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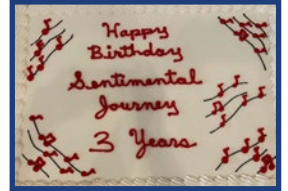
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HAPPY 3RD BIRTHDAY TO VPS'S OWN IN HOUSE BAND, SENTIMENTAL JOURNEY!

Their very first concert was three years ago during a difficult time when they were able to uplift spirits and provide entertainment to their peers! Thank you all for your dedication to providing good times for all! Len Ferrara sure is missed!





RAINFALL/ SNOWFALL AT THE VILLAGE

by Marion D.

SNOWFALL

RAIN

	June	
-	22	0.15
-	26	0.90
-	27	0.35
	July	
-	2	0.60
-	10	0.40
-	14	0.80
-	15	0.40

Measurements in Inches

Poetry Corner

Everyone is welcome to the Poetry Group the 3rd Wednesday of every month at 3:00pm in the Lions Den

FRAGMENTARY BLUE

by Robert Frost

Why make so much of fragmentary blue
In here and there a bird, or butterfly,
Or flower, or wearing-stone, or open eye,
When heaven presents in sheets the solid hue?

Since earth is earth, perhaps, not heaven
(as yet)
Though some savants make earth include
the sky;
And blue so far above us comes so high,
It only gives our wish for blue a whet.

Submitted by Jerry G.

ENJOYING A TOTAL OF 377 YEARS OF HAPPY HOURS AND FRIENDSHIPS!

From left to right: Don A., Jim S., Lam H.
and Garrett M.



THE VILLAGE CYCLERS

****UPDATE**** The Village Cyclers raised \$2130.00 for Centre Volunteers in Medicine. Once again, Village Cyclers had the most donations of any team. The Village Cyclers wish to again thank everyone who has supported them in their quest and financially.



MEET LIBBY BLACK!



Hi everyone, my name is Libby! I am so excited to join the community as the new Fitness Coordinator! I grew up somewhat local, right outside of Tyrone, PA. Although I attended

Saint Francis University, PSU has always been a big part of my life, as many of my family members are PSU alumni. For the last two years, I have worked just down the road at Revived Stretch and Recovery Lounge as a Fascial Stretch Therapist, helping people with mobility, flexibility, and injury recovery, as well as assisting athletes in injury prevention. In addition to this role, I also taught group fitness classes and trained clients. Outside of work I love, hanging out with my family and friends, enjoying the outdoors, indulging in a good book, and exploring new places through travel. This past year alone, I traveled to 6 countries and 7 different cities within the US. I am so excited to meet all of you and look forward to helping you meet your physical goals!

THE ED VIEW

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

1. **Send an uplifting text** to a friend or family member.
2. **Let that guy merge into traffic** with a wave and a smile.
3. **Include intentional moments of kindness**, laughter and delight in your daily routine.
4. **Go slightly outside of your comfort zone** at least once a day to make someone smile.
5. **Share a compliment** with a co-worker or friend.
6. **Reach out to a family member** you haven't spoken to in awhile.
7. **Treat someone to a cup of coffee** (a friend, stranger, or even yourself).

make
kindness
the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

Ellen Corbin
*Executive Director,
The Village at Penn State*

RECYCLING ROUNDUP

Corrugated Cardboard – The Leader of the Pack

Corrugated cardboard (CC) is the most recycled item of the universe of curbside-collected recyclables with a recycling rate that exceeds 90%. And of the five different products Village residents and staff recycled through May, CC has the highest tonnage, by far. No wonder, it's the leader of the pack!

But just what is corrugated cardboard, anyway? As far as boxes are concerned, it's a stronger cardboard box than an ordinary cardboard box. Both are made of different grades of paper; however, CC gets its strength from an extra layer or layers of paper in a corrugated (ruffled) pattern sandwiched between two or more layers of paper. CC boxes are used to protect heavy and/or specialty items from damage. Example: shipping a computer monitor. Ordinary cardboard boxes are made of layers of thick paper. Example: cereal boxes.

Advantages to recycling CC:

1. The CC fibers can be recycled up to 25 times to make new CC boxes. Saves trees.
2. The high reuse of CC results in less waste going to landfills. Less waste means less emissions of methane during the breakdown process of CC.
3. It takes 25% less energy to make new CCs from recycled CCs than from virgin pulp. Biodegradable. No dyes or bleaches.

Captain Corrugated's message this month is "Save the planet one CC box at a time."

Jim T.
Chairman, VPS Resident Recycling Committee



MEET YOUR NEW NEIGHBORS



Elliot & Bonnie A.



Gail K.



Jim & Janet C.

THE POLLY-ANNE'S SECRET GARDEN!



SUSTAINABILITY COMMITTEE

The Sustainability Committee has been formed as a response to rising costs at The Village. The purpose of the committee is to research ways that Village residents can voluntarily take action to help save costs. The committee decided to call themselves the Sustainability Committee because all of these good habits not only reduce costs, but also help us to live in a sustainable way with our environment.

Actions that Village residents can adopt will be communicated in Connected Living under "Sustainability Information" in "Community" and through *The Tip of the Month* which will be highlighted on a monthly basis. Tips will be announced:

1. At the Residents Council meetings
2. On The Village Bulletin in Connected Living
3. On The Village listserv
4. In The Village newsletter
5. On attractive 8"x10" posters placed in the elevators
6. At Town Hall meetings

The goal is to rein in costs by developing long lasting habits while making sustainability efforts fun.

**AUGUST TIP
OF THE MONTH**

**DRIP
DRIP DRIP**

1. Drippy faucets waste water
 2. Are annoying
 3. Are easily fixed*
- *work order to Maintenance

HOPE AND RON C. CELEBRATED 70 YEARS OF MARRIAGE



CULINARY CORNER

The month of August brings us many things. Local produce is coming to market, both fruits and vegetables. August also brings some



pretty hot days. How can you beat the heat and utilize some fresh summer fruits at the same time? Try mixing up a batch of refreshing sangria!

You can choose between red, white, or rose as a starting point. Most summer fruits blend well with wine, berries, peaches, grapes, citrus fruits. The internet is full of exciting recipes from the basic to the complex. Here's a recipe I have prepared with great success.

White wine sangria with peaches, berries, oranges & lemons.

- 1 pt. fresh strawberries, hulled & split in ½
 - 2 oranges, sliced into ¼" rings
 - 2 lemons, sliced into ¼" rings
 - 3 fresh peaches, pitted & cut into 1/8ths
 - 3 bottles of dry to semi dry white wine – Pinot Grigio or Chardonnay
 - 1 litre of sparkling water
 - Ice
1. Place all fruit in a large container with a cover and add wine. Allow to sit at room temperature for 4 – 24 hours. This allows the fruit flavors to blend with the wine.
 2. When ready to serve add sparkling water and ice.
 3. Serve in a bowl with a ladle to help get fruit in every serving.

The perfect refreshing beverage for a hot August afternoon. The recipe will serve quite a few, so invite your friends over!

Enjoy

Matt Lambert
Executive Chef, The Village at Penn State

WINE TASTING AND WINE TALK WITH THE OWNER OF SEVEN MOUNTAINS WINERY



OUR VALUABLE ASSETS - CONSERVING WATER RESOURCES

Submitted by Forrest R.

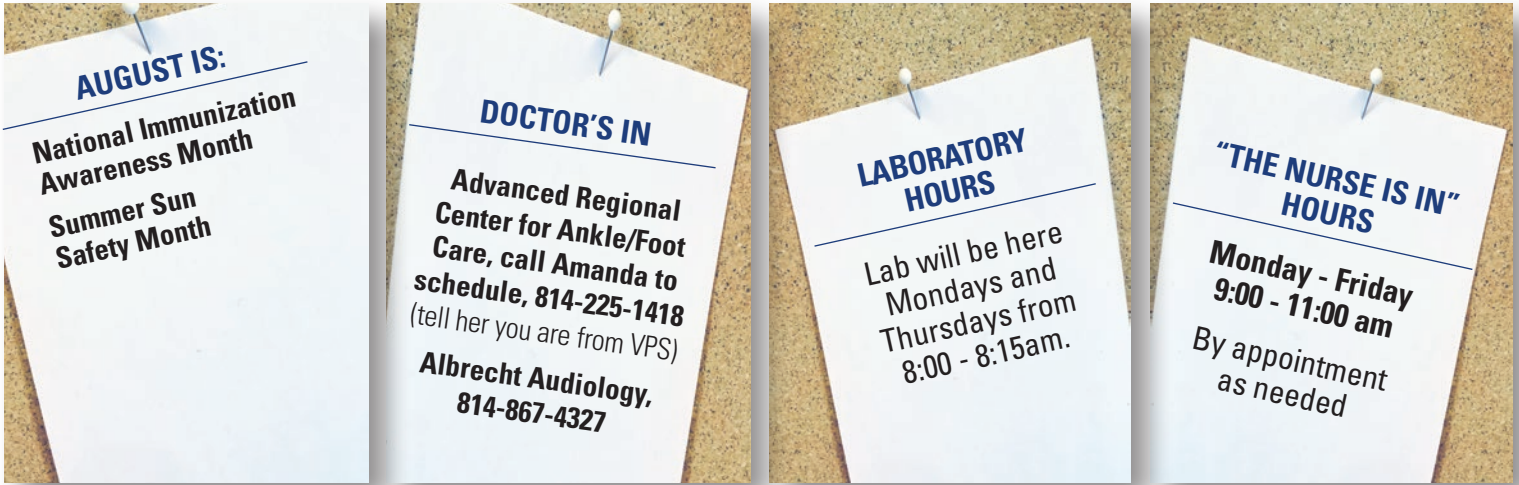
Our Valuable Assets

One of our most important natural assets in Happy Valley is the high-quality water we are dependent upon, but frequently take for granted. Lacking a large body of water, about 90% of this water must be pumped from aquifers under the floor of the Valley. Conservation of this water is crucial for the sustainability of the entire community and helps reduce one of our utility costs. Therefore, all of us should strive to conserve this invaluable natural asset to the extent possible.

Our Valuable Assets

We can conserve our valuable water resources and help reduce our operation and maintenance costs by following a few simple steps as part of our daily hygienic activities such as: while showering, washing hands, brushing teeth, washing dishes, razor blade shaving, etc. don't allow the water to run between the steps of wetting down--lathering--rinsing. Showers conserve more water than tub baths. Wash full loads of clothing rather than partial loads. Report leaking faucets and toilets promptly to Maintenance.

(First published in Newsletter in 2014)



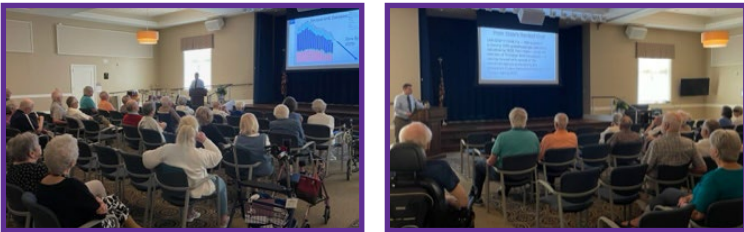
The Podiatrist will be at The Village on August 28th from 12:30-4:00pm, in the Art Studio.

Albrecht Audiology is here the 2nd Wednesday of the month, 8/9/23, in the Doctor's Office.

Sandy Miller, a Hearing Instrument Specialist will be at VPS for walk in appointments, cleanings, help, etc.

PSU SOLAR AND CARBON NEUTRAL TALK

PSU's Manager of Engineering Services Andrew Gutberlet, spoke to residents about the university's solar development plans and carbon neutrality goals.



THANK YOU, LINDSEY

Thank you, Lindsey for all you have done for our residents during your time as fitness coordinator. We all wish you the best in your next chapter!

