleheadHall.com.

Giving Back. Lots of local organizations are giving back to the community. The Devon Horse Show and Country Fair, for instance, has **donated over \$18 million** to Bryn Mawr Hospital since 1919. Donations have supported several hospital projects, including upgrades to the Emergency Department, the Comprehensive Breast Center and an overall hospital modernization project. Last year, the Horse Show donated \$300,000, the second installment toward a \$2-million commitment to supporting the hospital's newly expanded and upgraded Behavioral Health Unit. DevonHorseShow.net. BrynMawrHospital.com.



Floral Acts of Kindness. A Chester County businesswoman is spreading joy throughout the community. Kathy Cole, owner of Peonies and Lilacs in Downingtown, is giving back through her **Petal Drop program**. She and her three young children make flower arrangements they deliver at random to members of the community to spread cheer. Follow their kind works on Facebook and Instagram, and find gardening tips and flower arranging tutorials. PeoniesAndLilacs.com.





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March Picks

Our Picks for top events this month

Restaurant Week in West Chester

Through March 5



This fun-filled week is the perfect opportunity to support your favorite restaurant or explore someplace new. Participating locations will offer special prix fixe, multi-course menus at \$30, \$40 or \$50 per person. With 18 different participating restaurants, there's something for everyone.

For more and a list of participating places, visit DowntownWestChester.com/RestaurantWeek.

Brandywine River Museum of Art

Through July 13

"Home Places: Andrew Wyeth and the Architecture of Chadds Ford." Artwork is drawn exclusively from the collection of the Wyeth Foundation for American Art—half have never been publicly exhibited. Get a first glimpse at a remarkable collection that sheds new light on the collaborative creative process of Andrew and Betsy Wyeth. *1 Hoffman's Mill Rd., Chadds Ford. Wed.-Mon., 10 to 4. \$6-\$18. Brandywine.org.*



Philadelphia Flower Show — The Garden Electric

March 4-12

The flower show returns indoors this year with stunning displays by the world's premier floral and landscape designers. This year's theme brings the electrifying presence of today's most dynamic designers of floral arrangements, lush gardens and landscapes. Special events include a mini music festival, Kids Cocoon, Fido Friday, Family Frolic, Butterflies Live and more. *PA Convention Center, 1101 Arch St., Phila. \$20-\$43.50. TheFlowerShow.com.*



WCU - Live! Presents Rhythm of the Dance

March 14



Enjoy more than 2,000 years of dance, music, songs and culture from pre-Celtic times to modern day sounds. It's full of flailing feet and fiddles, futuristic dances, eye-catching lighting

and costumes, sensational sound effects and is one of the top three Irish step dance shows in the world. *Emilie K. Asplundh Concert Hall, University Ave. & S. High St., West Chester. 7 p.m. \$12-\$25. 610-436-2266; WCUPA.edu/Live; RhythmOfTheDance.com.*

World Water Day at Stroud Water Research Center

March 22

Families and community members engage in fun activities including the discovery of live "stream bugs" (aquatic macroinvertebrates), stream ecology videos, a bilingual (Spanish and English) reading of the "Creek Critters" children's picture book and an electrofishing demonstration in White Clay Creek. *970 Spencer Rd., Avondale. 4:30 to 7:30. Free. Pre-registration requested. StroudCenter.org.*



best Local Events

FAMILY FUN

THROUGH MARCH 5

SALT Performing Arts Presents *High School Musical*. All the hits you want to see and hear from the movie. Fun for the whole family. 1645 Art School Rd., Chester Springs. Times and tickets, 610-488-2585; SALTPA.com.

THROUGH MARCH

Sunday & Wednesday

Brandywine Zoo Little Nature Explorers. Children ages 2–5 and their guardians can come mornings to the nature playground for a 5-week series about animals, weather and nature play. Each class includes singing, a storybook and nature-based, child-directed activities. 1001 N. Park Dr., Wilmington. 9:15. \$9. BrandywineZoo.org.



THROUGH AUGUST

Disney 100 — The Exhibition. Created for the 100-year celebration of The Walt Disney Company, the world premiere exhibition features rarely seen original artworks and artifacts, costumes, props and memorabilia.



Exclusively for this exhibition, Disney has curated special behind-the-scenes glimpses into the creation of the company's most popular characters, films, shows and attractions. *Franklin Institute, 222 N. 20th St., Philadelphia. Daily 9:30 to 5. \$25. FI.edu.*

MARCH 10–12

Greater Philadelphia Pet Expo. Pet lovers unite to enjoy a weekend of activities and exhibits such as the Beyond Imagination Alpaca Ranch, Johnny Peers and the Muttville Comix, Rabbit Hopping, the International Cat Show, Dog Agility Course and much more. *Greater Phila. Expo Center, 100 Station Ave., Oaks. Fri, 4 to 9 (12 and under are free); Sat, 10 to 7; Sun, 10 to 5. \$5–\$15. FamilyPetShows.com.*



MARCH 12

Family 2nd Sunday at Delaware Art Museum. Children up to age 12 and their families can participate in an activity that explores a new medium or technique each month from a professional teaching artist. 2301 Kentmere Pkwy., Wilmington. 10, 11, noon. \$5. DelArt.org.



MARCH 4–5

Delaware Mineralogical Society's Earth Science Gem and Mineral Show. The show features exhibits of mineral, lapidary and fossil specimens, fine dealers of minerals, fossils, gems, jewelry and lapidary supplies, demonstrations and a children's table. *DoubleTree by Hilton, 4727 Concord Pk., Wilmington. Sat, 10 to 5; Sun, 11 to 5. \$3–\$6. DelMinSociety.net.*



MARCH 31

Teen Flashlight Egg Hunt. Radnor Recreation invites teens, (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, 413 Maplewood Ave., Wayne. Win special prizes, play games and enjoy snacks and goodies. *Pre-registration req. 8 pm. Free. Rain date, April 1. Visit Radnor-Recreation.com.*

APRIL 11

WCU–Live! Presents Tamagawa University Taiko Drumming & Dance. Nearly 30 drummers and dancers from Tamagawa University make a return appearance on campus for an athletic and graceful appearance that includes thundering taiko drumming and Japanese folkloric dance. *Emilie K. Asplundh Concert Hall, University Ave. & S. High St., West Chester. 7 pm. \$12–\$25. 610-436-2266; WCUA.edu/Live.*



ART, CRAFTS & ANTIQUES.....

MARCH 9

Greystone Needlepoint Night — Come Socialize & Stitch with Us. The Saturday Club has partnered with Greystone Needlepoint for a fun get-together. New and seasoned stitchers are welcome. Drinks and light bites will be provided. Saturday Club, 117 W. Wayne Ave., Wayne. Doors open at 6:30 pm. Registration required. SaturdayClub.org/Needlepoint.

MARCH 19–20

Antiques at Kimberton 2023 Spring Show. This show has been in existence since the mid-1960s and is still going strong, offering over 70 dealers in 10,000 square feet at the Kimberton Fire Hall, 2276 Kimberton Rd., Phoenixville. Sat, 9 to 5; Sun, 11 to 4. \$6–\$7. AntiquesAtKimberton.com.

BOAT SHOWS

MARCH 1–5

The Atlantic City Boat Show. Celebrate life on the water. Climb aboard hundreds of boats for every budget and lifestyle. Atlantic City Convention Center, One Convention Blvd., Atlantic City, NJ. Wed–Fri, noon to 8; Sat, 10 to 8; Sun, 10 to 6. \$20. ACBoatShow.com.



BOOKS

MARCH 2, 15 & 16

Wellington Square Bookshop. NonFiction Book Club: Mar. 2, “The Six” by Laura Thompson, 7 pm. Fiction Book Club: Mar. 15 & 16, “This is Happiness” by Niall Williams, Wed, 2 pm; Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

MARCH 21

Main Point Book Club. Fiction Book Group: “Still Life” by Sarah Winman. Join on Zoom, 1 pm. NonFiction Book Group: Mar. 30, “Shy” by Mary Rodgers, 7 pm. Temp. location, 122 E. Lancaster Ave., Wayne. MainPointBooks.com.

MARCH 30

DelArt Readers Book Club. Held onsite and virtual, this community-led event meets monthly to discuss, debate, celebrate and share works of

fiction and nonfiction. 2301 Kentmere Pkwy., Wilmington. 6 to 8 pm. Free. DelArt.org.

EQUESTRIAN

APRIL 1

80th Annual Brandywine Hills Point-to-Point. The races signify the beginning of spring and are a family tradition. Watch the excitement of these athletic horses galloping over cross country jumps and pony races in the afternoon. Enjoy lots of activities for kids and great raffle prizes. Myrick Conservation Center, Rt. 842 between Unionville and West Chester. Gates



open at 10 am, first race at 11. \$20 per carload. BrandywineRedClay.org.



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FOOD & BREWS.....

APRIL 1

Rails And Ales at The Railroad Museum of Pennsylvania. An evening of responsible adult fun as you taste unique craft brews among the historic trains in the Museum's Rolling Stock Hall. Benefits the Museum. 300 Gap Rd., Strasburg. 5:30 to 9. \$40–\$50. RailsAndAles.org.



FUNDRAISERS.....

See *Charity Datebook Calendar* in this issue.

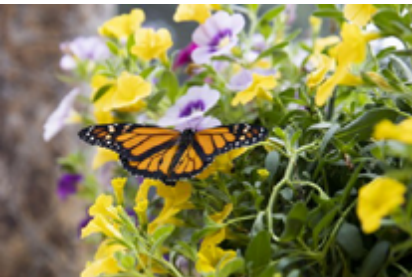
GARDENS.....

THROUGH MARCH 26

Winter Wonder at Longwood Gardens. Explore the Conservatory's soaring baskets and lush planting beds. Enjoy a performance of jazz, classical and organ music. 1001 Longwood Rd., Kennett Square. Daily 10 to 5, closed Tues. \$16–\$30. 610-388-1000; LongwoodGardens.org.

MARCH 4–12

Philadelphia Flower Show — The Garden Electric. The flower show returns indoors this year with stunning displays by the world's premier floral and landscape designers. Special events include a mini music festival, Kids Cocon, Fido Friday, Family Frolic, Butterflies Live and more. PA Convention Center, 1101 Arch St., Phila. \$20–\$43.50. TheFlowerShow.com.



MUSEUMS.....

THROUGH JULY 1

Chester County History Center. "Seventeen Men" — an exhibit discovering the men of the U.S. Colored Troops and their role in the Union Army during the Civil War. 225 N. High St., West Chester. Tues–Sat, 9:30 to 4:30. \$5–\$8. MyCCHC.org.

THROUGH JULY 13

Brandywine River Museum of Art. "Home

Places: Andrew Wyeth and the Architecture of Chadds Ford." 1 Hoffman's Mill Rd., Chadds Ford. Wed–Mon, 10 to 4. \$6–\$18. Brandywine.org.

THROUGH JULY 16

Delaware Art Museum. "Our Red Planet" an exhibition by Anna Bogatin Ott. 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

Winterthur Museum. "Outside In: Nature-inspired Design at Winterthur." In partnership with the DE Museum of Natural History, the exhibition brings selections from their collection of natural specimens together with collections drawn from Winterthur, demonstrating the connection between nature and the decorative arts. 5105 Kennett Pk., Winterthur, DE. Tues–Sun, 10 to 5. \$8–\$22. Winterthur.org.



MUSIC & ENTERTAINMENT

MARCH 2

DE Art Museum Jazz Series Hosted by Raye Jones Avery: An Evening with Dave and Alex Posmontier. The Delaware Art Museum's new Jazz Series includes an artist chat and refreshments available for purchase. 2301 Kentmere Pkwy., Wilmington. 7 pm. \$25. DelArt.org.

MARCH 2–24

Longwood Gardens Indoor Performance Series. *Mar. 2*, Danú; *Mar. 10*, Darlingside; *Mar. 12*, Andrew Paulson; *Mar. 19*, Curtis Student Recitals; *Mar. 24*, Joey Alexander. 1001 Longwood Rd., Kennett Square. LongwoodGardens.org.

MARCH 2–30

At The Grand in Wilmington. *Mar. 2*, Classic Albums Live Presents "Dark Side of the Moon" at Copeland Hall; *Mar. 2*, The Hot Sardines at Baby Grand; *Mar. 3*, Trombone Shorty & Orleans Avenue; *Mar. 5*, Natalie MacMaster and Donnell Leahy, Copeland Hall; *Mar. 5*, David Wilcox, Baby Grand; *Mar. 7*, Karan Casey; *Mar. 9*, Lúnasa, Copeland Hall; *Mar. 7*, Karan Casey; *Mar. 9*, Lúnasa, Copeland Hall; *Mar. 9*, Red Baraat Festival of Colors, The Baby Grand; *Mar. 10*, The Weight Band featuring former members



Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. ArtisanExchange.net.

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station lot. Sat, 10 to noon. FarmToCityMarkets.com.

Downingtown Farmers Market, Kerr Park, Log House Field, 28 E. Pennsylvania Ave. 2nd, 4th Sat, 10 to noon. GrowingRootsPartners.com.

Eagleview Farmers Market, Eagleview Town Center, 570 Wellington Sq., Exton. 1st, 3rd Thurs, 11 to 1. GrowingRootsPartners.com.

Kennett Square Farmers Market, 401 Birch St. Fri, 3 to 6. KSQFarmersMarket.com.

Lancaster County Farmers Market, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. LancasterCountyFarmersMarket.com.

Malvern Farmers Market, Burke Park, 26 S. Warren Ave. 1st, 3rd Sat, 10 to noon. GrowingRootsPartners.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon. PhoenixvilleFarmersMarket.org.

Thornbury Farmers Market, 1256 Thornbury Rd., West Chester. Open by appointment through winter months. ThornburyFarmCSA.com.

West Chester Growers Mkt., Chestnut & Church Sts. 1st, 3rd, 5th Sat, 10 to noon. WestChesterGrowersMarket.com.

Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7; Sat, 8 to 4. WestChesterAmishMarket.com.



of The Band & Levon Helm Band; *Mar. 11*, Oldies Dance Party; *Mar. 12*, The Simon & Garfunkel Story; *Mar. 18*, Chris Smith; *Mar. 25*, The Rock Orchestra performs Talking Heads set-list from the film "Stop Making Sense;" *Mar. 30*, Bored Teachers Comedy Tour. 818 N. Market St., Wilmington. Times and tickets, TheGrand-Wilmington.org.



MARCH 2–30

Uptown! Knauer Performing Arts Center. *Mar. 2*, Chester County Youth Orchestra's Mid-Winter Pops Concert; *Mar. 3*, WCU Wells School of Music presents Sounds of the Caribbean; *Mar. 4*, Kulu Mele African Dance & Drum Ensemble; *Mar. 16*, Live and Unplugged Nirvana Tribute; *Mar. 17*, Cormorant's Fancy; *Mar. 18*, Sweet Baby James Tribute; *Mar. 24*, Sharon Sable sings "The Music of Blossom Dearie;" *Mar. 30*, Tito Puente Jr. 226 N. High St., West Chester. Times and tickets, UptownWestChester.org.



MARCH 3–22

The Keswick Theatre Presents. *Mar. 3*, K. Michelle, I'm The Problem Tour; *Mar. 4*, The Moody Blues' John Lodge; *Mar. 5*, Carla Morrison; *Mar. 7*, Jerry Harrison & Adrian Belew; *Mar. 9*, Maxim Galkin; *Mar. 10*, Hits! The Musical; *Mar. 11*, The Doo Wop Project; *Mar. 14*, New Found Glory; Leanna Firestone;

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Mar. 15, Gaelic Storm & The High Kings; **Mar. 16,** Red Hot Chili Pipers; **Mar. 17,** Steel Panther; **Mar. 22,** The Irish Tenors. 291 N. Keswick Ave., Glenside. Times and tickets, KeswickTheatre.com.

MARCH 3–APRIL 1

American Music Theatre. **Mar. 3,** News-boys with Adam Agee; **Mar. 5,** The Simon & Garfunkel Story; **Mar. 9,** Brit Floyd; **Mar. 11,** The Oak Ridge Boys; **Mar. 12,** Il Divo; **Mar. 17,** Diamond Rio; **Mar. 18,** Little River Band; **Mar. 19,** Mark Lowry; **Mar. 24,** Tusk: Fleetwood Mac Tribute; **Apr. 1,** Herman's Hermits with Peter Noone. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, 888-729-4718; AMTShows.com.

MARCH 5

Delaware County Symphony Concert. “Myths & Legends” features the music of Debussy, Ravel, Khachaturian and Dukas. Neumann University, Meagher Theatre, 1 Neumann Dr., Aston. 3 pm. \$15–\$20. DCSMusic.org.

MARCH 5–APRIL 2

Point Entertainment Presents at The Colonial Theatre. **Mar. 5,** Killer Queen: A Tribute to Queen; **Mar. 16,** Loudon Wainwright III and Tom Rush with Matt Nakoa; **Mar. 25,** Al Stewart with his band, The Empty Pockets;

Apr. 2, The Rush Tribute Project. 227 Bridge St., Phoenixville. Times and tickets, 610-917-1228; TheColonialTheatre.com.



MARCH 10–11

Lancaster Symphony Orchestra Concert: Ascent & Enigma. Featuring Walton's *Suite from Henry V*, Vaughan Williams' *The Lark Ascending* and Elgar's *Enigma Variations*. First Presbyterian Church, 140 E. Orange St., Lancaster. Times and tickets, 717-291-6440 LancasterSymphony.org.

THEATER.....

THROUGH MARCH 19

Thurgood at People's Light. With a career spanning nearly six decades, Thurgood Marshall devoted his life to the pursuit of a more just

world. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.



THROUGH APRIL 1

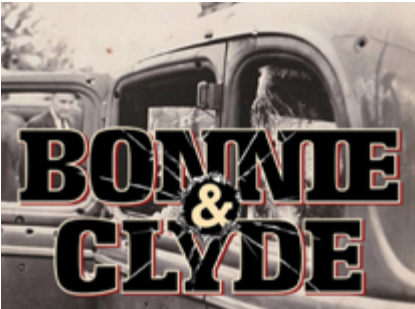
Sister Act at Dutch Apple Dinner Theatre. Based on the musical comedy movie. 510 Center-ville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.

MARCH 2–26

The Wiz at Fulton Theatre. Ease on Down the Road with Dorothy, Scarecrow, Tin Man and Lion with a 1970s funkadelic twist. The Fulton, 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

MARCH 8–26

Bonnie & Clyde at Media Theatre. The Tony-nominated musical is the story of love, adventure and crime that captured the attention of an entire country. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.



MARCH 18–APRIL 23

I Love You, You're Perfect, Now Change at The Candlelight Theatre. Described as “Seinfeld set to music,” it explores the journey from dating to love to marriage. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; CandlelightTheatreDelaware.org.

APRIL 12–30

Man of La Mancha at Delaware Theatre Company. One of the world's most popular musicals and winner of five Tony Awards including Best Musical, featuring classics like “The Impossible Dream” and “I, Don Quixote.” 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

TOWNS, TALKS & TOURS

MARCH 3, 11, 16

1st Fridays, 2nd Saturdays, 3rd Thursdays. First Fridays: **Mar. 3, Lancaster City,** 717-509-ARTS; VisitLancasterCity.com. **Phoenixville,** 610-933-3253; PhoenixvilleFirst.org. **West Chester,** 610-738-3350; DowntownWestChester.com. **Wilmington Art Loop,** 302-576-2135; CityFestWilm.com.

Second Saturday Virtual Arts Stroll: **Mar. 11,** Media, MediaArtsCouncil.org.

Third Thursday Malvern Stroll: **Mar. 16,** MalvernBusiness.com. ♦

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:

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How to Change the World?

START WITH A BOOK

Shelley Laurence, Main Point Books

THE ENVIRONMENT. CONSERVATION. POLITICS. Racism. Every day, it feels like we're bombarded by major issues. Unfortunately, changing the world can feel like a Sisyphean task. Yet the attempt almost always makes us feel better.

Where and how can we start? With a good book, of course! Here are some to consider.

Former First Lady Michelle Obama shares some no-nonsense strategies for staying hopeful and balanced in our uncertain world in her newest book, [The Light We Carry](#). She offers up valuable practices, like “starting kind,” “going high” and keeping a “kitchen table” of trusted friends and mentors close at hand — all with her trademark honesty and humor. In her personal stories and reflec-

tions, we learn how to light up for others and illuminate the world around us.

Wharton professor Adam Grant has an interesting take on the meaning of success. In his latest book, [Give and Take: Why Helping Others Drives Our Success](#), he explains how our interactions with others are the real key. NASA commander Jeff Ashby is a fan, saying “*Give and Take* is a pleasure to read . . . It has changed the way I see my personal and professional relationships, and has encouraged me to be a more thoughtful friend and colleague.”

If climate change is your jam, check out [Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World](#) by Katherine Hayhoe. Hayhoe, chief scientist at The Nature Conser-

vancy, believes shared values are crucial and offers us the tools to talk about the issue with family and friends. Margaret Atwood, author of *The Handmaid's Tale*, says this is a “must-read if we're serious about enacting positive change from the ground up, in communities, and through human connections and human emotions.”

From the “Queen of Greens” comes [One: Pot, Pan, Planet: A Greener Way to Cook for You and Your Family](#). Anna Jones delivers delectable dishes that are easy to prepare and keeps sustainability at the core of every recipe. You'll learn how to prepare yummy vegetarian and vegan meals, reduce waste, use leftovers, rid your kitchen of plastic and become a more environmentally mindful consumer. It's a win-win: for your family and the planet.

For an intricate look at the history of race in America, read Ibram X. Kendi's [Stamped from the Beginning](#). It's a meticulous look at how racist ideas were created and spread. Kendi argues it was purposeful to justify discriminatory policies and racial inequities. But he also gives us hope by showing us ways to expose racism

around us. There's a young adult and middle grade version of *Stamped*, if you'd like to start a conversation at home with your kids. Perhaps everyone could learn something by keeping the dialogue open.

More and more young people want to change the world. Their only question is “how?” [Better Than We Found It: Conversations to Help Save the World](#) by Frederick and Porsche Joseph could be a start. This guide to progressive change features interviews with dozens of prominent activists, authors and politicians like Julian Castro and Chelsea Clinton. It's a great resource for anyone who wants to make the world a better place.

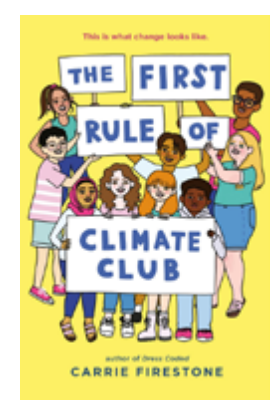
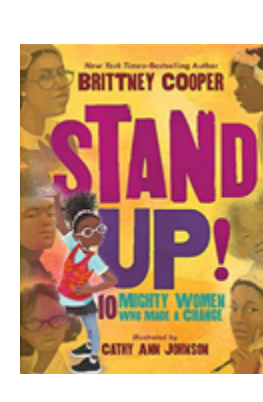
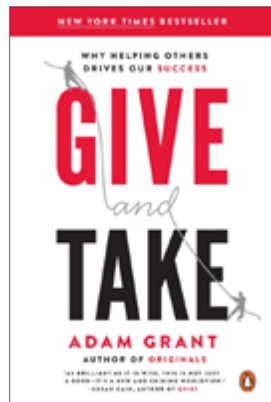
You're never too young to be inspired. Children ages 4 and up will learn a lot from [Stand Up! 10 Mighty Women Who Made a Change](#) by Brittney Cooper with illustrations by Cathy Ann Johnson. This picture book introduces readers to ten revolutionary Black women, who stood up for what's right and changed the course of history. There's legendary Civil Rights activists Ruby Bridges and Rosa Parks, as well as modern role models like Bree Newsome,

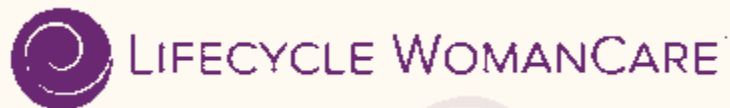
who forced South Carolina to remove the Confederate flag from the state house. This book will inspire young readers to be strong, brave and to Stand Up!

An 8th grader starts a podcast on climate activism and gets her friends to make lasting changes in [The First Rule of Climate Club](#) by Carrie Firestone. Her friends are willing, but the town's mayor isn't at all impressed. The story is told in an ingenious manner, through short chapters, podcast scripts, flyers, letters and lists. My Main Point Books colleague Hannah Lee says, “This is the funniest and most fun book about our climate crisis. Read for inspiration and uplift.”

Need more ideas? This list just scratches the surface. Visit your local independent bookstore to find something to inspire you. ♦

Shelley Laurence is a bookseller at Main Point Books, an independent bookstore with a hand-picked selection for every member of the family. Check out their events, book groups and children's activities at [MainPointBooks.com](#) or on Facebook, Instagram and Twitter. Order online. 484-580-6978; 116 N. Wayne Ave., Wayne (Temp location at 122 E. Lancaster Ave., Wayne)..





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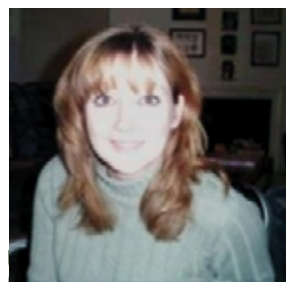


Charity Datebook

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

2023



I was a donor wife
I was a two time lung transplant recipient

I founded
Transplant Alliance Foundation
www.TransplantAlliance.org
www.StateStreetBingo.com



In 1998, my husband, Stephen Boyes died. Because he was an organ donor, he was able to enhance other's lives. As bad as I was grieving, it was reassuring his death had meaning.



In 2002 now in my early 40's, I was diagnosed with severe emphysema. I was put on oxygen and told I would not survive without a lung transplant.



On July 1, 2007, I received my first lung transplant. That is when I started Transplant Alliance. My goal was to give back to the community in any way I could.



In 2010, I went into rejection. I was put back on oxygen and slowly got sicker and sicker. The entire time I was fighting to breathe, my family and I supported as many transplant recipients as we could.



On June 1, 2015, I received a second lung transplant. That is when we turned Transplant Alliance into a public charity.



In 2019, we were awarded the Help Award for our charitable giving efforts. As it turns out, that was the highlight of my life.



In early 2021, I caught very bad pneumonia. Unfortunately I took my last breath on February 11, 2021.



My legacy lives on in this charity and through our Bingo Hall. My family runs my charity and this bingo hall as if I was here. Please have fun and enjoy yourself while helping us raise funds.



Please live life to its fullest and treat everybody the same by sharing your love. The love we share is all that truly matters.



In 2022, Transplant Alliance Foundation donated over \$106,000!

Transplant Alliance Foundation, Inc., a 501(c)(3) non-profit, mission is to spread awareness about Organ Donation by using our resources to publicly share our personal experiences. We do this through events, fundraising to help others in need and through volunteering. Our goal is to support as many people as we can who are waiting for a transplant, healing from their transplant and those that have become donor families. 100% of the proceeds we make from our fundraising activities go to transplant patients to help with their medical expenses.



From the Guest Editors



Winnie Moran Sebastian and Karen Simmons



CCCf Annual Meeting



COUNTY LINES
MAGAZINE

The Chester County Community Foundation is thrilled to partner with *County Lines Magazine* to showcase philanthropy in our Fifth Annual Charity Datebook.

Last year we highlighted arts, culture and heritage nonprofits that enrich, entertain and illuminate the community. The year before, we focused on health and human service nonprofits providing essential support throughout the Covid-19 pandemic.

This year we highlight some incredible women leaders in Chester County and the nonprofits they care deeply about. These profiles showcase the impact individuals can have when they devote themselves to community service, social advocacy and charitable giving.

In this Datebook you'll find charity event listings and community leadership profiles. We are confident that you will be inspired as you read about women in our region who have combined successful professional careers with abundant volunteerism at the highest levels. They are our friends and neighbors, our educators, our financial advisors, our counselors, our spiritual leaders and our civic leaders. And they are also community-minded, charitably-inclined social change agents who intentionally and deliberately lead lives of commitment, giving time, talent and treasure to improve our world.

There are innumerable causes that need your time and energy. Something for everyone. If you are looking to get more 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 we have connections to local, regional and national charities.

We are here to connect you to causes that matter.

For good. Forever.

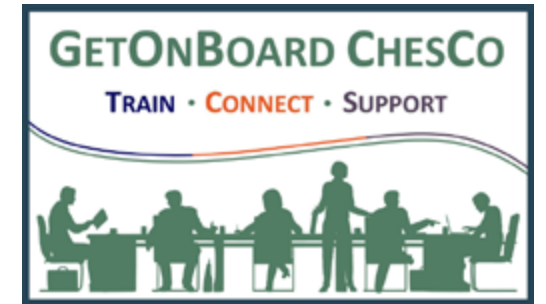
Winifred Moran Sebastian, Esq.
Board Chair

Karen A. Simmons
President/CEO

Chester County Community Foundation
www.ChesCoCF.org

Get On Board Chester County

Chester County Community Foundation



CHESTER COUNTY IS HOME TO OVER 500 NONPROFIT ORGANIZATIONS trying their best to make our region an even better place to live, work and enjoy. Each nonprofit has a Board of Directors of 10 to 20 people, plus several committees and task forces. This means that at any given moment, Chester County needs 40,000 vibrant leaders volunteering for committee and board service. This includes *you*.

But for many people, board service is an enigma. How do I find the right nonprofit? What are the requirements to serve on a nonprofit board? How much time does it take? How much money? What makes for a good board member? Will my ideas and experience be useful? What if I don't fit in?

To address these types of concerns, this year, the Chester County Community Foundation initiated GetOnBoard ChesCo.

GetOnBoard strengthens nonprofits by preparing emerging board members for leadership service and by increasing overall diversity. There are two key premises of GetOnBoard:

#1: Start by serving on a committee, to get a sense of the nonprofit's core values and priorities, and

#2: Get a coach, to understand the nuances and complexity more quickly, thus expediting the learning curve.

GetOnBoard provides self-paced, online training, monthly Zoom workshops and roundtables, and coaches. The aim is to help emerging community volunteers get equipped for nonprofit committee and board service, connect with nonprofits that are right for them, and be supported the whole way.

Research in all fields — biological, health, social — has time and time again proven the point that diversity strengthens the entire system. Nonprofits, too, are stronger when their leadership is diverse.

Diversity comes in many forms. Many boards do a good job including people of diverse professions and expertise. But as soon as we look deeper, it gets difficult. Too many boards have people of the same age range, gender, race, ethnicity, sexual preference and ability. Having a more diverse network leads to fresh ideas, broader perspectives, better solutions and responsible innovations.

All of the women featured in this Charity Datebook donate their time, talent and treasure to charitable causes. Serving as board leaders, they courageously address societal challenges facing our community. Many times, it is against the odds: women are still largely underrepresented in nonprofit leadership.

All are urged to GetOnBoard. Now is the time to make our world even better.

For more information go to ChesCoCF.org/GetOnBoard; 610-696-8211.



Photos: Community members at GetOnBoard gatherings

Christine Bendinelli

"There is always an opportunity to give and to learn. Look for those opportunities!"

Christine Parsons Bendinelli is a servant leader. She leads her own life with the belief that everyone can bring something to the table for the collective good.

This attitude inspires her to look for ways to serve others in her community — a message learned in her parents' home. Parents Don and Bette Parsons modeled hard work, generosity and the value of giving back to each of their eight children. The youngest in the family, Christine had the added benefit of watching her brothers and sisters build lives doing just that.

With a career that's included roles as a special education and elementary education teacher, human resource manager, and director in her family business (CTDI, a technology company), Christine is also, and most importantly, the mother of three children.

Christine has also served Chester County Hospital in a variety of ways over the years, initially becoming involved with the May Festival Gala and most recently having enjoyed her time as a "cuddler" in the NICU. For the past 19 years, she's provided ongoing leadership to the SHiNE program, which assists patients who are living with cancer and are treated at the Abramson Cancer Center at Chester County Hospital.

Currently, Christine serves as Chair of the Chester County Hospital Foundation Board.

She credits the positive impact of the board to the wealth of diverse experience and talent of her fellow board members. These talents are paired with a strong desire and commitment to support the health and wellbeing of the community.

Like each member of her family, Christine has an ongoing commitment to philanthropic action that supports religious, educational and community services, all in the spirit of giving back. "I encourage my children to always do their best by working hard and respecting themselves, their talents and the talents of the people working with them. There is always an opportunity to give and to learn. Look for those opportunities!"



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Chester County Hospital's SHiNE Program

SHiNE is a volunteer organization focused on lessening the burdens and challenges of cancer. For 25 years, SHiNE has raised awareness and funds to support services offered to patients living with cancer. These services include guidance from a nurse navigator, transportation to and from treatments, emotional support through individual counseling and support groups, wig services, acupuncture, massage therapy from the hands of oncology-certified specialists as well as fitness programs.

Debbie Bookman

"I don't want to be popular; I want to be impactful."



Debbie Bookman ran for office in 2019 for a very simple reason — she wanted to help people.

Raised in Brooklyn, New York by Caribbean-born parents, Debbie grew up loving music, drama and the

arts. Her father never stopped striving for more knowledge and opportunity, setting a lifelong example for her.

At 22, Debbie had her first daughter. Shortly after becoming pregnant with her second daughter, Debbie moved to Pennsylvania to escape from domestic violence. In 2012, at the encouragement of her daughter, Debbie went back to college.

Around that time, Debbie's current husband lost his son to gun violence in Coatesville. Because Debbie could empathize, in part due to her history in a violent home, the couple came together to heal. "We saw the kids in Coatesville and their struggles, and we wanted to give back to them and the City," Debbie explains.

In 2017, once again at the encouragement of her daughter, Debbie ran for City Council in Coatesville ... and won! She got involved in local politics and eventually pursued the

office of Chester County Prothonotary (the office responsible for recording all civil procedures before the court, such as divorce, custody, liens and naturalizations). She was instated as prothonotary in January 2020.

Debbie recalls feeling defeated after she sought help from the prothonotary during her move to Pennsylvania. Unable to get legal advice there, Debbie left the office with no answers or support and was later physically attacked by her abuser. "I know what it's like not to be able to pay for certain things and make hard decisions. I've been taken to court unable to pay rent. I understand what it's like to feel lost and alone and not know where to turn."

When Debbie was young, her father once told her, "Learn as if you'll live forever, and live as if you'll die tomorrow." At that time, Debbie didn't understand his meaning. Now she does.

Community Youth and Women's Alliance

When Debbie moved herself and her children to Pennsylvania to escape domestic violence, she was provided with a home to rent by the Community Youth and Women's Alliance (CYWA), a group dedicated to assisting women and children in the Coatesville community. Debbie is forever indebted to CYWA and has served on their Board of Directors, aiming to pay it forward and be a beacon of hope for others, like CYWA was for her.



Mayor Lillian L. DeBaptiste

“Advocating for cultural diversity, environmental initiatives and social justice”



Lillian's swearing-in ceremony for mayor with her grandchildren, children and husband ('22)

Inspired by her family's commitment to service and advocacy, Lillian DeBaptiste has always strived to positively impact her community. In fact, in 2000 she updated the family and business motto to “Uplifting life through service” to reflect their desired impact on the community.

Lillian moved to West Chester at an early age with her parents, Clifford and the late Inez E. DeBaptiste. After graduating from Henderson High School, she earned a degree from West Chester State College (now West Chester University). Lillian's strong belief in the power of education was instilled in her by her parents, both first-generation college graduates. In 1973, Lillian

joined the family business as a licensed Funeral Director and remains the President and Director of DeBaptiste Funeral Home and Milestone Events in West Chester.

A steadfast community leader and proven businesswoman, Lillian's commitment to justice and equity compelled her to run

for public office. On January 3, 2022, Lillian was sworn in as the first Black woman mayor of West Chester. She continues her family's legacy of public service, following her father, who served two terms as the first Black mayor of West Chester, starting in 1994.

Taking up her father's civic torch, Lillian also works toward environmental justice and social equity, focusing on historically neglected parts of West Chester. As mayor, Lillian has spent her first year advocating for the Borough and helping create and sponsor new initiatives, such as Porchfest, a local music festival.

Through the years, Lillian has been involved with many community

organizations, including serving on the boards of Uptown! Knauer Performing Arts Center, Chester County Community Foundation, Planned Parenthood and the Charles A. Melton Arts and Education Center. She's also a founding member of the Valley Forge Chapter of Delta Sigma Theta, a historically African American sorority.

Lillian's greatest treasure is spending time with her family. She shares five children and four grandchildren with her husband, Thomas D. Lambert Sr. As Lillian says, “My family, friends and community inspire me to continue advocating for cultural diversity, environmental initiatives and racial and social justice.”



Lillian with her grandchildren



Lillian and her father, the Honorable Dr. Clifford E. DeBaptiste

The DeBaptiste Foundation

The DeBaptiste family's philanthropic giving has been cemented by the formation of the DeBaptiste Foundation, administered through the Chester County Community Foundation. Lillian currently co-chairs the Foundation with her father and awards grants to local charities focused on social justice, civic engagement and education.

Laura Gonzalez, Ph.D.

“Walking with Latinas on self-healing journeys”

Over four decades, Doctora Laura has conducted extensive ethnographic research in Guanajuato, Mexico as well as in Mexican immigrant communities in California, Texas and Pennsylvania. She's a passionate advocate for Latinos and is especially gifted in healing and empowering Latinas to feel loved and motivated.

Born in Mexico City, Laura earned her Licenciatura degree in Social Anthropology at one of Mexico's first highly respected private Jesuit universities and later earned master's and Ph.D. degrees in Cultural Anthropology at U.C. Santa Barbara.

In 2008, Dr. Laura relocated to Kennett Square and became a research associate at the Mid-Atlantic Research & Training Institute, a well-regarded consortium of academic and professional experts. A highly regarded expert on Mexican migration and its impact on families, societies, economies, culture and politics, she's presented her work in the U.S. and internationally.

One of Dr. Laura's research articles focusing on the Guanajuatense Community in Mexico has been used worldwide to document the social networks that Mexicans build and maintain, and the role of women in international networks, enclaves and organizations.

Dr. Laura is an active community volunteer leader. She was an advisor to the new Council of the Institute for Mexicans Living Abroad and helped create the Red de Mujeres Mexicanas en el Exterior, a network promoting the wellbeing of Mexican women in the U.S. Dr. Laura joined LCH Health & Community Services in Kennett Square and was appointed to the Advisory Commission on Latino Affairs for Kennett. Dedicated to helping seniors, she's volunteered with Friends Home in Kennett and the Kennett Area Senior Center, and is active in the Soul Sisters book club and Kennett Community Intergenerational Coffee Klatch. A lover of nature, she lends her energies to Anson B. Nixon Park and Longwood Gardens.



In 2015 Dr. Laura felt the need for another career: bicultural holistic health coach. Attentive to physical and mental health, with mindfulness, positive energy and nutrition at the core, Dr. Laura walks with Latinas on their self-healing journeys, helping achieve a growth mindset, overcome toxic beliefs and experience a happier, healthier world.

Casa Guanajuato de Kennett Square

Dr. Laura has long been involved with Casa Guanajuato, helping nurture its programs, services and people. Casa Guanajuato promotes and conserves Mexican art, culture, customs and traditions, fostering personal and community development. Its events center on the arts as connective tissue that bridges cultures and breaks down barriers.



The Reverend Dr. Richelle Foreman Gunter

"Promoting healing and recovery"

The Reverend Dr. Richelle Foreman Gunter has impacted her community in numerous ways as a minister, consultant, presenter, trainer, author and active volunteer. She embodies the spirit of a community that bands together to support and uplift one another.

Richelle earned degrees from Temple University in Secondary Education and Teaching, from Rutgers University in Clinical Psychology (a master's degree), and from Lancaster Theological Seminary (a Doctor of Ministry). An ordained minister and an ordained missionary, Richelle has decades of experience dating from the 1990s working as a faith-based leader. She is currently an Associate Minister at St. Paul's Baptist Church in West Chester, the area's oldest Baptist Church of African American heritage. She also has 25 years of experience in community

mental health working with children, families and adults with serious mental illness.

Creating trauma-informed environments that promote healing and recovery is a particular passion of Richelle's. Her seminary thesis explored the connections between racism, racialized trauma and faith. "I studied the racial trauma caused by 250 years of slavery and its intergenerational influence among members of the Black community, while also following their journeys of faith," explains Richelle. Her academic interest in this topic complements her many years of advocacy work surrounding racial justice and community healing.

Richelle is largely motivated by her faith and desire to spread goodwill in the community, and she understands the need to engage younger generations. To that end, during the



2022 election season, she worked with African American congregations across Chester County in voter registration activities. And on election day, she transported West Chester University students to voting centers, ensuring their voices would be heard. These projects were run through the West Chester branch of the NAACP, in which Richelle is involved, and St. Paul's Baptist Church.

Sheriff Fredda Maddox

"Breaking barriers in law enforcement"



In 2020, Sheriff Fredda Maddox became the first African American woman elected and sworn in as Chester County Sheriff. As a law enforcement veteran and attorney specializing in domestic violence and family law, Fredda has a lifelong record of serving the community, advocating for people and protecting rights.

Before becoming Sheriff, Fredda was the first African American woman to serve as a Pennsylvania State Trooper in Chester County. She was also a Narcotics Agent for the Pennsylvania Bureau of Narcotics and a federal Special Agent in the Bureau of Criminal Investigations. She earned a Master of Criminal Justice degree from West Chester University and completed training at the Pennsylvania State Police Academy and FBI Academy in Quantico, Virginia.

While working full time in law enforcement, Fredda earned a law degree from Widener University School of Law and practiced law for 20 years, representing survivors of domestic violence and child abuse. For more than a decade, she served as a court-appointed guardian ad litem, representing the interests of children.

Fredda has worked with the Domestic Violence Center of Chester County as an attorney, helping to protect abused women and children.

She's spoken at countless programs about human trafficking, senior fraud prevention, safety and protection, and inclusion in policing.

Fredda is committed to making a difference in her community, starting with the Sheriff's Office. Fulfilling her campaign promise of working to restore trust between law enforcement and culturally diverse groups, Fredda began a bridge-building program working with officers and Black teens that led to the groups participating in de-escalation training together. She also initiated a scholarship for Municipal Police Academy/PA Act 120 certification to help diversify Chester County's law enforcement. Fredda is also a supporter of SeniorLAW Center, West Chester Cooperative and Centre County Child Access Center.

Having spent her life breaking barriers in law enforcement, Fredda is an inspiration, mentor and advocate for future generations, particularly young girls of color.



1st Row (L to R): June McLaughlin, Gizelle Jones, Alice Hammond, Renee Washington, Denise Ray. 2nd Row (L to R): Andi Hubbard, Malcolm Johnstone, Sandy Schaal, Khalid Smith, James Jennings, Richelle Foreman Gunter

NAACP, West Chester Branch

As the largest and preeminent civil rights organization in the nation, the NAACP has a mission to ensure a society in which all individuals have equal political, educational, social and economic rights without discrimination based on race. Richelle currently serves as Chair of the Political Action and Religious Affairs Committees of the West Chester branch of the NAACP. She's grateful to all the community members who have joined in and supported the efforts of social justice and promotion of healing and recovery in Chester County.

Domestic Violence Center of Chester County

The mission of the Domestic Violence Center of Chester County (DVCCC) is to reduce, remedy and prevent domestic violence in the County. Fredda's prior experience working with DVCCC as an attorney set her on the path towards advocating for domestic violence and human trafficking survivors in her current role as sheriff. The Chester County Sheriff's Office frequently partners with DVCCC to raise donations and spread awareness.



DVCCC Staff and Board, Light the Night for Hope and Healing

Bronwyn L. Martin

Ph.D., MBA, ChFC, CLU, CRPC, CLTC, CFS, CMFC, LACP, AEP

“Successful people get things done; others find excuses.”



Passionate about the power of positive thinking, Bronwyn embraces challenges, persists despite obstacles, learns from criticism and is inspired by the success of others. She is CEO and Financial Advisor with Martin's Financial Consulting Group, an advisory practice of Ameriprise Financial Services. “What gets me out of bed

every morning is helping people be financially successful, independent and self-reliant.”

Bronwyn's parents coached her to pursue her best: “My dad was my mentor and role model. He started his own business and taught me that to be successful, surround yourself with other leaders.” The path to her success has not been easy, she admits. “There are a lot of hurdles — personally and professionally — and tough decisions.”

One of Bronwyn's tough decisions: earning a doctorate in biochemistry. “At times, I was overwhelmed and asked myself, ‘Why am I doing this?’ But I answered, ‘Stay focused. Achieve the goal!’” Bronwyn achieved her goal and went on to do post-doctoral research work at Harvard Medical School and then the National Institutes of Health.

By 1998, yearning for a change, Dr. Martin earned her MBA at West Chester University and began a

career in financial services, where only around 15% of the professionals are women. “Sometimes I'd walk into a meeting where I'd be the only woman. But I'd remind myself that I had the right to be there.” She continued to learn and attain new credentials and in 2005 decided to run her own business. “It was a really tough decision, but the right one for me,” she said.

Bronwyn has always combined business achievement with community service. “My charitable passion runs deep for the Alzheimer's Association. My favorite aunt had Alzheimer's when she died, and my doctoral dissertation focused on a protein that's involved in the progression of Alzheimer's disease. When the opportunity arrived to serve on the Alzheimer's Association Board, I jumped at the chance. It's a long-standing personal commitment where I focus on raising money to end this disease.”



Alzheimer's Association of the Delaware Valley

The Delaware Valley Chapter of the Alzheimer's Association is the premier source of information and support for 490,000+ residents in DE, NJ and PA living with Alzheimer's disease and their 809,000+ caregivers. The Association provides free programs and services, funding for Alzheimer's and dementia research, and advocacy efforts.

Cheryl Miles

“Empowering Black women and girls in Chester County”

Caring for others comes naturally to Cheryl Miles. Devoted to bringing about lasting change, Cheryl has united the community around a number of important issues affecting marginalized groups in Chester County.

Cheryl is a social worker with over 30 years of experience advocating for some of society's most vulnerable populations. After earning her BSW from West Chester University and MSW from the University of Pennsylvania, she is now the Community Housing Development Director for Kennett Area Community Service, providing life-sustaining services to community neighbors in need. Previously, she was Chief Program Officer of Housing Support Services at Good Samaritan Services, devoted to reducing the number of individuals and families experiencing homelessness in Lancaster and Chester Counties.

Cheryl is also active in the annual Chester County Single Mothers' Conference, Chester County Bridges Coalition, MLK Day of Service 365 Planning Committee, the Fund for Women and Girls Board of Directors, the Chester County Partnership to End Homelessness, and the Allies for Housing in Chester County. She has served on the H.U.B. of Hope HIV/AIDS Ministry Advisory Board and chaired the Chester County Housing and Food for All 365 Campaign.

In 2016, Cheryl co-founded Black Women of Chester County in Action (BWCCA) in response to the Chester County Fund for Women and Girls' Blueprint Report's findings related to African American women and girls. She brought together other African American women leaders to discuss the Blueprint's troubling findings and collaborate on ways to improve the wellbeing of women and girls in Chester County. As Cheryl explains,



“After months of lively discussions, the group recognized that our collective knowledge and expertise could add a real voice to African American challenges in the community, as well as an opportunity to highlight Black resiliency. We moved from conversation to action, and BWCCA was born.”

Black Women of Chester County in Action

BWCCA creates and enhances collaboration among Black women in leadership roles in Chester County, guided by the vision of ensuring that every Black woman and girl in Chester County is living their best life. Cheryl serves as the Chairwoman for BWCCA and works to impact the economic wellbeing and health of Black women and girls in Chester County through education, advocacy and leadership.



BWCCA at the 2022 Fund for Women and Girls Luncheon

Dr. Tracey Ray Robinson

"The world is a book, and those who do not travel read only one page."

~Saint Augustine



Dr. Tracey Ray Robinson firmly believes in global citizenship and can often be found sharing the quote above.

Growing up in Charlotte, North Carolina in the 1970s, Tracey says, "I was a really quiet kid, and I wore braces on my legs for the first seven

years of my life. As a result, my second-grade teacher assumed I had disabilities and sent me to a speech therapist. But I was just shy, and I tested as academically gifted." Throughout her early school years, Tracey was bussed across town to schools in white neighborhoods and received what many considered a "better education."

"I'd wake up before sunrise and catch the bus when it was still dark outside, while my white classmates were still in bed because they were a short walk from the school. That was my experience from elementary through high school, which was a constant reminder of the obstacles I faced compared to my peers."

A first-generation college student, Tracey attended North Carolina State University for her undergraduate and graduate studies, where she felt affirmed through mentorship and her minor in African American Studies. From there, she chose to empower students through teaching and her

professional roles in student affairs and academic affairs. As a result of her service and leadership, she received the Old North State Award and the NC State University Award for Excellence.

Since 2018, Tracey has served as West Chester University's first Chief Diversity and Inclusion Officer and is proud of the University's commitment to diversity, equity, inclusion and social justice. She's surrounded by outstanding faculty and staff who define diversity broadly.

Tracey has worked with individuals with disabilities, student veterans, underrepresented students, first-generation college students and others, and has led diversity training, interfaith initiatives and anti-racism projects. She has also designed and implemented student success programs that have supported undergraduate and graduate students from all walks of life.



Paige Childs, Class of 1951 Scholar

West Chester University Foundation

The West Chester University Foundation engages donors and other partners to drive student success. The Foundation secures funding to help West Chester University students achieve more. While West Chester University is the sole beneficiary of the WCU Foundation, the Foundation functions independently under its own Board of Directors and pursues its own investment policies and portfolio management.

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We **train** • **connect** • **support** emerging leaders with the nonprofits they wish to serve throughout Chester County.



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Promotional Partners



Fun Fundraisers

Fundraisers are happening throughout the area this year. Here are a few of our favorites helping support charities in our region.



Believe, Play & Have Fun Foundation
Charity Walk in New Zealand



Maternal & Child Health Consortium Celebrating
Healthy Families Awards Dinner MCHC Staff and Board



Stanley's Dream 5K Run/Walk



West Chester Downtown Foundation
Up On The Roof Party



Chester County Community Foundation
28th Annual Meeting & Legacy Celebration
Karen Simmons, Mayor Lillian DeBaptiste, Honorable
Dr. Clifford E. DeBaptiste, Nancy Tuttle, Kurt Kunsch



Chester County Art Association
3rd Annual Christkindlmarkt



Whitford Charitable Fund — Whitford Classic
Dawn Hamilton, George Powers, Barbera Orr,
Kelly Hagelauer, Dick Vermeil, Lou Teti, and
James Terry; not pictured Gwynne and Bob Gorr



The Garage Community Youth Center
14th Annual Holiday Auction



Casa Guanajuato
Day of the Dead



Unite for HER Harvest
Chef and Wine Tasting Event



Black Women of Chester County in Action
African Market Place & Open House
L to R: Lillian DeBaptiste, Janis Bady,
Debbie Bookman, Jill Parham

Datebook Calendar

This year things look a little different. Some events are still being held virtually, while many charities are planning to go forward with their events in person. Not all dates have yet been set (see events marked “TBD”). We encourage you to check websites often for updates and, as always, ask that you support these great local causes ... and have some fun along the way.

JANUARY

21st Annual A Taste of Phoenixville

TBD

Creative cuisines, silent auction, live music, local wine and beer make this a great start to the year. Benefits Good Samaritan Services, helping with homelessness in the area. *Franklin Commons, 400 Franklin Ave., Phoenixville. TasteOfPhoenixville.com.*

FEBRUARY

Kennett Winterfest

TBD

Enjoy winter brews from 60 unique craft breweries, live music and food trucks. Benefits Kennett Square. *KennettWinterfest.com.*

MARCH

Transplant Alliance Foundation

MARCH-DECEMBER

The Alliance features weekly fundraisers to support those waiting for or healing from a transplant and those who have become donor families. March events include Designer Bag Bingo and St. Patrick's Boozy Bingo. *Apr. 16, Luxury Bag Bingo. For details on all events visit TransplantAlliance.org/Events.*

Cheers for CHOP

MARCH 4

An evening of live music, cocktails, dancing and an incredible silent auction. Benefits Behavioral Health at Children's Hospital of Philadelphia. *The Fillmore Phila-*

delphia, 29 E. Allen St., Philadelphia. CheersFor.CHOP.edu.

The Philadelphia Flower Show – The Garden Electric

MARCH 4-12

The flower show returns indoors, and this year's theme brings the electrifying presence of today's most dynamic designers of floral arrangements, gardens and landscapes. Benefits the Philadelphia Horticultural Society. *PA Convention Center, 1101 Arch St., Phila. TheFlowerShow.com.*

Wings for Success – A Night of Laughter

MARCH 9

Better Than Bacon Improv Group performs at this fundraiser. *Kennett Flash, 102 Sycamore Alley, Kennett Square. WingsForSuccess.org.*

King of Prussia Restaurant Week

MARCH 13-24

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 is KOP Shops for CHOP, where shoppers can save big while supporting CHOP at their favorite retailers. *KOPRestaurantWeek.com.*

74th Annual Chadds Ford Art Sale & Show

MARCH 17-18

Local and regional artists auction work in an array of mediums. Patrons may also bid on local services as well as artisans' crafts. Benefits educational enrichment programs at Chadds Ford Elementary. *3 Baltimore Pk., Chadds Ford. CFES.UCFS.org.*

People's Light Spring Gala

MARCH 18

This year's theme is “Shine Brighter: Accessibility for ALL” and will feature a guest star performance, cocktails and a dinner at The Farmhouse, as well as a raffle and silent auction, followed by dessert and champagne. *The Farmhouse, 39 Conestoga Rd., Malvern. PeoplesLight.org.*

Chester County Community Foundation Food for Thought: Sweet Charity Edition

MARCH 28

Sample delicious desserts made

by local chefs. Enjoy delectable food and great company, while supporting the Community Foundation's mission to grow legacy philanthropy in the region. *Food Bank, 650 Pennsylvania Dr., Exton. ChesCoCF.org.*

16th Annual Trail Creek Outfitters Wild & Scenic Film Festival

MARCH 30

Celebrating over 20 years of inspiring activism through film and art. Hosted by Trail Creek Outfitters to benefit Stroud Water Research Center and Brandywine Red Clay Alliance. *Upland Country Day School, 420 W. Street Rd., Kennett Square. StroudCenter.org.*

10th Annual Chef's Best

MARCH 31

Enjoy mouthwatering specialties from the area's top restaurants and cast your vote for the “Best of Chef's Best.” Proceeds support ACT in Faith of Greater West Chester. *West Chester University Alumni & Foundation Center, 202 Carter Dr., West Chester. ActInFaithGWC.org.*

APRIL

An Evening of Wine and Chocolate

TBD

United Way of Southern Chester County invites you to soak in the vistas of southern Chester County while enjoying wine, chocolate and appetizers in support of the southern Chester County community. Held at a new secret local estate each year. *For tickets and information, UnitedWaySCC.org.*

Philadelphia Virtual Red Ball

APRIL 1

Guests enjoy passed hors d'oeuvres and fabulous food stations. Benefits the Red Cross of Southeastern Pennsylvania, which responds to disasters and provides care and comfort to families. *Vie, 600 N. Broad St., Philadelphia. RedCross.org.*

80th Brandywine Hills Point-to-Point

APRIL 1

Celebrate the first race of the season over a 318-acre property. Kids activities include lead line and stick pony races, the Radnor Hunt foxhound parade and great raffle prizes. Dogs on leashes welcome at this family-friendly event. Benefits Brandywine Red Clay Alliance. *Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. BrandywineRedClay.org.*

In Person & Online Wine Tasting with Coach Dick Vermeil

APRIL 2

Join Hall of Fame football coach Dick Vermeil in person or via Zoom for a virtual wine tasting event and lively dialogue to support Camp Geronimo and The Barn at Spring Brook Farm. The Barn's mission is to enrich the developmental skills and lives of children with disabilities through animal-assisted and nature-based experiences. *360 Locust Grove Rd., West Chester. SpringBrook-Farm.org/SpringFundraiser.*

Coaches vs. Cancer Annual BasketBall

APRIL 15

Business, health care and philanthropic leaders come together to make a difference in the fight against cancer. This year's event honors Jay and Patty Wright. Benefits the American Cancer Society. *The Bellevue, 200 S. Broad St., Philadelphia. PhiladelphiaBasketBallGala.org.*

Valley Forge Revolutionary 5-Mile Run

APRIL 16

A challenge for runners of all skill levels happening over National Park Week. Benefits VF National Historical Park. *To register, ValleyForge.org/Revolutionary-Run.*

GWCCC Annual 10 Grand Club Event

APRIL 21

The Greater West Chester Chamber of Commerce Annual 10 Grand Club Fundraiser is a 1 in 200 chance to win \$10,000 cash and other great prizes! Enjoy dinner and open bar (beer, wine and signature cocktails). *Loch Aerie Mansion, 700 Lancaster Pk., Malvern. Tickets and sponsorships, GWCC.org.*

Ryerss Run for the Horses

APRIL 22

Everyone is welcome to take a 10K or 5K run or 1-mile walk on a cross country course at Ryerss Farm. Benefits the farm's retired and rescued horses. *1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.*

Delaware Marathon Running Festival

APRIL 23

Runners enjoy the best of Wilmington, from the majestic views along the Riverfront and through downtown. Benefits Delaware College Scholars and the Cardiac Center, Nemours/Alfred I. du Pont Hospital for Children. *Tubman Garrett Riverfront Park, 815 Justison St., Wilmington. DelawareMarathon.org.*

“All That's Purple Affair” Embracing Hope and Healing!

APRIL 27

The Domestic Violence Center of Chester County invites you to their annual fundraising gala featuring entertainment and silent auction. *Mendenhall Inn, 323 Kennett Pk., Mendenhall. DVCCCPA.org.*



Chester County Balloon Festival, June



Chester County Day, October



Thorncroft Therapeutic Riders Division at The Devon Horse Show, May



Canine Partners for Life "Unleashed: The Magic of Independence," May

The Philadelphia Show

APRIL 27-30

Celebrating 60 years at the Philadelphia Museum of Art and featuring 40 outstanding exhibitors specializing in fine art, Americana, antiques, folk art, ceramics, porcelain, silver, jewelry, textiles and decorative arts. Preview Apr. 27. Benefits the Museum. 2600 Benjamin Franklin Pkwy., Phila. ThePhiladelphiaShow.com.

50th Annual Yellow Springs Art Show

APRIL 28-MAY 14

Works from 220+ juried artists available for purchase. Apr. 28, Art Show Party, an evening of art, music, cocktails, dinner and an auction. May 14, Art Around the Village, a free community event with demonstrations, music, kids activities. Benefits the arts, education, preservation and environmental protection of Historic Yellow Springs. 1685 Art School Rd., Chester Springs. YellowSprings.org.

Annual Celebrity Chefs' Brunch

APRIL 30

The Celebrity Chefs' Brunch guests indulge in exquisite tastings prepared by world-renowned chefs as well as brunch cocktails, live entertainment and a silent auction. Benefits Meals on Wheels in Delaware. [DuPontCountryClub](http://DuPontCountryClub.com), 1001 Rockland Rd., Wilmington. MealsOnWheelsDE.org.

Unite For HER At Home—Bloom Spring Fashion Show

APRIL 30

View the latest spring fashions and celebrate the members of Unite for HER Wellness Program. Bloom is a celebration of life and community. Proceeds support local breast and ovarian cancer patients. [Drexelbrook](http://Drexelbrook.com), 4700 Drexelbrook Dr., Drexel Hill. UniteForHER.org.

Chester County Hospital Gala—Fly Away to Rio

APRIL 29

This is a 30+ year tradition at which friends of Chester County Hospital celebrate their mission and support community outreach programs. Dance the night away while supporting Chester County Hospital. 1001 Longwood Rd., Kennett Square. ChesterCountyHospital.org/Giving.

Blue Cross Broad St. Run

APRIL 30

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

MAY

Bournelyf Special Camp 2023 Hand to Hand 5K Run & 2K Walk

MAY 4

The race will begin and end at the corners of Church & Gay St., West Chester. After-party hosted by Wrong Crowd Brewing Company. Register or sponsor, BSCWC.org.

22nd Annual Bringing Hope Home Great Guys Dinner

MAY 4

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. [SpringfieldCountryClub](http://SpringfieldCountryClub.com), 400 W. Sproul Rd., Springfield. BringingHopeHome.org.

Humane Pennsylvania's 46th Annual Walk for the Animals

MAY 6

A relaxing, one-mile walk along the river with your pup, family

and friends in support of Humane PA's mission and the animals they serve. Enjoy live music, vendors, food trucks, games and a dog contest. [JimDietrichPark](http://JimDietrichPark.com), 4899 Stoudts Ferry Bridge Rd., Reading. HumanePA.org.

45th Winterthur Point-to-Point

MAY 7

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. Enjoy tailgating, hospitality tents and shopping galore. Benefits Winterthur's programs. 5105 Kennett Pk., Wilmington. Winterthur.org.

Bridge of Hope Spring Gala

MAY 12

Celebrate the mission to end family homelessness. Guest speaker is author and podcast host Niro Feliciano. [Doubletree](http://Doubletree.com), 2400 Willow Street Pk., Lancaster. BridgeOfHopeInc.org/Gala.

30th Running of Willowdale Steeplechase

MAY 13

World-class steeplechase racing, pony races, Jack Russell terrier races, boutique shopping, tailgate, hat and best dressed competitions, food vendors and fun for kids. Benefits Stroud Water Research Center and Penn. Veterinary Medicine's New Bolton Center. 101 E. Street Rd., Kennett Square. WillowdaleSteeplechase.org.

Canine Partners for Life Unleashed: The Magic of Independence

MAY 13

This elegant gala event is filled with wonderful food, music, live and silent auctions and a variety of games. Guests meet and hear from service dog recipients, CPL



The Philadelphia Flower Show, March

board members and the executive director. And yes, CPL dogs and puppies will be there! [WhiteManorCountryClub](http://WhiteManorCountryClub.com), 831 Providence Rd., Malvern. K94Life.org.

FORE Health Golf Invitational for Chester County Hospital

MAY 15

A great day of golf to benefit the NICU and Women's and Children's Health Services. [WhiteManorCountryClub](http://WhiteManorCountryClub.com), 831 Providence Rd., Malvern. ChesterCountyHospital.org/Giving.

The 92nd Radnor Hunt Races

MAY 20

Racing for Open Space, raising funds and awareness for the Brandywine Conservancy's open space and clean water programs. Race day is also about steeplechase racing, fashion and tradition at this signature event. Benefits the Brandywine Conservancy. [RadnorHuntGrounds](http://RadnorHuntGrounds.com), 826 Providence Rd., Malvern. RadnorHuntRaces.org.

Natural Lands Music Without Walls Field Jam

MAY 20

Field Jam features lively music, craft beer and tasty food truck treats. Stroud Preserve offers the perfect backdrop for a fun evening out with



Chester County Hospital Gala, April



Habitat for Humanity Hops for Homes Beer Festival, June

friends and family. 454 N. Creek Rd., West Chester. NatLands.org.

FORE Fresh Water Golf Invitational

MAY 22

Annual golf invitational to support freshwater research, environmental education and watershed restoration. Sponsorships, four-somes and single golfer packages are available. *Bidermann Golf Course, Greenville, DE. Stroud-Center.org/Events.*

Main Line Animal Rescue 13th Annual Spring Golf Outing

MAY 22

Golfers and animal lovers gather for raffles, prizes and an on-course lunch. *Stonewall Links, 375 Bulltown Rd., Elverson. PSPCA.org.*

The Devon Horse Show & Country Fair

MAY 25-JUNE 4

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.

44th Annual Therapeutic Riders Division of the Devon Horse Show

MAY 27

Over 175 riders of all abilities compete in equitation, dressage and trail classes at the Devon Horse Show Grounds, 23 Dorset Rd., Devon. Thorncroft.org

JUNE

Willistown Conservation Trust Barns & BBQ

Two ticket levels: The Willistown Morning Barn Tour and Barns &



Radnor Hunt Races, May
PHOTOGRAPHY BY BOB PLANT

BBQ, both featuring the tour and access to barns and farms, with Barns & BBQ attendees ending the evening with a cocktail hour, three-course meal and live music at a secret barn location. Benefits the Trust's conservation works. 925 Providence Rd., Newtown Square. WCTrust.org.

Historical Society of the Phoenixville Area Strawberry Festival

TBD

A family affair with food, entertainment, kids games and fresh strawberries and ice cream highlight the event. Benefits the Historical Society. 204 Church St., Phoenixville. HSPA-PA.org.

Schuylkill River Sojourn

TBD

Join an adventure of a lifetime with the annual guided paddling trip on the Schuylkill River. Paddlers choose what days and locations they want to join on the 7-day journey. Benefits Schuylkill River



United Way of So. Chester County Fundraiser, August



West Chester Rotary Chili Cookoff, October



Notable Fall Fête, October



Bike the Brandywine, September

Greenways National Heritage Area. Location varies. Schuylkill-river.org/Sojourn.

Main Line Animal Rescue 11th Annual Tails & Trails 5K Run/2K Walk

JUNE 3

The day will be filled with fun, food, music, drinks and pups. Run or walk at your own pace while supporting the mission to save animal lives. Ready. Set. Rescue! 1149 Pike Springs Rd., Chester Springs. PSPCA.org.

CVIM's Annual Golf Classic

JUNE 6

Join Community Volunteers in Medicine and its partners for a day of golf along with breakfast, lunch, dinner, open bar, auction and giveaways. Supports the region's largest free healthcare center for families without health insurance. *Applebrook Golf Club, 100 Line Rd., Malvern, PA. Learn more at CVIM.org.*

Alex's Lemonade Stand 16th Annual Great Chefs Event

JUNE 10

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.*

Thorncroft's 38th Annual Victory Gallop

JUNE 10

As Thorncroft's premier fundraising event, the Victory Gallop presents an unforgettable black-tie evening for the benefit of the Farm. The Victory Gallop welcomes guests for dinner, dancing and silent auction. Held at a private estate. Thorncroft.org.

French Creek Iron Tour—Cycling for Open Space

JUNE 11

Rides for all levels—from beginners to accomplished cyclists—with courses from 11 to 100 miles. Benefits French & Pickering Creeks Conservation Trust. IronTour.org.

15th Annual Chester County Balloon Festival

JUNE 16-18

The 3-day event highlights hot air balloons from all over the country, a balloon glow, Special Shaped Balloon Rodeo, untethered and tethered balloon rides and a walk-through balloon. Benefits Boy Scouts Troop 52, Chester County Hero's Fund, local police, fire and fire police plus EMS. *Willowdale, 101 E. Street Rd., Kennett Square.*

Ryerss Farm Family Fun Day

JUNE 17

Fun for the whole family with pony rides, hay rides, a moon bounce, crafts, games and prizes. Rain date, June 18. 1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.

Habitat For Humanity Hops for Homes Beer Festival

JUNE 17

Brewers will be pouring beer, cider and, new this year, wine. Come out and enjoy live music, food, games, vendors and a photo booth, all for a good cause. *Exton Square Mall Parking Lot, Exton. Noon to 4. HFHCC.org/News/Building-A-Thirst.*

JULY

Natural Lands Friday Night Lights

JULY 14

Live music, wine and beer, s'mores toasting, star gazing and sunset socializing. Benefits Natural Lands. *ChesLen Preserve, 1199 Cannery Rd., Coatesville. NatLands.org.*

The Colonial Theatre Presents Blobfest

JULY 14-16
The Phoenixville Blobfest commemorates the classic 1958 movie "The Blob" and the famous run-out scene filmed at the Colonial Theatre. Benefits the theater. 227 Bridge St., Phoenixville. TheColonialTheatre.com.

The Strawberry Festival

JULY 26-29
The Rotary Club of Coatesville hosts the Strawberry Festival, offering wonderful family entertainment, rides, kids activities, monster truck rides, crafts, Friday fireworks and more. Benefits the Coatesville community. Brandywine Hospital, Rt. 30 Bypass, Coatesville. BrandywineStrawberryFestival.com.

AUGUST

United Way of Southern Chester County Celebration and Fundraiser

TBD
Silent auction items, the presentation of an award and prize money to a local nonprofit, and a signature cocktail are just some of the exciting offerings to expect. Kennett Country Club, 100 E. Locust Ln., Kennett Square. For more, UnitedWaySCC.org.

Delaware Burger Battle

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

6th Annual Run for Thorncroft Equestrian Center

AUGUST 31
Featuring a 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/5k-Run.

SEPTEMBER
SHINE in the VINES

TBD
Celebrating 25 years of supporting patients living with cancer. Benefits The Abramson Cancer Center at Chester County Hospital. PatientSHINE.org.

Radnor Hunt Concours d'Elegance

SEPTEMBER 8-10
Drive on over to this nationally recognized three-day event that includes a Friday Night Barbecue, Chester County Road Rally and Black Tie Gala. Benefits Thorncroft Equestrian Center, specializing in therapeutic horseback riding. Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org.

7th Annual Coatesville Invitational Vintage Grand Prix

SEPTEMBER 14-16
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.

Canine Partners for Life Fall Festival and Cow Bingo

SEPTEMBER 16
Learn more about CPL's mission while enjoying a day full of free family fun with vendors, booths highlighting CPL's programs, food trucks, service dog demonstrations, tours, a family fun zone, puppy kissing booth, live music and the much loved and anticipated Cow Bingo! 334 Faggs Manor Rd., Cochranville. K94life.org.



Greater West Chester Chamber of Commerce
10 Grand Club Winner, April



Devon Horse Show and Country Fair, May
PHOTOGRAPHY BY BRENDA CARPENTER



Alex's Lemonade Stand Great Chefs Event, June

21st Up On The Roof
SEPTEMBER 16

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

Whitford Classic
SEPTEMBER 22

This festive event brings together Whitford Country Club members and an extensive network of supporters and grantees from the community to play in golf, tennis and pickleball tournaments, with the highlight being the Whitford Gala and Auction. Benefits the Whitford Charitable Fund. WhitfordCountryClub.org/Fund/Whitford-Charitable-Fund.

Bike the Brandywine
SEPTEMBER 23

The ride features three scenic loops that take in the beautiful Brandywine Creek Greenway and surrounding countryside. Routes are 25, 45 and 62 miles. Benefits the Brandywine Conservancy, helping preserve water quality and quantity in the region for over 50 years. ChaddsFordHistoricalSociety.org, 1736 N. Creek Rd., Chadds Ford. Brandywine.org/Conservancy/Bike-Brandywine.

OCTOBER

Rotary Club of West Chester Chili Cookoff

TBD
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](http://GayStWestChester.org). WestChester-ChiliCookoff.com.

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](http://ThePennMuseum.org), 3260 South St., Philadelphia. GravediggersBall.org.

4th Annual Wine Tasting with Coach Dick Vermeil

TBD
All are cordially invited to join Coach Dick Vermeil for this private wine tasting in support of Bournelyf Special Camp as they celebrate their 44th year of service. Benefits the camp scholarship program and summer camp operations. BSCWC.org.

Notable Fall Fête

TBD
The Philadelphia Orchestra's Main Line Committee presents this event with a luncheon preceded by shopping at multiple boutiques offering a variety of specialty items including jewelry and fashion. Proceeds support development and educational programs of The Orchestra. [Contact stacyvstone@gmail.com](mailto:stacyvstone@gmail.com) for more information.

45th 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](http://RadnorTwp.org/RadnorRun). Lung.org/RadnorRun.

Main Line Animal Rescue 11th Annual Bark & Whine Gala

TBD IN OCTOBER / NOVEMBER
The group's most important



Yellow Springs Art Show, April



Ryerss Farm Family Fun Day, June



Willowdale Steeplechase, May



Winterthur Point-to-Point, May
PHOTO BY BOB HICKOK



Delaware Marathon, April



French Creek Iron Tour, June

fundraising event and a night to celebrate the Rescue's mission. Support by purchasing a Bark in the Box, take part in the silent auction or make a donation. 2300 Arena, Philadelphia. PSPCA.org.

Thorncroft Equestrian Center's 14th Annual "Lobstah" Bake

TBD

Enjoy a lobster dinner complete with pork BBQ and a selection of sides. Open beer and wine bar, soda and light cocktail hour food provided. Jimmy Moran North Arena, 190 Line Rd., Malvern. More information at Thorncroft.org.

Harvest-Unite for HER Chef and Wine Tasting

TBD

Rustic chic 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](https://PhoenixvilleFoundry.org), 2 N. Main St., Phoenixville. UniteForHER.org/Harvest.

21st Annual People's Light Golf Classic

OCTOBER 2

Your tee time is reserved at the beautiful and historic [Waynesborough Country Club](https://WaynesboroughCountryClub.org), 440 Darby Paoli Rd., Paoli. Benefits People's Light Arts Education programs. Visit PeoplesLight.org.

Chester County Day House Tour

OCTOBER 7

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 Breast Health for Life pledge to Chester County Hospital. ChesterCountyDay.com.

Natural Lands Beats & Brews

OCTOBER 7

Jam out, drink up and give back some love to Binky Lee. The annual bash includes live music, craft brews, fantastic food options and sunset socializing. [Binky Lee Preserve](https://BinkyLeePreserve.org), 1445 Pikeland Rd., Chester Springs. NatLands.org.

The Hoe Down at Spring Brook Farm

OCTOBER 21

Join your Chester County friends and neighbors for a party and silent auction like no other in support of The Barn's mission to enrich the developmental skills and lives of children with disabilities through animal-assisted and nature-based experiences. For tickets, 610-793-1037, SpringBrookFarm.org/HoeDown.

Home of the Sparrow's "Power of Your Purse" Fashion Show

OCTOBER 26

Enjoy an evening of fun, fashion and philanthropy with onsite shopping with local shops and women-owned businesses, a silent auction, a drawing for a Louis Vuitton bag, full-course dinner and a show hosted by QVC host Jayne Brown. [The Desmond](https://TheDesmond.com), 1 Liberty Blvd., Malvern. Visit website after Sept. 1 for info. HomeOfTheSparrow.org.

NOVEMBER

60th Delaware Antiques Show

TBD

See 60 distinguished dealers in art, antiques and design. Benefits educational programming at Winterthur Museum, Garden & Library. [Chase Center on the Riverfront](https://ChaseCenter.org), 800 S. Madison St., Wilmington. Winterthur.org.

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](https://StonewallGolfClub.org), Bulltown Rd., Elverson. FrenchAndPickering.org.

Wine, Wit & Wisdom for Phoenixville Library

TBD

Best-selling authors are featured at this annual event for the library, as well as a silent auction, fine wine and food. [RiverCrest Golf Club & Preserve](https://RiverCrestGolfClub.org), 100 Rivercrest Dr., Phoenixville. PhoenixvilleLibrary.org/Wine-Wit-Wisdom.

89th Running of the Pennsylvania Hunt Cup

NOVEMBER 5

Timber racing, food and shopping highlight a day in the countryside at this long-running event in Unionville. Benefits the Chester County Food Bank, Work to Ride program and Upland Country

Day School. North of Rt. 926 & Newark Rd., Unionville. PA-HuntCup.org.

Phoenixville Chamber of Commerce Charity Gala

NOVEMBER 18

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](https://RiverCrestGolfClub.org), 100 Rivercrest Dr., Phoenixville. PhoenixvilleChamber.org.

DECEMBER

West Chester Charity Ball

TBD

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](https://WestChesterGolfandCountryClub.org), 111 W. Ashbridge St., West Chester. FriendsAssoc.org. ♦

For more events news, subscribe to our twice-monthly Newsletter on our website, CountyLinesMagazine.com.



Spring Brook Farm Wine Tasting with Dick Vermeil, April



Coatesville Invitational Grand Prix, September



Transplant Alliance Foundation Monthly Fundraisers, March-December



People's Light Gala, March

Four Women

Who Made History in Chester County

A SMALL SAMPLE OF AN IMPORTANT GROUP

Malcolm Johnstone

MARCH IS WOMEN'S HISTORY Month, and there's no better time to learn more about our foremothers. Let's start by focusing on four with ties to Chester County.

It's a sad fact of history that women have faced many barriers, especially those created by sexism and, among women of color, racism. But among all those who struggled, there are four whose perseverance and integrity distinguished them and made them champions of their age.

Here's an introduction to their stories to inspire you.

WOMAN IRON MASTER

Rebecca Lukens (1794-1854), Coatesville

As the oldest of seven children, Rebecca Lukens learned what it took to run an iron mill on the coattails of her father, an iron master busily running an early ironworks in the Brandywine Valley. Rebecca had no idea that as a young woman she would step into the job of iron master herself and build the largest ironworks in the country in present-day Coatesville.

Rebecca began on this path when she was a young mother and wife setting up house with her husband, Charles Lukens. Charles had taken over the ownership of Brandywine Steel and made it the first in the United States to mill rolling boiler plates.

Then in June of 1825, tragedy struck when Rebecca's husband died after a brief illness, leaving her with three daughters and a fourth on the way. To add to her stress, she had made a final promise to Charles that she would carry on with the management of the iron mill despite it being deeply in debt.

It took nine years, but her perseverance and skill finally made the company profitable, and she never laid off a single worker. All this was accomplished in a business world ruled exclusively by men.

In 1859, the company was renamed Lukens Ironworks in her honor.



THE FIRST TELECOMMUTER

Emma A. Hunter (1831-1904), West Chester

In 1851, Emma Hunter (later Smith, her married name), at the age of 19, was among the first female telegraph operators in the world. At that time, the Atlantic & Ohio Telegraph Co., an enterprise that was laying lines for a nationwide telegraph system, included West Chester as part of that early electronic internet.

Emma, who lived with her widowed mother and younger brother, had opened a small stationery store at their home on Church Street in West Chester. Running such a shop helped the teenager gain both business and writing skills. But it was a meager living, and she was anxious for a better job.

An opportunity came her way when the new telegraph company needed an operator for their West Chester location. Emma quickly applied herself to learning the new skills and soon demonstrated the highest aptitude for Morse code — the language of the tele-

graph. Emma not only got the job, she negotiated to have the company install wires directly to her home, where she then set up the first local telegraph office.

With that, Emma became the first female in the brotherhood of telegraph operators, and she insisted proper decorum towards her be kept at all times. This helped set high standards as more women entered the workforce.



MRS. T. T. SMITH.

WOMEN'S RIGHTS ADVOCATE

Ann Preston, M.D. (1813-1872), West Grove

Ann Preston could have taken an easier path in life and been content to celebrate her many accomplishments. Dr. Preston graduated first in her class from the newly opened Woman's Medical College of Pennsylvania in 1851. She went on to enjoy a successful medical practice focusing on women's health and was elected Dean of the Medical College in 1865, the first woman in America to hold such an office. In addition, she became an author of a popular book of children's poems called "Cousin Ann's Stories," which became a 19th-century classic.

But Dr. Preston wanted to do more to support all women and find ways to ensure women enjoyed the same rights that were, in her lifetime, provided only to white men. To make an impact, she organized the first Women's Rights Convention in Pennsylvania

(the second in the U.S.) at Horticultural Hall in West Chester in June 1852, which attracted women's rights activists from around the country. A high point of the convention was the keynote speech Dr. Preston gave to develop resolutions addressing women's suffrage, equal pay and equal access to education.

Her spirit and leadership skills continue to act as an inspiration for everyone seeking equal rights.



WOMAN OF ACTION

Mary Ann Shadd Cary (1823-1893), West Chester

When 10-year-old Mary Ann and her family moved to West Chester in 1833, her parents made sure she received an education. As a young teenager, Mary Ann quickly discovered that schooling for Black children was very limited. She then took it upon herself to teach children of color who were not allowed to attend public schools. These efforts allowed her to open a school in West Chester for Black children in 1840, followed by another school in Wilmington, Delaware.

Mary Ann's activism took a significant step when famed abolitionist Frederick Douglass asked readers of his publication, *The North Star*, for suggestions on improving the lives of African-Americans. Mary

Ann promptly wrote a letter to Douglass with the phrase that "we should do more and talk less." The letter impressed Douglass and was reprinted and circulated.

Mary Ann also helped define a new role for Black women by encouraging her community to abandon the "separate but equal" position of white abolitionists and to demand full integration of African-Americans. Her legacy continues to inspire the equal rights movement of today. ♦



Malcolm Johnstone is the Community Engagement Officer with the Cultural Alliance of Chester County, an initiative of the Chester County Community Foundation.

Many thanks to the Chester County History Center Library for providing access to research material.



What to Wear to the Gala

Light up the room when you walk in wearing this stunning gown and glittering details.



Diamond bangle* in 18k white gold
by SUNA

*Pendant and bangle
by Walter J. Cook Jeweler, Paoli
Prices upon request



Sapphire and diamond pendant*
in 18k white gold



Sapphire and diamond ring
in 14k white gold, price upon request.
Sunset Hill Jewelers, West Chester



Crystal & silver evening bag, \$95
PRIVATE LABEL
Occasions Boutique, Malvern



Off-the-shoulder gown with floor-length cape,
\$2,450, by Talbot Runhof.
Van Cleve, Paoli

[Worth Knowing]

Strategic Charitable Giving

IT CAN BE A WIN-WIN FOR CHARITIES AND DONORS.

Kelley Meagher, Delphi Wealth Management Group

MANY REASONS MOTIVATE US TO CONTRIBUTE to charities. For some, it fulfills our sense of altruism or enlightened self-interest. While for others, it's, in part, the desire for potential tax advantages. Happily, strategic charitable giving can benefit both the charity receiving contributions and the donor receiving certain tax advantages (estate, retirement, tax reduction).

WIN-WIN

How can charitable giving benefit both charity and donor? For estate planning, charitable giving can remove assets from the donor's estate and subsequently reduce estate taxes due upon death. As simple as that.

For retirement planning, charitable donations may provide increased cash flow to the donor, specifically if a charitable trust is established. For this increased cash flow, the trustee of a charitable remainder trust may reallocate investments for better income to the donor.

What's more, appreciated property placed in a charitable trust may lead to deferral or reduction of capital gains tax on the property. And the trustee of a charitable trust may reinvest capital from one or two appreciated assets into a diversified portfolio to reduce investment risk and volatility by creating investment diversification for the donor.

In addition, our tax laws encourage charitable giving through charitable gifts or income, estate and gift tax deductions. You can find the "rules" for income tax deductions for charitable gifts in Internal Revenue Code Section 170 and in IRS Publication 78, which explains whether a recipient qualifies as a charitable organization. There's much more to the process, so consult an expert.

PLAN A STRATEGY

Investors need to examine their goals and needs for charitable giving just as they would do when buying a car. An individualized investment strategy and the car of your dreams both become "vehicles" for moving forward.

Begin by considering the effect the gift will have on you, the charity, your taxes and your future heirs. Decisions to donate during your lifetime or by will at your death — and the amount of control you want over the funds — will help determine the best investment vehicle for you. You likely already know about outright charitable gifts and have heard about trusts in a general way, but there are many options.

Changes in tax law and new investment products provide strategic opportunities for charitable donations. But both these areas can be

complex and difficult to keep up with. In addition, there's often a time lag associated with the development and use of investment products.

DONOR-ADVISED FUNDS

According to the National Philanthropic Trust, philanthropy's current fastest-growing vehicles are donor-advised funds (DAFs — giving accounts established at a public charity that allow donors to make charitable contributions, receive an immediate tax deduction and then recommend grants from the fund over time). Yet the first DAFs were created in the 1930s. Don't feel that you missed the boat on this. DAFs' popularity began growing in the 1990s and were not formally recognized in the Internal Revenue Code until the Pension Protection Act of 2006.

When appropriate for the investor, DAFs can be set up by a financial advisor and allow the donor to give cash, securities or other assets that are generally eligible for an immediate tax deduction.

There's another strategy available if you typically donate to charities year after year and plan to continue. Because standardized deductions changed significantly in 2018 and raised the thresholds for itemizing, if you're in a position to "clump" — or lump your typical annual charitable donations together — you can make an irrevocable contribution to your selected DAF. These funds can be invested in the DAF for tax-free growth, and you can recommend how and when the funds are granted to an IRS-qualified public charity. (Note: These funds may have associated costs, and some have minimum initial contributions to consider.)

Charitable giving is an important part of any wealth management plan. Be sure to seek professional advice to learn the latest and best practices for win-win giving. ♦

Kelley Meagher is a registered representative and supports registered associates of Delphi Wealth Management Group who are registered representatives of Lincoln Financial Advisors Corp. Securities and investment advisory services offered through Lincoln Financial Advisors, a broker-dealer (member SIPC) and registered investment advisor. Delphi Wealth Management Group is not an affiliate of Lincoln Financial Advisors Corp. This information should not be construed as legal or tax advice. You may want to consult a tax advisor regarding this information as it relates to your personal circumstances. CRN-5445671-020223



We Need to Talk About Miscarriage

Talking gives us more information and less stigma.

Lindsey Davis, MD, MPH
ChristianaCare Obstetrics and Gynecology



MISCARRIAGE IS A TOPIC THAT USED TO BE discussed only in whispers, if at all. But it's a conversation that deserves to be heard, considering that up to 20% of all early pregnancies end in a miscarriage.

We need to talk more about the frequency of miscarriage for several important reasons, but especially to reduce the stigma around patients who experience this kind of loss. They need our support to strengthen their physical, emotional and psychological health as they recover. Learning more about miscarriage can help.

WHAT IS A MISCARRIAGE?

Miscarriage refers to any spontaneous pregnancy loss under 20 weeks of gestational age. The American College of Obstetricians and Gynecologists estimates it's the most common form of pregnancy loss, with the majority of miscarriages occurring in the first trimester. Although fears of miscarriage are common among patients in their first trimester, the good news is that risk of pregnancy loss decreases after 12 weeks gestation.

WHY DOES MISCARRIAGE HAPPEN?

Most early pregnancy losses occur because of abnormalities in the development of the fetus, such as too many or too few chromosomes. These irregularities, which usually happen spontaneously, make it impossible for the fetus to develop normally. In these cases, nothing can be done to prevent a miscarriage from occurring.

Some situations, such as increasing maternal age, can increase the risk of chromosomal abnormalities that can lead to miscarriage. Uncontrolled health conditions in the mother, like diabetes or thyroid levels, also can increase the risk of miscarriage.

Patients who might be at higher risk should consult with their health care provider to better assess their individual situation. Exercise, sexual activity or working — as long as you aren't exposed to environmental hazards — cannot cause a miscarriage.

Most patients who experience a miscarriage later go on to have a successful pregnancy. In rare cases, some women experience recurrent miscarriages — defined as having more than three miscarriages.

These patients should seek the help of a specialist for additional testing to help identify any underlying causes and potential treatment options to increase the odds of a successful pregnancy.

WHAT ARE THE SYMPTOMS?

Pregnancy can bring on episodes of pain and discomfort, but ongoing cramping or bleeding for a patient with a confirmed pregnancy can indicate a potential miscarriage. Visiting a healthcare provider may be a good idea if you're experiencing vaginal spotting, bleeding, pain in the abdomen or pain in the lower back.

A provider may order a blood test to check the level of pregnancy hormones and compare it against earlier levels. They also may check for a fetal heartbeat and look at development of the embryo using ultrasound. Although it's understandable that individuals want immediate answers, that isn't always possible. It can take as long as a week to determine if hormone levels are rising or the embryo's structures are developing appropriately.

Once a miscarriage has been confirmed, patients have some options about how they want to proceed. One option is to let the miscarriage progress naturally and let the body pass the fetal tissue on its own. Patients can experience significant bleeding for a few weeks, which can be emotionally and physically painful for a grieving parent. And there's also a risk of an infection developing if abnormal pregnancy tissue remains inside the uterus for an extended time.

In some cases, the process can be shortened through medication that helps the body clear the residual tissue in a few days. For other patients, a surgical intervention may be chosen or needed to completely remove the fetal tissue.

There's no simple answer for how to manage a miscarriage. It's a painful time, both physically and emotionally. However a patient chooses to manage a miscarriage, she should have the support of her provider and loved ones.

DEALING WITH PREGNANCY LOSS

There are a lot of questions about miscarriage, both from patients and the people who care about them. Family members and friends

Continued on page 55

HPV Vaccine

It's not just for teen girls

Jessica Mayer, DO, Family Medicine
Department Chair
Suburban Family Medicine Residency



AS DOCTORS LOOK TO KEEP OUR PATIENTS healthy and thriving beyond the past years' pressing concerns from Covid-19, we're fortunate to have many tools to treat and prevent disease. As a family medicine physician, I find that cancer prevention is one of the important parts of my patient's ongoing care.

SOME BACKGROUND

Fortunately, we have an array of very safe and effective preventive treatments to help address cancer. Among those is a vaccine that protects against the sequela of human papillomavirus (HPV) infections, which can develop into cancer.

HPV is a sexually transmitted organism that can cause multiple types of cancer as well as problematic warts. According to the Centers for Disease Control and Prevention, it's the most common sexually transmitted infection (STI, about 43 million infections in 2018) in the U.S. and can spread easily.

Too often, individuals don't know they're infected with HPV and can unknowingly pass it along to their partners. You can develop symptoms years after having sex with someone who had the infection.

It's important to note that HPV infections are not limited to the cervix alone but can also affect the vagina, penis, vulva and throat. This means the important responsibility of preventing the spread of HPV applies to all individuals.

Initially, the HPV vaccine was given only to adolescent girls. Now the guidelines for the use of the HPV vaccine have been updated to include both broader age and gender categories.

WHO SHOULD GET THE HPV VACCINE?

As a result of extensive research and data review, the Advisory Committee on Immunization Practices has updated its guidelines surrounding the administration of the HPV vaccines. The most recent guidelines have changed to include a more comprehensive age range of adults. These vaccines are sold in the U.S. under the names Cervarix, Gardasil and Gardasil 9.

The HPV vaccine can be administered to those as young as age 9, although it's typically given starting at ages 11–12. If individuals

get the vaccine before age 15, they need only two doses to be fully protected, as their immune system develops a very robust response.

A three-dose series of vaccinations is recommended for older teens and adults to be fully protected. At all ages, the series can be completed in a 6-month timeframe and does not need to be restarted if doses are spread out over a longer period. The shots are generally administered in the upper arm or upper leg.

The HPV vaccine is recommended for any adult up to age 26 who has not already been fully immunized. This recommendation is made for all adults regardless of gender, risk factors or sexual activity and practices.

Currently, the vaccine is not approved to be given to those over 45. And for adults ages 27 to 45, the decision about getting the vaccine should be a joint discussion with your primary care provider.

FACTORS TO CONSIDER FOR THOSE 27 TO 45

When deciding if it makes sense for someone over 26 to receive the HPV vaccine, several factors should be considered.

Most sexually active adults have already been exposed to HPV, although they have likely not been exposed to all the strains of the virus the vaccine covers. Consequently, there's still a benefit for individuals to receive the vaccine after they've become sexually active.

For individuals currently in long-term mutually monogamous relationships, the benefits of receiving the vaccine may be minimal. But for an individual who anticipates having at least one new sexual partner, there can be a significant benefit to getting the vaccine.

It's essential to have a candid conversation with your primary care physician to discuss your individual needs.

WHAT THE VACCINE DOES (AND DOESN'T) DO

The HPV vaccine provides protection against multiple strains of HPV. Some strains are known to cause cancer of not only the cervix but also other genital regions and the mouth and throat.

Additionally, the vaccine provides protection against warts, which can occur in multiple genital locations as well.

The vaccine is preventative and cannot treat any existing HPV infections or benefit an existing wart or cancer. While the vaccine can be given after an identified HPV infection, it will not provide any

Continued on page 55

What Women 65+ Should Look for in a Primary Care Practitioner

How to find the right fit

Kathy Hill, NP, PCP
Primary Care Practitioner at Patina



CHOOSING A PRIMARY CARE PRACTITIONER (PCP) is a major health decision. It's highly personal, too. This health practitioner will make a big impact not just on your access to care but on your quality of life.

For women 65+ in particular, there are considerations to weigh during the process of choosing the right provider. Your PCP should be an anchor in your aging experience, helping you achieve your health goals, anticipate normal changes and address unique challenges.

It's crucial to take time to think through questions around health-care philosophies, relationship building, convenience and logistics. Here are a few key considerations for women 65+ to keep top of mind, to ensure you get the healthcare and aging experience you want and deserve.

A FOCUS ON OLDER ADULTS

As people age, their care needs change. New issues pop up. Health topics that once seemed far off, like bone density, can grow in importance. And issues present themselves differently in older adults. For example, symptoms like fatigue or loss of appetite can be warning signs for bigger issues, such as an infection or heart disease.

Older adult care requires a specific skill set, making it important to look for a PCP with deep experience working with 65+ adults. Practices that serve only 65+ adults are more likely to offer another benefit beyond knowledge and experience — a team with a passion for caring for older adults.

What don't you want? Someone who doesn't take your input seriously and is quick to assume your health conditions are just related to being older.

But knowing older adults overall isn't enough. You want a PCP who will put in the time to get to know you and your unique health needs, preferences and goals. For instance, this approach is a unique part of care at my primary care practice at Patina, available in the greater Philadelphia area. After our patients' first visit, I make sure they feel seen and heard, have a care plan, and understand what's going to happen next and who to contact for any questions.

WHOLE-PERSON CARE

Older women have specific health needs. Women 65 and up should look for a practitioner with experience treating women's health changes and issues, such as care after menopause, including osteoporosis and bladder and sexual health. But that's just the beginning.

Your primary care provider should treat you in your entirety, delivering personalized, coordinated care for a range of medical, behavioral health, social care and logistical needs. That takes a provider that offers not only an individual PCP, but ideally a primary care team that stays with you over time and addresses your whole-person needs.

For example, your care team may include your PCP, who guides your care, plus an individual who helps you navigate your care — from helping you schedule specialist appointments, to setting up transportation, if needed, and other legwork.

Specialized resources should also be available, including mental and behavioral care practitioners. You should be able to include family and loved ones in your care, making it easy for everyone to stay informed.

And you should be the leader of your care, supported by a care team who takes the time to know you and build trusted relationships.

PCP'S CARE PHILOSOPHIES

Different providers have different philosophies for care. It's important for women 65 and older to understand the care philosophies of potential providers and share that vision for care. It builds trust.

Key decisions like courses of treatment, frequency of visits and involvement of family or friends can be a direct result of a practitioner's approach. When patients trust their PCP's perspectives, they are more likely to follow recommended treatments. A shared philosophy can also help prevent miscommunications and help older adults make more informed care decisions.

While a shared vision is key, keep in mind that decisions are best made by patients, not providers. You don't want someone who picks priorities for you. Be honest about what's really important to you, especially as you age.

CONSIDER LOGISTICS

Your healthcare should accommodate you. Location, convenience and technological aptitude matter. Women 65+ should ask themselves questions like:

- How do I prefer to interact with my PCP?
- Do I like traveling to a PCP's office or prefer house calls?
- Would I like virtual visits, with video?
- Do I want to be able to stay in touch by phone and text message?
- Would I like or need a mix of these methods?
- How quickly do I want to be able to get an appointment if care is needed?

Many older adults value the merits of their PCP coming to them, instead of the other way around. That's why some practices offer virtual and at-home visits. Imagine your care team visiting in the comfort and convenience of your home — no transportation and downtime needed.

In addition, there's considerable benefit when providers can see your home setting. They can see the physical logistics of your home and how you go about your everyday life, like those 14 tricky steps to enter your house, or an active home full of grandchildren. That's all-important context that helps PCPs guide care that works best for you.

The right PCP decision comes down to who will get to know you — the whole you — the best, so you can have the aging experience you want and deserve.

Kathy Hill, NP, a Primary Care Practitioner at Patina, earned her MSN/NP with a focus in geriatrics from the University of Pennsylvania. She builds close relationships with her patients across Chester and Delaware Counties to support their healthcare and aging journey. Patina provides primary care exclusively for adults 65+, in the greater Philadelphia area. Learn more at PatinaHealth.com.



Continued from page 52

understandably want to know what they should do and how they can support someone who's lost a pregnancy.

I don't have all the answers, but I tell my patients that what they've experienced is a true loss. They should take time for grieving just as they would for any other loss. Some will accept the non-viability of the pregnancy quickly. Others will grieve the loss of what could have been. In either case, it's a painful experience.

Family members and loved ones should be aware that after a miscarriage, they should be sensitive to the emotional and physical triggers that may surround the grieving parent. A good resource to check out is Share (NationalShare.org), a website for anyone who has experienced pregnancy loss.

When it comes to contemplating a future pregnancy, the decision of when to resume trying to conceive is up to the patient and their partner. Some people need more time and space before they're ready to prepare for another pregnancy. From a physical standpoint, a woman can safely conceive after having at least one normal menstrual cycle, as long as there aren't any other uncontrolled chronic medical illnesses. But it can take anywhere from two to 12 weeks after the miscarriage for a menstrual cycle to return following a pregnancy.

Miscarriage brings many questions for expectant parents. Yet often, there are few answers. The more we honor these experiences and their impact on people, the better we can care for our patients and those we love.

Lindsey Davis, MD, MPH, specializes in obstetrics and gynecology at ChristianaCare. She has expertise in preventive care, menopause and pregnancy and helps women have healthy and safe pregnancies. Dr. Davis sees patients at ChristianaCare's Concord, Kennett Square and Greenville locations and delivers babies at the state-of-the-art Center for Women's & Children's Health on the ChristianaCare Newark Campus.



Continued from page 53

treatment benefit for any current conditions. And it will not protect you against other sexually transmitted infections not caused by HPV, such as HIV or HSV (herpes).

It's still important to get the vaccine to prevent future infections with other strains.

MORE PREVENTION

Regardless of an individual's choice about receiving the HPV vaccine, cervical cancer screening remains an important part of cancer detection and prevention.

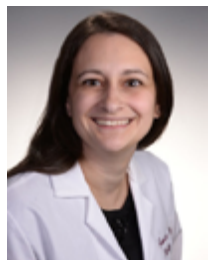
For most individuals over 21, cervical cancer screening is recommended every 3 to 5 years. It's important to talk with your primary care physician about the screening schedule that is right for you.

Regular cervical cancer screening through pap testing is an important way to catch early signs of cellular changes that are cancerous or could lead to cancer. Catching these changes early can often allow minimally invasive treatments to resolve the issue altogether.

FINAL WORDS

While HPV is a very common and dangerous virus, we're fortunate to have a vaccine that can prevent its spread and transmission. Discussing the HPV vaccine with your primary care physician can be very beneficial in avoiding infection and cancer. ♦

Jessica Mayer is a board-certified physician specializing in family medicine and is the Program Director of the Suburban Family Medicine Residency program and Vice-Chair of the Family Medicine Department at Suburban Community Hospital. She received her medical degree from the Philadelphia College of Osteopathic Medicine, held an internship at Crozer-Chester Medical Center in Pennsylvania, and completed a residency at Mercy Suburban Hospital in Philadelphia.





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JULY 16 - 21
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SUMMER CAMPS

Our Guide To Help You Keep Your Kids Energized, Engaged And Happy All Summer Long



THE AGNES IRWIN SCHOOL

Ithan Ave. & Conestoga Rd., Rosemont
610-801-1284, AgnesIrwin.org

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BRANDYWINE ZOO

1001 N. Park Dr., Wilmington

302-571-7788x209, Camps@BrandywineZoo.org

June 12-August 25

This summer camp is designed to provide children ages 4-17 the opportunity to learn about animals, zoos and wildlife conservation. This enriching and educational experience will be filled with Zoo visits, live animal presentations, crafts, games, stories, learning projects and much more. More importantly, each child will learn the importance of having fun in nature and making new friends.



CAMP GERONIMO

The Barn at Spring Brook Farm
360 Locust Grove Rd., West Chester

610-793-1037; SpringBrook-Farm.org

June 19-23; June 26-June 30; July 17-21;
July 24-28; July 31-August 4; August 7-11

Camp Geronimo offers children ages 6-12, with disabilities, a unique day camp experience on a 17-acre West Chester farm. A 1:1 camper/counselor ratio ensures all children can participate safely and successfully. A registered nurse is on site each day to ensure each child's medical needs are met. Whether it's feeding a baby calf from a bottle, picking vegetables from the garden, or grooming one of the miniature horses, the camp guarantees a fun and memorable experience for all campers.



CENTER SCHOOL

2450 Hamilton Ave., Abington

215-657-2200; CenterSchoolPA.org

July 5th-August 4th

Center School's Summer Learning and Enrichment Program is a four-week program for students entering grades 1-8, offering full-day and morning-only options. During the morning sessions, the focus is on targeted instruction in literacy, using the Wilson Reading System and mathematics. Afternoon sessions include enrichment activities such as CrossFit training, STEM, Creative Arts and Music. Summer tutoring is also available upon request.



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Grades 1st - 8th

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June 19th - August 11th

thewaldenschool.org/programs/2023-summer

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CENTREVILLE LAYTON SCHOOL


6201 Kennett Pk., Centreville

302-571-0230; CentrevilleLayton.org

June 27-July 29

This PreK–8th grade program is designed to reinforce academics, with an optional afternoon program focused on recreational activities and nature exploration. The program offers students instruction and academic support for reading, written language and mathematics to prepare students for the coming school year. Visit website for more information.





KIMBERTON WALDORF SCHOOL

410 W. Seven Stars Rd., Phoenixville

610-933-3635; Kimberton.org

June 19-August 11

Kids from K–grade 6 experience everything on campus from the forest and creeks, to riding bikes, arts and crafts, creative play and fort building, picnics, sports and more. The youngest play in the Rosebud Garden and everyone can cool off with water play, sample the summer bounty from the organic farm. Visit website for more information.





SUMMER SERIES AT VILLA MARIA

Villa Maria Academy High School

370 Central Ave., Malvern

610-644-2551; VMAHS.org/Villa-Events/SummerSeries

June 12-August 11

Offered on its beautiful 45-acre campus by experienced Villa faculty, staff and coaches, the Summer Series includes a variety of athletics and enrichment camps from PreK through 12th grade. Athletics camps include field hockey, soccer, basketball, lacrosse and rowing. Enrichment camps explore journalism, art and design, leadership, study skills and more. Get a jump start on the new school year, hone your skills, explore your interests and have fun this summer at Villa Maria.

THE WALDEN SCHOOL
 901 N. Providence Rd., Media
 610-892-8000; TheWaldenSchool.org
SummerCamp@TheWaldenSchool.org
 June 19-August 11

Each week features a different learning adventure, brought to life through cool crafts, outdoor activities, music, stories and more. Themes include Nature's Treasures, Commotion in the Ocean, America the Beautiful, Digging for Dinosaurs, There's No Place Like Space, Bodies Are Cool, Antarctic Antics and A Bug's Life. Full, half-day and extended-day programs are available.



WEST CHESTER FRIENDS SCHOOL
 415 N. High St., West Chester
 610-696-2820; WCFriends.org
 June 12-August 18

Welcome to Summer 2023 at WCFS, with an exciting slate of activities for children to enjoy together or in age-appropriate groups with highly experienced teachers from WCFS and around the community. Each day provides unique opportunities for enrichment and creativity, to encourage students to discover and develop new interests and emerging talents. Children create ... explore ... and experience in the same supportive setting and nurturing community that West Chester Friends School provides all year long.



WEST CHESTER UNIVERSITY
SUMMER MUSIC CAMPS
 Swope Music Building, 817 S. High St., West Chester
 610-436-2921; WCUPA.edu/SummerMusicCamps
 Elementary School and Middle School Camps: June 26-30
 High School Summer Music Institute: July 10-15
 Summer Jazz Camp: July 16-21

Elementary School and Middle School Summer Music Camps offer a variety of ensemble experiences, culminating with a finale concert. High School Summer Music Institute students benefit from private lessons, ensembles, music theory classes and concerts. Summer Jazz Camp students participate in combos, rhythm section clinics and classes in music technology, recording and arranging. All students benefit from working with the outstanding faculty in state-of-the-art Wells School of Music facilities.

UPTOWN! KNAUER PERFORMING
ARTS CENTER STUDIO
 226 N. High St., West Chester
 610-356-2787; UptownWestChester.org
 June 12-August 11

Summer Camps at Uptown for ages 4-18, include a new teen addition this year. There's a wide variety of camps to choose from, such as Broadway Kiddos, Storybook Theatre, Summer Stock Kids, Broadway Cabaret, Kids Show, Triple Threat, Glee Week, Acting for the Camera/Improv, Stage Combat, Summer Stock Teens, Teen Show Camp and new this summer, A Cappella Summer Camp.



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- Summer Camp Geronimo (a few spots are still available!)
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YOUR HEALTH IS TRENDING!

Jessica Roberts

CHEERS TO HEALTHIER WINES.

HAVE YOU NOTICED SOME NEW LABELS AT YOUR local wine shop? Your favorite wine producers are making interesting wines you need to check out ASAP! You'll find options that are low calorie, low sugar, low alcohol, gluten free and even combinations of some or all the above.

But what does this mean for your sipping pleasure? Here's a brief overview, along with some recommendations.

LOW-CALORIE OPTIONS

Low calorie anything and everything has been trending for what seems like eons. And for good reason. As we know, controlling your calorie intake and sources can be a major method for controlling your health.

Perhaps surprisingly, wine is also an area where you can cut your calorie intake, if you choose. An average glass of wine contains about 100 to 125 calories for a 5-ounce serving. And today since many wineries are changing their formulas or creating secondary labels for wines to feature lower calorie options, fans have many more choices to enjoy. These low-cal sips range from 70 to 100 calories per serving. (Check the information on the back label or producer's website for the accurate calorie count of your favorites.)

Producing a low-sugar wine can be difficult since the main ingredient — grapes — is full of sugar! And it's the sugar that becomes alcohol in the fermentation process. Yet winemakers have found a way.

As a baseline, the average glass of wine has roughly 0.9 to 1.4 grams of sugar, which is part of the daily maximum for men and women of 36 or 25 grams, respectively. This sugar content has spurred winemakers to innovate, and in the past few years, methods have been developed for removing sugar from wine before and after fermentation to create wines that are both low in sugar and low in alcohol.

One rough method for estimating sugar levels in wine is to check the alcohol content. This is not an iron-clad rule, but typically the higher the alcohol level, the drier the wine, which means less sugar. This works in the reverse as well — when there's less alcohol, there's likely more sugar.

LOW-ALCOHOL AND ALCOHOL-REMOVED WINES

Much as low-calorie options have been all the rage, low-alcohol (and alcohol-removed) beverages have also been trending. Dry January begat Sober October, the sober curious plus other months when many opt for no- or low-alcohol drinks.

Clearly, there are many reasons for lowering alcohol consumption, and health is just one of them. Although lower alcohol wines tend to be sweeter when produced by traditional methods, many wine makers now use newly developed processes to remove sugar and alcohol. This results in many more styles of low-alcohol wines — from very sweet to very dry. Not only are these wider options available for low-alcohol wines but for alcohol-removed wine as well.

The trend in alcohol-removed wines — aka dealcoholized wines — has also been increasing rapidly. Currently, **Fre** (from Sutter Home) is the main option — offering brut (\$9.99), chardonnay, red blend, white zin (\$8.99) — but this should change as more people want real wine with little to no alcohol. Fre uses a spinning cone method with centrifugal force to evaporate alcohol from the wine, while preserving the aromas and flavors.

It's important to note that even alcohol-removed wines still have faint traces of alcohol left, though usually no higher than .5% alcohol by volume (ABV). And the alcohol levels of wines vary widely. The average glass of wine contains about 12% alcohol, but bottles range from as little as 5.5% to as much as 20%. Alcohol level varies by the variety of wine, the winemaker and their desired ABV.

There are also styles of wine that are naturally low in alcohol — such as vinho verde — that are typically associated with summer as they are light and easy to drink. Try **Aveleda** (\$12.49) and **Gazela** (\$11.39), both with only 9% alcohol yet still crisp to the taste.

In addition, certain sweet wines also have a low alcohol level because of the fermentation process. Moscato wines have an alcohol content that ranges from 4% to 11% but have a much higher sugar content in exchange for the lower ABV.

Low-alcohol options also extend to mocktail-related products that are trendy now. There are many variations on the classic mimosa, French 75 and other drinks that hold all the flavor and fizz with little to no alcohol.

RECOMMENDATIONS

Armed with this short background on the low-calorie and low-alcohol trends, it's time for recommendations. There are now many options to choose from, so try a few to find the ones you like the best.

One of the biggest names on the market is **FitVine**, making chardonnay, pinot grigio and cabernet sauvignon (\$14.99).

It's one of the first companies to create low-sugar wines and to make them affordable and popular. Their process allows the wines to be lower in tannins, sugars and histamines, while also being vegan and gluten free.

Starborough's Starlite Sauvignon Blanc (\$13.99) is a 90-calorie wine with less than a gram of sugar per serving and tastes as light as a tropical breeze.

Kim Crawford's Illuminate Sauvignon Blanc and **Rosé** (\$18.99; \$16.99) are also quickly gaining traction with their new label coming in at 70 calories per glass, plus a lower alcohol content of 7%.

Cupcake's Light Hearted line — chardonnay, pinot grigio, sauvignon blanc, rosé, pinot noir (\$11.99) — is extensive and truly has it all. These wines have 80 calories, 8% alcohol, less than a gram of sugar, and are gluten free. Healthy options.

Need to serve a big group, and a few bottles just won't do it? Make a beeline for the box wine aisle for economy-sized options. These days, there's no shame in serving box wine, which has improved significantly in quality over the years.


Bota Box Breeze (\$22.99) features four different wines — pinot grigio, sauvignon blanc, dry rosé, red blend — that are all 80 calories, lower in sugar, lower in carbs, 8% alcohol and gluten free. **Black Box's Brilliant Collection** (\$22.99) is a second option, offering chardonnay, pinot grigio and cabernet sauvignon, all 70 calories and 6.5% alcohol. Both of these wines come in 3L boxes, so there's plenty to share with friends and family.

There's still so much more to learn on these topics, so stop by your local wine shop to find out more from a wine specialist. ♦

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.



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[Food News] *A few of our favorite things to share this month about local food and drink*

Green Goodies. The couple behind Center City vegan restaurant Vedge is bringing their talents to Chester County. Located at the former Inn Keeper's Kitchen in historic Dilworthtown, **Ground Provisions: Market & Dining** is a plant-based market-restaurant. The country store and wine shop, featuring specialty groceries and local products, is open Tuesday through Saturday. Coming soon is an intimate eight-table



restaurant serving "farm-house cuisine," emphasizing local, seasonal, organic vegetables. Dinners will include five to six courses, \$75/person. 1388 Old Wilmington Pk., West Chester. GroundProvisionsPA.com.

International Flavors. Two new restaurants have joined West Chester's vibrant dining scene. At 237 East Gay Street, **Manjé Caribbean Cuisine** serves up fresh, flavorful and authentic Caribbean fare from recipes passed down through generations. Popular dishes include jerk chicken, slow-cooked oxtail and butternut squash soup. And **Eden Sweet House**, at 145 West Gay Street, offers Asian-inspired baked goods. Stop by for creamy egg tarts, Japanese soymilk cream cake, matcha French puffs and more, all made on site. ManjeCaribbean.com. [Instagram.com/ManjeCaribbean](https://www.instagram.com/ManjeCaribbean). [Eden_Sweet_House](https://www.instagram.com/Eden_Sweet_House).



Healthy Habits. Looking to eat better and create a healthier lifestyle? Try the Delaware Breast Cancer Coalition's new **Yes2Health in the Kitchen** class. Part of the Coalition's Yes2Health program, In the Kitchen is a free, interactive online cooking class teaching culinary skills and healthy recipes and taught by professional Chef Dee Iraca, a registered dietitian nutritionist. The next class is Thursday, March 9 from 12 to 1:15 p.m., so get cooking! DEBreastCancer.org.

Brand-New Beef. Steak lovers, rejoice! Malvern's Stove & Tap location is now **Joey Chops**, an upscale but approachable boutique steakhouse. Besides high-end steaks, such as bone-in and dry-aged cuts, they serve premium seafood and an extensive drink menu, including specialty cocktails, wine and beer from Levante Brewing Company. Menu highlights include wagyu sliders, tableside tuna tartare and salmon Wellington. 245 Lancaster Ave., Malvern. JoeyChops.com.



And the Winner Is...

The 107th **Pennsylvania Farm Show** in Harrisburg saw several Chester County makers come home with awards. Chaddsford Winery's 2020 Sparkling Sémillon won a gold medal and Best in Show in the Sparkling Wine category. Local dairy farms won awards for their cheeses, as well. The Farm at Doe Run in Coatesville earned ribbons for four cheeses, including a 3rd Best in Show for Black Swallowtail, Chester Springs' Birchrun Hills Farm won two ribbons, and Elverson's Conebella Farm won one. Congratulations! FarmShow.PA.gov.



Mission-Centered Farming

SUSTAINABLE FARMING COMMUNITY SERVES AS ROLE MODEL FOR LOCAL FOOD PRODUCTION

Courtney H. Diener-Stokes

EVERY MORNING BRYAN AND BRITTANY DONOVAN, owners of Horse Shoe Ranch, set out at dawn to tend to their flock of 3,600 hens with a greater purpose than providing pasture-raised eggs and chicken to residents of Chester County and beyond.

As the newest land and residential tenants of **Lundale Farm**, they've become a part of something larger than the poultry business they founded six years ago. Lundale, a nonprofit located in South Coventry Township, serves as a sustainable farming community with a mission of enhancing the ecology, health and diversity of the land. It also serves as a model for local food production and forest stewardship.

Like all six tenants at Lundale, Horse Shoe Ranch was chosen for their ability and desire to align with the Farm's underlying purpose — the vision of the late PA State Representative Samuel Morris and his wife, Eleanor, who entrusted the Farm to their children with the condition that the preserved land would be rented out to organic farmers. Horse Shoe Farm joins Kneehigh Farm (specializing in chemical-free fresh vegetables), Pasture Song Farm (forage raised pork), Trees for Grazers (native trees for cattle and sheep grazing), French Creek Organic Cider, (heritage hard cider) and Olszanowski Farm (livestock feed) as part of the community.

The Donovans see their current setup — the use of 100 acres and a built-in social support network — as the fulfillment of a dream. They take great pride in being part of the farming community at



Bryan and Brittany Donovan, owners of Horse Shoe Ranch, with their daughter, Birdie.

Lundale and value having other farmers around who've become their friends.

Becki Patterson, Lundale's Executive Director since June, says she is excited by the high energy and enthusiasm the Donovans bring to the Farm, including their long-term plans to double their flock by 2024. In addition to operating their businesses, all the Lundale tenants have a willingness to help out in other areas of the Farm's overall mission, says Patterson.

Beyond the original vision for their preserved land, Lundale Farm continues to broaden their mission under Patterson's helm, along with a Board of Directors headed by Board President Vince Pompo. Recently, they established a new educational program for third- and fourth-grade students to give them an understanding of where their food comes from and what it takes to be a farmer today. Patterson says they look forward to offering more public events.

Today, you can help support the greater mission of the Farm by buying the tenant's products. John Alff, owner of **Vesta Kitchen Catering** in Phoenixville, sources much of his food at Lundale for that very reason. The regenerative farming methods used there ensure he's able to have a positive impact on our local food system and community.

With the warmer season approaching, Alff is excited to switch up his menus for Vesta and at home for his wife and three children. Here are some recipes from Alff and the Donovans to inspire you to make the most of what March has to offer in anticipation of the official first day of spring on the 20th.



Becki Patterson, Executive Director of Lundale Farm

Pulled Pork Breakfast Nachos

This creative take on nachos from Chef John Alff features Kneehigh Farm garlic and lettuce, Pasture Song Farm pork and Horse Shoe Ranch eggs sunny-side up, so it's just as suitable for breakfast as it is for brunch or lunch. Pair with a mimosa for a lazy weekend day at home.

Serves 2



For the Pulled Pork:

- 2-lb. pork shoulder
- 1-2 T. salt
- 2 T. grapeseed oil
- 1 yellow onion, quartered
- 1 orange, halved
- ½ C. orange juice
- 4 bay leaves
- 6 sprigs fresh thyme
- 1 cinnamon stick
- 6 cloves garlic

For the Black Beans:

- 1 C. dried black beans, soaked overnight
- 8 sprigs cilantro
- 8 cloves garlic
- ½ jalapeño, seeds and stem removed
- 1 T. dried epazote (can substitute oregano)
- 1 tsp. salt
- 3 C. water

For the Toppings:

- ½ standard-size bag of tortilla chips
- ¼ C. cheddar cheese, shredded
- 2 eggs (sunny-side up with a runny yolk recommended)
- ½ C. salsa
- 2 C. Little Gem Lettuce or mini romaine, chopped
- 2 tsp. cilantro, chopped
- 2 scallions, sliced thin
- ½ C. guacamole

How to get involved

Stay Connected

Formerly a dairy farm, Lundale Farm is under easement through French and Pickering Creek Conservation Trust, a nonprofit founded by the Morrisises in 1967 that helped cement their status as agricultural land pioneers. You can become a subscriber of Lundale Farm to support their mission and stay up to date on their latest events and educational opportunities by visiting LundaleFarm.org.

How to Support the Farmers

Most of Lundale Farm's tenants sell their offerings at Red Dog Market in South Coventry Township, less than a quarter mile from the Farm. Red Dog is owned by Aaron and Emma de Long, who have a shared passion for providing nourishing food to the community. Emma is also the owner of Kneehigh Farm and a tenant at Lundale. For more, visit RedDogMarketPA.com and to shop, visit 1503 Ridge Rd., Pottstown.

Step 1: Roast the pork:

Preheat oven to 350°. Season the pork shoulder on all sides with salt. Heat the grapeseed oil in a small Dutch oven or other pot on the stovetop over medium heat. When the oil is hot, sear the pork on all sides. Add remaining pork ingredients.

Next, add enough water to cover everything. Bring to a simmer and put an oven-safe lid on the pot. Place in the oven and cook for about two hours. While the pork is cooking in the oven, start the beans.

Step 2: Make the black beans:

Drain and rinse the black beans, discarding any debris. Place the remaining ingredients for the beans in a pot and add water.

Bring to a simmer over medium/low heat. Check beans every 15–20 minutes, adding more hot water if necessary. Beans are finished when they are tender but still hold their shape. Salt to taste after cooking, if desired.

Step 3: Prepare the cooked pork:

After the pork is fully cooked (when it can be easily shredded with a fork), shred, strain and reserve the liquid. Discard other ingredients. Add just enough liquid to moisten the shredded pork, mix and set aside.

Step 4: Make the eggs and assemble the nachos:

Spread out tortilla chips on a baking sheet lined with parchment paper. Sprinkle cheese over the chips and place in the oven.

While the cheese is melting, cook the eggs.

After the cheese has melted (about 5 minutes), remove from the oven and grab a corner of the parchment to transfer nachos to a serving tray or plate. Spread the shredded pork over the nachos, followed by the other toppings (beans, salsa, lettuce, eggs, cilantro, scallions and guacamole).

Devour immediately. It's not ideal to store any leftovers due to the high potential for sogginess.



Lundale Farm

Rustic Seasonal Vegetable Quiche With Cornmeal Crust

Brittany Donovan enjoys putting their Horse Shoe Ranch pastured eggs to good use in a quiche that features whatever seasonal vegetables she has on hand. She suggests cooking up some local, pasture-raised bacon or sausage to accompany the quiche while you wait for it to cook.

Serves 6 to 8



For the Cornmeal Crust:

- 1 C. all-purpose flour
- $\frac{1}{3}$ C. cornmeal
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ C. cold pork fat
- $\frac{1}{4}$ C. cold unsalted butter, cut in small pieces
- $\frac{1}{4}$ C. ice cold water

For the Quiche Filling:

- 6 eggs, room temperature
- $1\frac{1}{2}$ cups half-and-half or heavy cream
- 2 C. sharp cheddar cheese, shredded
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ tsp. fresh thyme
- $1\frac{1}{2}$ C. seasonal vegetables, chopped



Step 1: Make the crust:

In a medium bowl, mix the flour, cornmeal and salt together. Cut in the pork fat and butter. Slowly add ice cold water and stir to fully combine until a ball is formed.

Divide the ball into two equal pieces and wrap tightly in plastic wrap. Chill one piece in the refrigerator for at least one hour and place the other piece in the freezer for later use.

Step 2: Make the quiche filling:

Preheat oven to 425°. In a small bowl, beat eggs until foamy. Beat in the cream until combined. Add half of the cheese, along with the salt, pepper and thyme. Stir to combine.

Step 3: Assemble the quiche:

Roll out one piece of cornmeal crust on a lightly floured board and press into a 9-inch pie dish. Pour egg mixture into pie crust. Add vegetables and sprinkle the remaining cheese on top.

Bake for 10 minutes at 425°, and then reduce heat to 325°. Bake approximately 30–40 minutes longer, until the top begins to brown and a knife inserted in the center comes out clean. Let stand for 10 minutes before cutting.

Cover pie dish tightly to store any leftovers in the refrigerator for up to 3 days.

BBQ Chicken Burgers

Horse Shoe Ranch chicken sets the stage for these burgers by John that

have a little smokiness thanks to Kneehigh Farm's poblano peppers. The size of this recipe makes it ideal for freezing leftover cooked patties for an easy meal during the week. Pair with a side salad made using Kneehigh Farm greens.

Makes 12–14 patties, depending on thickness



- 1 yellow onion, peeled and chopped
- 4 poblano peppers, roasted, peeled and seeds removed
- 10 garlic cloves, peeled
- 1 T. paprika
- 5 eggs
- $1\frac{1}{2}$ C. breadcrumbs
- $\frac{1}{2}$ C. cilantro leaves, washed and chopped
- 1 T. ground coriander
- 1 tsp. cayenne pepper
- 5 lbs. ground chicken
- 2 T. salt
- Vesta Kitchen 'Smooth Operator' BBQ Sauce (or your favorite)

Put onion, poblanos, garlic, paprika, eggs, breadcrumbs, cilantro, coriander and cayenne in a food processor and buzz until fully incorporated.

Line a baking sheet with parchment and grease with oil or non-stick spray. Preheat oven to 425°.

Place ground chicken in a large mixing bowl. Add salt and the contents from the food processor, and mix thoroughly by hand. Roll about 12–14 balls and flatten them to form into burger patties.

Place patties on a baking tray and bake until the burgers are fully cooked (about 18–20 minutes). Use a meat thermometer to confirm the burgers reach an internal temperature of 165°.

Burgers are ready to enjoy on a bun or placed on top of a salad. Add barbecue sauce and any other toppings you prefer.

Freeze leftover cooked burgers in a sealed freezer bag.

Golden Beet & Carrot Soup

The coriander, curry powder and ginger pair perfectly with Kneehigh Farm's beets and carrots to create a warming and pleasurable soup. John suggests serving the soup with bread by Green Lion Breads in Phoenixville that uses locally grown heritage and ancient grains.

Makes 3 quarts



- 5 lbs. golden beets, greens and roots cut off, scrubbed and washed
- Salt and pepper
- Olive oil
- $\frac{1}{4}$ C. sherry or cider vinegar
- 8 sprigs fresh thyme
- 5 lbs. carrots, peeled and chopped
- 2 yellow onions, chopped
- 10–12 cloves garlic, chopped
- 1 piece fresh ginger (about $\frac{1}{4}$ – $\frac{1}{3}$ lb.), peeled and chopped small
- 1 T. ground coriander
- 2 T. curry powder
- 4 bay leaves
- 1 quart vegetable stock (32 oz. container)
- 2 T. Vesta Kitchen 'Crazy Train' Hot Sauce (or your favorite)

Preheat oven to 375°. Line a baking tray with aluminum foil.

Toss beets with a generous sprinkle of salt and pepper, and generously coat with olive oil. Place coated beets in the middle of the foil and fold the sides of the foil up to make a little beet boat. Pour the vinegar in the foil boat over the beets and place 4 thyme sprigs on top of the beets.

Place another piece of foil on top of the boat and cover snugly. Roast for 2.5–3 hours, until the beets are soft and fork-tender.

After fully cooked, remove the top piece of foil. Once the beets have cooled enough to handle, peel them by rubbing off the skin with a paper towel (the skin should slide right off). Chop beets and set aside.

Turn the oven up to 425°. Mix the carrots with a generous sprinkle of salt and a coating of olive oil before spreading evenly on a baking tray. Roast 20–25 minutes, until carrots are soft and slightly browned.

Saute onion with olive oil and a generous sprinkle of salt in a large pot until the onion is soft and begins to brown. Mix in garlic, ginger, coriander, curry powder, 4 thyme sprigs and the bay leaves. Cook while stirring for 5 more minutes.

Add the chopped beets and roasted carrots to the pot. Pour in the vegetable stock. Bring to a simmer and cook for 15 minutes. Remove from heat. Discard bay leaf and thyme.

Working in batches, buzz the soup in a blender or use an immersion blender. Add more vegetable stock or water if the consistency is too thick. Once all of the soup is buzzed, mix in the hot sauce and salt to taste.

Serve immediately or refrigerate in a sealed container for up to 1 week. Freeze in mason jars for up to 3 months.

Roasted Chicken Legs with Broccoli Rabe

Horse Shoe Ranch pasture-raised chicken is the focal point of this Donovan family favorite dish that was inspired by Dishing Up the Dirt. Brittany switches up seasonal vegetables to offer variety since the dish has become a weekly staple. Pair with mashed potatoes or a cheesy polenta, along with a simple green salad.

Serves 2–4



- 1 bunch of broccoli rabe, rinse and cut off bottoms of stalks (or another seasonal vegetable)
- 4 whole chicken legs (or thighs)
- 4–6 cloves of garlic, peeled and left whole
- 2 sprigs fresh thyme (or sage or rosemary)
- 4 T. butter, cut into four equal pieces
- Salt and pepper

Preheat oven to 425°. Cover the bottom of a casserole dish or cast-iron skillet evenly with the broccoli rabe. Arrange the chicken on top of the broccoli rabe.

Place the garlic cloves and sprigs of thyme evenly around the chicken. Add the pieces of butter to the dish. Sprinkle the entire dish generously with salt and pepper.

Roast for approximately 45 minutes, until the internal temperature reaches 165° and the skin is golden brown. If necessary, cover the dish with parchment paper or foil to keep the skin from getting too brown.

Refrigerate leftovers in a sealed container for up to 3 days. ♦

Courtney Diener-Stokes is an award-winning journalist, author, food writer, photographer and food stylist. Most recently she co-authored the Kimberton Whole Foods Cookbook and Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul. She lives in the Oley Valley countryside with her husband, three children, two Babydoll Southdown sheep, a flock of bantam chickens and a Bernedoodle named Daisy.



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Arthur C. Hall Insurance.....	19	Harper & Sons.....	10	Somerset Nursery & Garden Center.....	18
Artisan Exchange.....	64	Key Financial, Inc.....	3	Suburban Community Hospital.....	70
Barn at Spring Brook Farm	61	Kimberton Waldorf School Summer Camp	19	Sugarbridge Kitchens & Baths	back cover
Berkshire Hathaway Fox Roach / Holly Gross Group	4	King Construction.....	12	Transplant Alliance Foundation.....	22
Brandywine Zoo	61	Lifecycle WomanCare	22	Uptown! Knauer Performing Arts Center.....	58
Center School.....	58	Lower Bucks Hospital.....	70	Villa Maria Academy High School.....	56
Centreville Layton School	58	Monument / Sotheby's Int'l Realty K. Nader.....	7	The Walden School.....	58
Chester County Comm. Fdn.....	35	Mostardi Nursery	17	Walter J. Cook Jeweler.....	8
Chimney Cricket Fireplace & Hearth.....	17	National Iron & Steel Heritage Museum	56	Welcome Neighbor	70
ChristianaCare Health Systems	5	Nemours Children's Health System.....	2	West Chester University Summer Music Camp	56
Christopher Chocolates / Fine Foods.....	64	Penn Medicine / Chester County Hospital.....	71	West Chester Friends School	61
Delaware Museum of Nature & Science	61	Ron's Original Bar & Grille.....	64		
E. C. Trethewey Building Contractors, Inc.	12	Roofing Restorations Co.	64		
		Roxborough Memorial Hospital	70		

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