



Volume 132 Page -

### **Heritage Hills Society Information**

Address ......8 Heritage Hills, Somers, New York 10589 Website ..... www.hhsociety.org Television......Channel 12

**CONTACT INFORMATION - EMAIL** 

Society .....society@hhsociety.org Activities Office ...... activities@hhsociety.org **CONTACT INFORMATION – TELEPHONE** 

Security ......276-2592 Bus......276-2877 Society Office ......276-2908 Library.....276-7655 Activities Office......276-2636 Fitness Center ......669-5028

**Hours of Operation** 

Activities Center ...... 7 am - 11 pm daily Fitness Center...... 4:30 am - 11 pm daily

Fine Arts Center ...... Group instruction and free time are

scheduled by the Activities Office at 276-2908

Library...... Weekdays 10 am - 3 pm Saturday 10:30 am - 1 pm

Woodcraft Club ...... Mon., Tues., Thurs. & Sat. 8:30 am - 12:30 pm

Call 276-2908

Bus Service - Operates on Weekdays Only (except holidays)

5:20 to 8:15 am & 2:45 to 4:40 pm

To/from train station only - Reservation required

4:02 to 10:33 pm

Pick-up at train station only – **NO reservation required** 

Midday schedule with list of ten possible stops is available in the

Activities Office and online at www.hhsociety.org under General Information,

Transportation - Reservation required

UTILITIES CONTACT INFORMATION

ConEd ...... 800-752-6633 EMERGENCIES ......9-1-1 Verizon ...... 800-922-0204 NYSEG...... 800-572-1131 Water/Sewer ...... Your Condo Mgt. Co. Comcast ...... 866-478-7266

#### **SERVICES & ACTIVITIES FOR SENIORS**

TOWN OF SOMERS SENIOR SERVICES

Adult Transportation (accessible/assisted)

Reservations Required - Barbara Taberer- 232-0807

Door-to-door, round trip, for the following:

Various Free Activities at Van Tassell House (exercise, art, games)

Monday & Wednesday exercise/line dancing pick-ups start at 9:45 am, Monday thru Friday other activities pick-ups starts at 10:30 am: return trip starts at 1:30 pm, Current monthly schedule can be picked up at the House; or call 232-0807; or go online to somersny.com, click on Senior Services; or on Facebook go to Somers Senior Services.

Hot Lunch - Monday thru Friday - Suggested contribution: \$2

At Van Tassell House (10:30-11:30 am pick-up) or delivered to shut-ins (meals leave Van Tassell House starting at 11:30 am)

Shopping - Suggested round-trip donation \$1

Destination stores vary each week. Pick-ups start at 10:15 am; drop-off is by 2:43 pm.

Mondays: Shopping Plazas. Fridays: Grocery Stores

Medical Appointments - Suggested round-trip donation: \$5

Tuesday thru Thursday, 10 am to 3 pm. Call for details - 232-0807

Somers Library (approximately there for 1 hour)

Alternate Tuesdays - Pick-ups start at 10:15- FREE

OTHER SENIOR SERVICES

Alzheimer's Disease - 212- 263-8088

free information on coping with this disease

RideConnect - 242-7433

Transportation services seven days a week. Call to register.

EPIC - 800-332-3742. NYS Senior Prescription Reduction

My Second Home - Karen Bisignano - 241-0770 Geriatric Day Care Intergenerational Program.

**Northern Westchester Hospital Center** 666-1200

Volunteer Office: 666-1254 **Somers Senior Citizens Club** 

**Events and Trips** 

Program list available at the Amawalk Fire House

Club meeting and Bingo Every Wednesday at the firehouse Call 232-0807 for transportation assistance

**Westchester County Senior Programs and Services** 

Geri Crisco 813-6300

Referral agency for senior services including legal - 949-1305

Social Services: 995-5889

#### SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 949-1200. Info and literature National Council on Alcoholism Adult Protection Services Intake - Natalie Siler 995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 242-8115

**Putnam Hospital -** 845-279-5711 ext. 4673

The Dominican Sisters - Family Health Service 941-1654

Long- and short-term registered nurses.

Hospice - 666-4228 - Visiting Nurse Association State-certified program providing home health care and emotional support for terminally ill patients and their families

Project Time Out / Jewish Community Services - 761-0600 - Provides in-home respite services matching families with trained sitters/companions. Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Putnam Hospital Center - 845-279-5711 - Inpatient and outpatient medical surgical care, emergency services, health screenings and community

**Transportation for Cancer Treatments (free):** 

American Cancer Society Road to Recovery program. 1-800-227-2345

Transportation for Disabled Residents - County Office of Transportation 813-7777

Para-Transit - 995-7272 provides modified vans with ramp for curb-to curb service. Fare \$5 each way. Medical pre-authorization required. For eligibility call 995-2960.

**Private Ambulette Services** 

Superior Brewster 845-278-6992

CLC Trans 241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

**Veterans Guide to VA Health Care Benefits -**

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

**Visiting Nurse Association of Hudson Valley** 

666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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By Joyce Spector

#### **JEWISH IMAGE IN AMERICAN FILM**

#### Sunday February 9, at 1 pm in the Activities Center

As strangers in a foreign land, Jewish immigrants left their crowded tenements for the only recreation many could afford—the nickelodeons. But the new arrivals found themselves depicted in these early films in very unflattering images. Our speaker, Arthur Aldrich, is a media historian and he will examine those early films to explore how the Jewish image was created and how it changes as the new arrivals assimilated and pursued the American dream.

Wine, cheese and crackers will be served. Admission is \$10. Checks should be made payable to "Club Shalom" and placed in our mailbox by February 3. Payment at the door will be accepted if space is available. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

#### **BERTOLT BRECHT/KURT WEIL**

#### Sunday March 8, at 1 pm in the Activities Center

Their collaborative works in the 1920s and 1930s reflected the angst that erupted from artists and writers as German Expressionism. While Nazi thugs and communists battled in the streets, Brecht-Weil musicals like *Three Penny Opera* and *Rise and Fall of the City of Mahagonny* captured, through biting political satire, the zeitgeist of a nation wracked by political, cultural, social, and economic turmoil. Our speaker, media historian Arthur Aldrich, will examine these issues.

Wine, cheese and crackers will be served. Admission is \$10. Checks should be made payable to "Club Shalom" and placed in our mailbox **by March 2**. Payment at the door will be accepted if space is available. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

#### MUSIC AND SONG WITH RANDY HERMAN: THE JEWISH PIANO MAN

#### Saturday April 18 at 7:30 pm in the Activities Center

Enjoy a performance with commentary as we ride a lively musical wave of delightful piano music—original songs, folk rock, older songs, and everything in between. Share in the unique musical journey of Cantor and piano man Randy Herman, pianist, singer and songwriter, who has recorded and produced videos of his own songs and has performed throughout the world. While working as a professional musician, he became more interested in Judaism, attended Cantorial school at the Jewish Theological Seminary, and was ordained in 2008. He served for the last 8 years as Cantor of Bet Torah, a synagogue in Mt. Kisco.

#### HERITAGE HILLS NEWSLETTER COMMITTEE

Administrator: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen Writers/Editors: Terry Clifford, Eric Felderman, Cindy Kennedy, Shirley Kesselman, Karl Milde, Stan Herz Pearlman, Elizabeth Royston, Sue Shea. Ami Stokhamer

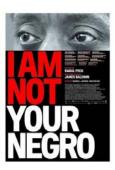
Light refreshments will be served. Admission is \$15. Checks should be made payable to "Club Shalom" and placed in our mailbox by April 12. Payment at the door will be accepted if space is available. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

\* \* \*

## CONTINUING ED THREE DOCUMENTARY FILMS







#### MAIDEN

#### Tuesday, February 4, at 1:30 pm in the Heritage Room

*Maiden* is the inspirational, heart-pounding, never give up dream story of how 26-year-old Tracy Edwards became the skipper of the first ever all-female crew to enter the most dangerous sailing competition on earth: the Whitbread Round the World race in 1989.

#### SEARCHING FOR SUGAR MAN

#### Tuesday, February 11, at 1:30 pm in the Heritage Room

Searching for Sugar Man is a story about the kindness of strangers: how two South African fans take on the search for Rodriquez, their folk-singing hero from America, whose first album, recorded in the late '60s, was supposed to secure his reputation as the greatest recording artist of his generation. It bombed (in the United States), and the singer disappeared into obscurity.

#### I AM NOT YOUR NEGRO

#### Tuesday, February 18, at 1:30 pm in the Heritage Room

In 1979 James Baldwin began working on a book—a personal account of the lives and successive assassinations of three of his close friends: Medgar Evers, Malcolm X, and Martin Luther King, Jr. Baldwin died in 1987 leaving behind only 30 completed pages. Using Baldwin's

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own words and a flood of rich archival material, this eloquent film challenges the very definition of what America stands for.

Admission: \$10 for the series, \$5 per individual film. For more information, call Rosetta at 277-5217.

## HOW MODERN IRAN IS BEST UNDERSTOOD AS...CONTRADICTORY,

A PHOTO LECTURE BY SUSAN AND PAUL SPRACHMAN

Tuesday, March 17, at 1:30 pm

Modern Iran defies generalization. Drawing on personal experiences by living and traveling in Iran, the Sprachmans try to convey how today's Iranians feel about:

- the role, if any, of martyrdom in Iran's theocracy
- the effect—on their lives—of the United States' rejection of the nuclear deal (JCPA) and the re imposition of pre-nuclear deal sanctions
- Iran's future relationship with Saudi Arabia

Admission: \$10. For more information, call Linda at 617-9328.

### 1787: THE REAL REVOLUTION—THEN AND NOW, WITH RICHARD CLINCHY

Somers Councilman and John Jay High School's Government and Law teacher emeritus, Richard Clinchy, will share the true story of the men who created our Constitution and the document that is now more important than ever.



**Tuesday, March 24, at 1:30 pm**—Mr. Clinchy examines our Constitution from the various viewpoints of the men who traveled to Philadelphia in 1787—their ideas, their disagreements, their intentions.

**Tuesday, March 31, at 1:30 pm**—Using today's current events to illustrate how, often, the task of protecting our democracy continues to rest upon the stewardship of a single document, the Constitution of the United States.

Admission: \$15 for the series; \$10 per individual lecture. For information, call Irma at 276-3287.

\* \* \*

#### **TECHNOLOGY HELP DAYS**

By Teresa Chang and Terry Clifford

#### Saturdays, February 15 and March 14, from 1 to 3 pm at Lake Lodge

The new club At Home in Heritage Hills is sponsoring two *Technology Help Days* to assist you with your cellphone, smartphone, iPAD, tablets, or laptops on Saturday, February 15 and March 14, from 1 to 3 pm at Lake Lodge. Bring your fully charged electronic devices with you. Volunteer Somers High School students will assist you. To save your spot, RSVP to Teresa Chang via email at *tchanghome@gmail.com* or call/text Teresa at 907 0881 a week before the session. In case of inclement weather, aclass may be cancelled.

\* \* \*

## **EVENING SOCIETY BOARD MEETING— OWNERS WELCOME**

Thursday, February 13, at 7:30 pm in the Heritage Room

All owners are welcome at all Society Board meetings. At the beginning, owners will have an opportunity to raise matters of concern.

If you can't attend the meeting, matters of concern can be submitted by email to *society@hhsociety.org* or by mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number on written correspondence.

The meeting will also be broadcast live on channel 12 and rebroadcast daily on channel 12 at 7 pm, and on Tuesdays and Thursdays at 2 pm.

\* \* \*

## PHOTO CLUB WINTER PHOTO EXHIBIT

Under The Sea, an exhibit of underwater photographs by Elizabeth Royston, is presented by the Heritage Hills Photo Club. The exhibit will run from the middle of January until the end of February in Room 2 of the Activities Center.



Please come and enjoy the images of the diversity of life in the oceans—from fish to worms and coral.

\* \* \*

#### THE TRAVEL CLUB

Submitted by Elaine Soliman

#### THE DANCING DREAM, AN ABBA TRIBUTE

Thursday, May 14, at the Aqua Turf Club

Back by popular demand, The Travel Club is returning to the Aqua Turf Club to experience *The Dancing Dream. an ABBA Tribute*. This tribute will take you back to the music of ABBA which ruled the music world in the 70s. We will be hearing some of their greatest hits, such as *Mamma Mia, Dancing Queen, Fernando, Waterloo*, and many more. The bus will leave Lake Lodge at 10:15 am. Flyers are available in the Activities Center.

The price of \$110 per person includes family-style lunch, admission and transportation. Make checks payable to "Heritage Hills Travel Club" and place them in the Travel Club mail slot at the Activities Center. For information, call Pam 276 4295.

\* \* \*

#### **OGUNQUIT MAINE**

Tuesday, May 26 to Thursday, May 28

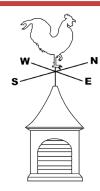
Enjoy two nights at The Meadomere Resort, centrally located within walking distance to Ogunquit



village, Perkins Cove, and Ogunquit Beach. A welcome dinner marks our arrival, and the next day we will experience a driving tour of Kennebunkport and have free time to explore. We end our first full day with a clam bake. Our trip would not be complete without a cruise along the southern coast of Maine on Day 3 before returning to Heritage Hills. Departs Lake Lodge at 8 am, returning at approximately 6 pm.

Cost of \$499 double, \$599 single, includes transportation, two nights' accommodations, two breakfasts and two dinners, tour guide, and guide and driver gratuities. \$150 deposit due by March 3. Make checks payable to "Heritage Hills Travel Club" and place them in the Travel Club mail slot at the Activities Center. Final payment will be due April 7. For reservations, call Elaine at 617-9111.

\* \* \*



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UPCOMING ACTIVITIES & EVENTS
Produced by the Activities Office
Phone: 276-2636 or go to activities@hhsociety.org

#### REGISTRATION PROCEDURE FOR ACTIVITIES, CLASS-ES AND CLUBS

- 1. Make the check payable to the instructor or club. Include your telephone number on the check.
- 2. For class registration, bring your check to the Activities Office or leave it in the Activities mailbox.
- 3. For individual Club activities, leave your check in the appropriate Club mailbox.
- 4. For information where a telephone number is not provided, call 276-2636.

#### DETAILED FLYERS ARE AVAILABLE IN THE ACTIVITIES CENTER.

### REMINDER: ALL EVENTS AND CLASSES ARE FOR HERITAGE HILLS RESIDENTS AND THEIR GUESTS ONLY.

We recommend that all residents with email register on our website. Updated information and alerts are sent via our website on a regular basis. Go to www.hhsociety.org and click on "log in request." Fill in all the fields, and a user name and password will be sent to you. Our website is full of valuable and useful information.

#### **SPECIAL Activities & Events**

Detailed information about the following SPECIAL Activities & Events may be found in the COMING EVENTS section of this issue and/or on flyers and posters at the Activities Center.

#### CLUB SHALOM

Checks should be made out to "Club Shalom" and placed in our mailbox. Payment at the door will be accepted if space is available. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

#### Jewish Image In American Film

Sunday, February 9, at 1 pm in the Activities Center Admission \$10. Payment due by February 3.

#### **Bertolt Brecht/Kurt Weil**

Sunday, March 8, at 1 pm in the Activities Center Admission \$10. Payment due by March 2.

Music and Song With Randy Herman: The Jewish Piano Man

Sunday, April 18, at 7:30 pm in the Activities Center Admission \$15. Payment due by April 12.

#### **CONCERT SOCIETY**

#### What's Coming Up For 2020? Four Concerts

Sundays at 3 pm in the Heritage Room See a special offer tor new subscribers and renewals on our Subscription Form available at the Activities Center.

#### **CONTINUING EDUCATION**

**Documentary Film Series -3 Films, One Theme: "I Have a Dream ..."** Tuesdays, February 4, 11, and 18, at 1:30 pm in the Heritage Room Admission: \$10 for series; \$5 per individual film.

For information, call Rosetta at 277-5217

### How Modern Iran is Best Understood as...Contradictory—A photo lecture by Susan and Paul Sprachman

Tuesday, March 17, at 1:30 pm in the Heritage Room Admission \$10. For information, call Linda at 617-9328.

### 1787 The Real Revolution, Then and Now -Two lectures by Richard Clinchy

Tuesdays, March 24 and 31, at 1:30 pm in the Heritage Room Admission: \$15 for series; \$10 per individual lecture. For information, call Irma at 276 -3287.

#### DANCE—MONTHLY SOCIAL

Friday, February 7, from 7 to 10 pm in the Heritage Room For more information, call Dorothy at 276-2894. Next dance: Friday, March 6.

#### **HHLIBRARY**

**Sunday Matinees** 

See posters and email blasts for information.

#### **INDEPENDENT & FOREIGN FILM CLUB**

#### The Biggest Little Farm.

Thursday, April 23, at 7 pm. Annual Membership is \$20 for all films. All films start at 7 pm. Make your check payable to the "Ind. Film Club" (checks only) and place it in the club mailbox and at the door.

#### **SINGLES CLUB**

March Membership Drive with Pizza and Auction. Information will be sent out mid-February.

#### **TRAVEL CLUB**

Flyers for all trips are available in Activities Office.

#### **Ogunquit Maine**

Tuesday to Thursday, May 26 to 28. Includes deluxe motor coach, 2 nights, 2 dinners, 2 breakfasts, and sightseeing. For more information, call Elaine at 617 9111.

#### The Dancing Dream, an ABBA Tribute

Thursday, May 14, at The Aqua Turf Club. Price \$110 per person. For information, call Pam at 276 4295.

#### **WOMEN'S CLUB**

\$12 Membership is due

**Wine & Cheese Party** 

February 12—Members Only. See Flyer for details.

#### St. Patrick's Day Celebration

March 11—Details to follow.



by Elizabeth Saltzman

#### ACTIVITIES/CLASSES/CLUBS

#### **RECURRING Activities**

The activity takes place at the Activities Center unless otherwise indicated. (See "Registration Procedure" at the beginning of this section, or call 276-2636.)

#### **ARTS & CRAFTS:**

**Gushing With Paint**: With Fran Schultzberg. Wednesdays from 1 to 3 pm, and Thursdays from 10 am to noon. Fee of \$125 includes materials for four paintings in this new art technique. Space is limited. For information, contact Fran at 806-6696 and leave a message.

**Needlecraft Club**: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Activities Center Game Room.

All skill levels welcome.

**Paint & Sip:** With Judika Lieberman. Once a month at 7 pm in Lake Lodge. Look for flyers and email blasts. \$40. All paint supplies included. BYOB. For information, call Judika at 438-6750.

**Photo Club**: Second Tuesday of the month at 3:30 pm in Room 2 of the Activities Center. For more information, call John at 925-277-3955.

**Sketch Workshop**: Wednesdays at 9:30 am. No fee. Beginners welcome. For information call Richard at 617-9011.

**Silk Fabric Painting**: Mondays and/or Thursdays at 10 am. Fee \$120. Must sign up for a full 4-week session. Space is limited. For information, contact Evey at 276-0737, or email her at *eveymusart@comcast.net*.

**Watercolor Class—All Levels**: With Lynn Shulman. Mondays from 9:30 am to noon. Fee: \$60 for a 4-week session.

#### **Wood & Stone & Clay Sculpture Class:**

With Ron Mineo on Mondays at 2:30 pm. \$120 for 5 weeks.

**Woodcraft Club**: The shop is open on Mondays, Tuesdays, Thursdays, and Saturdays from 8:30 am to 12:30 pm. Limited amount of scrap wood and kindling available.

**Writer's Workshop**: The Fee is \$150 per six-week session. The class meets every Monday at 1 pm and Tuesday at 10 am in Lake Lodge. Rolling admission. Sign up in the Activities Office.

#### **AARP SMART DRIVING COURSE**

2020 Dates: April 30, May 16, and June 4. Price: \$20 for AARP Members, \$25 for Non-AARP Members. Make check payable to AARP and leave it in the AARP mailbox. Indicate your name, phone number, and the class date when registering with check. Bring lunch. You will only be contacted if the class you selected is full. Please remember to bring your AARP card on the day of the class

#### **CIAO ITALIA**

Membership application forms are available outside the Activities Office. Membership year is from January 1 to December 31. The form was emailed to all enrolled members.

#### **CULINARY CLUB**

Monthly dinner held on a Wednesday during each month at 6 pm. Contact Susan at 276-3176.

#### **DANCING**

**Line Dancing**: Fridays at 11 am. Join in at any time. No Fee. **Square Dancing**: Sundays at 7 pm. No partners needed.

### **EXERCISE:** Please get your checks in ASAP for all classes to ensure they will run.

**Exercise**: With Lori Barr. Tuesdays and Thursdays at 9:30 am. Fee: \$8 per class, please register in advance.

**Hikers & Walkers**: Weekly hikes from September to June. Schedule is available at the Activities Center or at *hhsociety.org*. **Move & Groove Line Dance**: Tuesdays at 12:30 pm with Theresa.

Fee: \$24 to \$40 per session. See flyer.

**Pilates Morning Class**: With Tracey. Mondays at 9 am and Wednesdays at 10 am in Lake Lodge's upper level. Fee: \$40 per month for 4-week session.

#### **Strengthen & Stretch Classes**

**With Ingrid Rodgers**. Mondays at 10:30 am. Fee: \$30 per month. See flyer.

**With Theresa**. Saturdays at 8:30 am. Fee: \$24 to \$30 per month. See flyer.

**Saturdays with Joe**: Saturdays at 9 am at Lake Lodge. Fees: \$10 per class, \$40 per month. Most classes are 60 to 75 minutes long. **Tai Chi**: With Ellen Hollenbeck. Mondays from 1 to 2 pm. Tuesday practices from 11 am to 12:15 pm. Fee: \$60 for 4 weeks.

**Video Aerobics**: Mondays, Wednesdays, and Fridays at 9 am in the Gym. No fee.

#### YOGA

**Chair Yoga with Satish**: Tuesdays and Fridays at 10 am in Lake Lodge. Fee: \$5 per class.

#### Classes with Cheryl Aiello:

Beginner/Intermediate Yoga: Mondays 10:15 to 11:30 am in Lake Lodge's upper level. Fee: \$15 per class.

Yoga-Chi: Thursdays at 4 pm in the Activities Center. Fee: \$12 per class.

TaiJiFit: Tuesdays at 4:15 pm in Lake Lodge's upper level. \$9 per class.

**Yoga Class with Joe**: Mondays at 5 pm at Lake Lodge. Fees: \$10 per class/\$40 per month. Most classes are 60 to 75 minutes long.

Yoga lyengar Classes with Kate Graham—All classes held in Lake Lodge's upper level. See flyer for full schedule:

General lyengar: Mondays at 12 noon. Fee: \$12 per class.

Chair Yoga: Mondays at 1:45. Fee: \$12 per class.

General lyengar: Tuesday at 11:30 am. Fee: \$12 per class. Gentle Back-Care Yoga: Fridays at 10:30 am. Fee: \$12 per class.

#### **Zumba with Theresa:**

**For Everyone:** Wednesdays at 4:45 pm. Fee: \$24 to \$40 per month. See flyer.

**Gold:** Fridays at 10:30 am. Fee: \$24 to \$40 per month. See flyer.

#### **FUN & GAMES**

**Billiards**: Drop-in games on Thursdays at 1:30 pm.

**Bocce**: April through October: Wednesdays at 1 pm and Saturdays at 9:30 am.

**Bowling League**: Tuesdays at 12:45 pm at Jefferson Valley Lanes on Hill Boulevard.

#### ACTIVITIES/CLASSES/CLUBS

Bridge—Duplicate: Mondays at 12:30 pm, Tuesdays at 7 pm,

Thursdays at 12:30 pm.

Bridge Lessons: Lessons will resume in the Spring.

Bridge—Casual: Mondays and Thursdays at 1 pm. All are

welcome.

Bridge the Gap Bridge: Tuesdays and Fridays at 1 pm.

Bridge—High Scorers: A casual game. Wednesdays at 1 pm at

Lake Lodge.

Mah Jongg Club: Mondays at noon, and Tuesdays and Thursdays at 11 am at Lake Lodge. Not accepting new members for Tuesdays and Thursdays; call Rebecca Fiero at 669-5460 to be placed on the waitlist. Wednesdays at 1 pm and Fridays at 7 pm at the Activities Center.

**Pickleball**: Mondays and Tuesdays from 2 to 5 pm, Wednesdays from 6:30 to 10 pm (Level 2 play), Thursdays from 1 to 5 pm, Fridays from noon to 5 pm, and Saturdays from 1 to 3 pm. Location: Fitness Center Gym. Sneakers required. Platform Tennis Court 1 is also available for Pickleball.

**Ping Pong Group**: Thursdays at 10 am. Open to all residents. **Playtime**: Games, cards, and socializing. Mondays at 1 pm.

Scrabble: Thursdays at 1 pm in the Library.

**Shuffleboard**: October through March on Wednesdays, from 1 to 3 pm, and on Saturdays, from 9:30 am to noon.

#### **FAMILY NETWORK GROUP**

Meets for family-oriented events, days and evenings. Go to *Facebook.* com to join the group "heritage hills family network"

#### FRENCH CONVERSATION GROUP

Thursdays at 10 am in Lake Lodge Room 1. Come learn and practice speaking French. *Venez causer avec nous*.

#### **GOLF**

#### **East Hill Men's Golf Association**

Since 1989 the East Hill Men's Golf Association has provided a 9-hole venue for friendly, sociable, and light golf competition at Heritage Hills on Wednesday and Friday mornings from April thru November. Stroke play on Wednesdays and various formats on Fridays at the Somers National Golf Course. Please pick up a membership application in the Activities Center mail slot or contact Bob Kenney, Membership Chairman, at 617-9884 or rlkret@aol.com.

#### **Heritage Hills Women's Golf Association**

A friendly, vibrant group of women who enjoy a weekly 9-hole round of golf on Tuesdays at 9 am from April through October at Somers National Golf Course. Contact Janet by email at *jparke27@comcast.net* or by telephone at 277-5460 for more information.

#### **HEALTH AND SAFETY**

**Blood Pressure Readings**: The second Friday of each month from 10 to 11:30 am in the Activities Center.

**File of Life Packets** are used to provide essential information in an emergency situation, and are available in the Activities Office, Security Office, and Society Office.

#### **Spousal Bereavement Support Group**

Every first and third Tuesday of the month from 2 to 3:30 pm in the Game Room.

#### **LIBRARY**

Monday through from Friday 10 am to 3 pm. Saturday from 10:30 am to 1 pm. Free Children's Book Exchange available all day, every day in the corridor outside of the library.

#### MORNING DISCUSSION

Mondays at 9:30 am. Discussion group on current event topics. No fee.

#### **NEWCOMERS COUPLES CLUB**

Contact us at hhnewcomerscouplesclub@gmail.com.

#### **RAINBOW CONNECTION**

First Thursday of the month, from 7 to 9 pm in Lake Lodge. A relaxed, social environment for LGBT residents as well as their families, friends, and neighbors. For more information, email us at <a href="mailto:hhillsrainbow@gmail.com">hhillsrainbow@gmail.com</a>.

#### SHAKESPEARE READING AND DISCUSSION GROUP

Open reading of Shakespeare each Tuesday at 10 am.

#### TEN-A-MEN

Wednesdays at 10 am. Coffee, bagels, rolls, *etc*. Discussion and conversation, sometimes controversial. Occasionally there are guest speakers.

#### **TENNIS**

Friday evening Round Robin: Courts 1, 2, and 3 at 6:30 pm. Doubles games at all levels of play. For information, call Barry at 617-9259. For information about the Tennis Committee, call Jan at 276-2106. Reminder that all tennis reservations are made via our website at *hhsociety.org*.

#### **VETERANS CLUB**

Meets quarterly—at 2 pm in Room 2/3 of the Activities enter. For more information, call Larry at 277-4057.

#### **VISUAL ARTS: HISTORY OF ART**

Resumes on Friday, January 3. For further information call 909-0959.

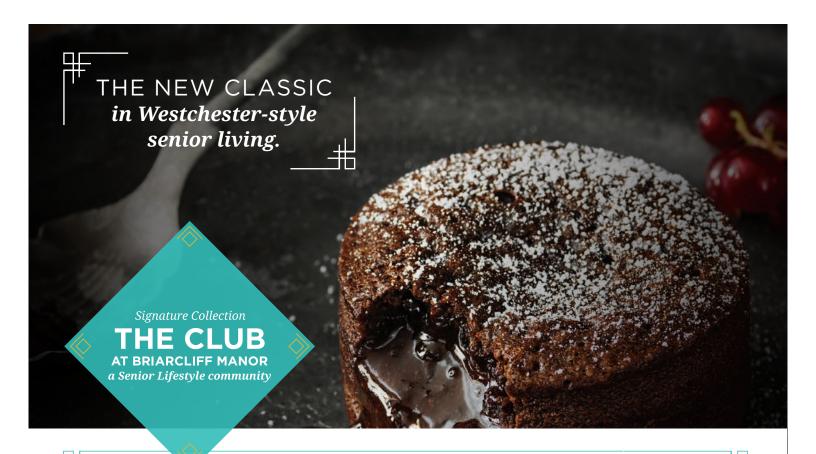
#### WEIGHT WATCHERS GROUP

Two plans, lower prices: *Digital* or *Digital plus Workshops*. *Digital* has been reduced to \$18 per month and *Digital plus Workshops* is now \$40 per month. Visit *wellness.weightwatchers.com* and enter Employer ID: 59693. For questions or assistance registering contact the Weight Watchers Wellness Hotline at 866-204-2885.

#### YIDDISH CONVERSATION CLASS

If you're interested in Yiddish classes, please contact Gilda Simpkin at 203-219-0589 to organize a convenient time for the group to meet.





### Chocolate Wednesdays

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#### **COMMUNITY NEWS**



#### WHAT'S GOING ON

By Karl Milde

## Around our Area Town Government 101

Anthony Cirieco, Councilman for the Town of Somers, graciously took the time to sit down with me recently to explain the ins and outs of our town government. The Town Council consists of five elected officials: the Town Supervisor and four Council members. The Town Supervisor, currently Rick Morrisey, is up for election every two years. Council members—currently Anthony Cirieco, Rick Clinchy, William Faulkner, and Tom Garrity, Jr.—are elected



Anthony J. Cirieco, Councilman for the Town of Somers.

every four years in two-year staggered terms. The Board meets the first two Thursdays of every month to publicly discuss town business. Decisions are put into action by majority vote. (Photos provided by the Town of Somers.)



All of the Town of Somers re-elected officials, except Councilman William Faulkner and Tax Receiver Michele McKearney, at the swearing in ceremony earlier this year.

#### **Blue Stone Peak Academy**

The big news in Somers this month is the recently-named "Blue Stone Peak Academy," which hopes to open its doors at the former IBM property as early as September, 2020. The boarding school for grades 9 through 12 will be home to about 1,700 students with 250 faculty and staff. About 20 percent of the student body will come from foreign countries; the rest will hail from the 50 United States. Yearly tuition, at least at the start, will be about \$50,000.

The Somers Town has held meeting after meeting these past two years to prepare the way for this bold plan. Government involvement had required zoning changes, a special use permit, environmental regulations, and more. Sabastian Capital, based in New York City, which owns the former IBM and Pepsico properties in Somers, will be

equity participants in this new private school, along with a group of experienced educators.

The developers did not accept the suggestion by some residents that the school be named be "Somers Academy;" however, people may end up calling it Somers Academy anyway because it's easier to say and easier to remember than "Blue Stone Peak Academy." For example, Phillips Academy in Andover, MA, is frequently called "Andover Academy" or just "Andover."

#### NYSEG

Another big issue in our town is our lifeline to electric power, NYSEG. Town Supervisor Rick Morrisey and the Council have petitioned the Public Service Commission and advocated NYSEG to be more responsive to our community. As a result, they are allocating resources for trimming trees alongside power lines and making investments to modernize the power network. To provide a staging area for NYSEG equipment, and improve emergency response time, Supervisor Rick Morrisey has been able to arrange for temporary use of the IBM property.

Have you noticed the men in white with backhoes and those huge white trucks along the roads in Heritage Hills? They're busy replacing underground power lines. To help pay for this, NYSEG has proposed to the Public Service Commission a rate increase of twenty-three percent, which is being opposed by local governments in the area. The Town Council has formed a task force, led by Rick Clinchy and Tom Garrity, to meet with NYSEG representatives and its arborists regarding these issues.

#### **Town Sewer System**

Our town government has an opportunity to acquire grant money from the City of New York to upgrade existing, and install new, sewer systems. The City's Department of Environmental Protection has allocated ten million dollars for this purpose, and Somers has not been caught sleeping. Our Sewer District Number 2, which includes Lake Lincolndale and Lake Shenorock, is busy preparing a plan that will direct the effluent to a large sewer plant in Peekskill. If Somers is able to obtain the grant, it can make the upgrades yet continue to keep our taxes in check.

#### **Town Budget**

Speaking of taxes, you will be pleased to learn that the Somers Town Council has approved a yearly budget that's within the state-required two percent tax cap. Through extensive use of volunteers in government – e.g., the Planning Board, the Zoning Board, the Somers Volunteer Fire Department, "Partners in Prevention," and the Somers Community Council – and part time professionals that staff the full time Somers Police force, Somers is able to provide the highest level of service at a lower cost than its surrounding towns.

\* \* \*

#### SOCIETY NEWS

#### SHUTTLE BUS CAMERAS

Each shuttle bus will have three high density, wide-angle cameras installed, mounted as follows:

#### Interior

Pointing out the front windshield.

Pointing at the interior, rendering the driver and passengers visible.

**Exterior** (weatherproof)

At the rear of the bus showing the view immediately behind the bus.

#### SOCIETY BOARD MONTHLY MEETING MINUTES

The approved minutes for the November 18 Board meeting, and prior meeting minutes, can be found at the Society Office or on the Society website (login at hhsociety.org, choose Heritage Hills Society, then Minutes).

#### **SECURITY REPORT FOR DECEMBER AND ALL OF 2019**

During the month of December our Security staff received and responded to a total of 282 calls regarding the following matters:

Medical.....83 garage doors, other security concerns) locked out, and 7 welfare checks) Maintenance.....1 (water main break) Car Accidents . . . . . . . . . 1 Parking Violations . . . . . . 14 (in handicapped spaces, fire lanes,

A roads, or B roads) During 2019 our Security staff received and responded to a total of

3,966 calls, as follows: 

Security ......2,218 (fire/carbon dioxide alarms, open garage doors, other security concerns) Service . . . . . . . . . . . . . . . 875 (including 622 lift assists, 108 persons locked out, 109 welfare checks and 36 other)

Maintenance......14 (mostly water main breaks)

Accidents . . . . . . . . . . . . 34

Parking Violations . . . . . . 66 (in handicapped spaces, fire lanes, A roads, or B roads)

\* \* \*

#### **IMPORTANCE OF 2020 US CENSUS COUNT**

By Jack Mattes

The 2020 Census efforts begin this month. We are asked by Westchester County and the Town of Somers to help Heritage Hills residents to complete and submit the survey on time. As Chairperson of the Society's Community Relations Committee I ask for your cooperation.

This undertaking is to make certain our government has a realistic count of how many residents we actually have. It's about fair representation in the United States House of Representatives, in the state; in the county. It's about how dollars are allocated to municipalities, school districts, hospitals, etc. It's about dollars distributed from federal funds, state, and local sales tax.

The Constitution mandates a complete Census every ten years. This will be the first time we won't be just getting a form in the mail, but, rather, it will first arrive online with an invitation to participate. Beginning mid-March, letters will arrive in the mail with those invitations. The personalized forms can be completed and submitted online, by mail, or by phone. It is important for people to recognize what the forms and the correspondence will look like—there are many scams on a daily basis trying to obtain personal information.

The county will try to establish locations where volunteers can assist people—particularly seniors—to complete the Census form online. We will try to do that at Heritage Hills for our residents and will update everyone as more information becomes available.

We are asking our Condo Boards to reach out to their residents and encourage them to participate; but to be careful not to give their bank account, credit card or Social Security information to anyone without proper identification. To help create awareness, if you circulate a Condo newsletter, please mention in it the upcoming Census. If you can, also mention it at open Condo Board meetings; the Society will do that as well at its open meetings.

If you would like more information, or articles for your newsletters, etc. you can go to census.gov/library/visualizations/2019/comm/2020everyone.html. On that site there is an incredible amount of information you can access for your own edification and for that of all of our residents.

\* \* \*



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## DECEMBER COUNCIL OF CONDO PRESIDENTS MEETING

By Terry Clifford

**Council of Condo Presidents dues**: Dues are determined by the number of units in the condo.

New York State Legislation passed the Real Property Action & Proceedings Law: The law requires banks to pay Condo and Society fees for units which are in foreclosure.

Road Signs: Many of Heritage Hills road names are the same as those in other parts of Somers. Therefore, when calling for an emergency response from 9-1-1 you MUST GIVE YOUR UNIT NUMBER AND INDICATE HERITAGE HILLS—EAST HILL OR WEST HILL.

**Comcast**: Report defective pedestals to Comcast. However, many are not identified as Comcast property. Property Manager will be notified before digging takes place on Condo property.

**Town Codes**: The members of the Council present at this meeting voted to accept the "Town of Somers Building Permit Application" form. The application form asks if a variance was approved with an authorized Condo signature.

The Council looks forward to meeting your Condo's President or his/her representative at the Wednesday, February 19, meeting at 7 pm in the Activities Center.

\* \* \*

## THE SOCIETY LANDSCAPING COMMITTEE

Text by Karl Milde

Did you ever pause to admire the beautiful displays of flowers at the three entrances to Heritage Hills? In the late spring, summer, and fall, flowers adorn the main entrance opposite De Cicco & Son's, the side entrance to the East Hill on Route 202, and the entrance to the West Hill Drive at the Warren Street intersection.

Did you also notice the flower displays at Lake Lodge and at the threeway stop on Heritage Hills Drive?

And, of course, you've seen how glorious our Activities Center looks.

It's flower displays like these that make Heritage Hills a very special place to live. But who decides what to plant, and how to arrange these displays? As you may correctly assume, the Heritage Hills Society has a committee devoted to this: It's called the "Society Landscaping Committee."

That Committee is chaired by Christine Choka, a Heritage Hills resident and Society Board member. The Committee comprises a total of five residents, as well as Melissa Brent, the principal Landscape Designer of MH Landscape Design; John Maxner, the principal of Westchester Properties Group, a landscaping company; and John Milligan of Heritage Management Services.

Only the five Heritage Hills resident members of the Committee are entitled to vote and translate ideas into action. The other Committee members are paid advisors. Melissa brings vast knowledge of the types of flowers that are available and thrive in our area. John Maxner, whose company actually does the purchasing and planting of flowers, also provides the Committee invaluable expertise. And John Milligan oversees all Society operations and thus provides perspective and assists with coordination among all the players.

The Landscaping Committee meets only three or four times a year: In March to discuss and decide on the spring plantings, in August to consider the fall plantings, and at other times to review residents' comments about the plantings and to discuss other matters such as special planting projects.

Each year the Committee likes to try something new as it continually strives to surpass what was done before. In the end, the test is whether, when you see the results, you'll say, "Wow!"

If you like what the Landscaping Committee has accomplished, and/ or if you think there is room for improvement, let the Committee know by contacting Chairperson Christine at *cmchoka@comcast.net* or by leaving a note in the Society Office.

\* \* \*

#### COPING WITH THE COYOTE PRESENCE

By Susan Statkowski-Rivalsi

Often, as human population increases in an area, wildlife becomes uncomfortable and moves away. But there are instances where, instead, the wildlife adapts to the presence of humans. Most of the wildlife in are area have done the latter, so much so that whereas in the past here in Heritage Hills at night we'd occasionally hear coyotes yapping in the distance (normal practice for celebrating a successful hunt), recently they have actually—and often—been seen here during daylight hours.

Testament to that is this recent post found on the Family Network Facebook page (just one of quite a few in the past few months regarding coyote daytime sightings):

A huge thank you to the nice man who drove by me on the West Hill at 6:30 am this morning while I was walking my dog and warned me of his coyote encounter this morning while walking his dog. I am sorry I didn't ask your name [as] I was still half asleep—not sure if he is on the FB group but I just wanted to say thanks!!

We can glean from that information, albeit meager, that it's likely the coyote may have been hungry.

There is some risk that a hungry coyote may not perceive as a strong impediment the use of a leash when one is out walking with one's pet. At best, the leash can make access more difficult, but not impossible. So, what can one do?

When out for a walk with pets (and/or small children)

- 1. Keep the pet (and children) close to you.
- 2. Always have the pet on a visible (colorful) leash.
- 3. Carry a long walking stick.
- 4. Have a whistle or hiker's small clip-on air horn handy.
- 5. Don't use anything that can impede your hearing, such as ear buds.

#### At home

Deck gates are not impediments, since our local coyotes are skinny enough to easily slip through the deck and gate spindles. So, especially if you have a deck that isn't elevated far above the ground with no stairs, never leave your pets (or children) unattended there. Do likewise in all easily accessible areas.

#### If you see a covote

Make a lot of noise so it knows it has been seen, and back away (never turn your back to it). If it is behaving strangely / aggressively, dial 9-1-1.



Independent and Foreign Film Club



#### **2020 VIEWING SCHEDULE**

Movies start at 7 pm sharp in the Activities Center. They are all less than two hours long, and subtitles will be used for all of them. Members are invited to stay for a thought-provoking discussion immediately after each film.

#### The Biggest Little Farm

#### Thursday, April 23

Independent, English. This documentary explores the development of an ecological farm on neglected land. 2018, 90 minutes.

#### The Cake Maker

#### Sunday, May 17

English/Hebrew. A young woman's husband dies. She takes on a new assistant. Little did she know the baker had a secret lover. 113 minutes.

#### Coco

#### Sunday, June 21

Spanish. Academy award winning Pixar film about a young boy's search for his mysterious heritage. Animated Comedy. 2017, 105 minutes.

#### Bird of Passage

#### Sunday, July 19

Spanish/English. An indigenous tribe in modern day Colombia is tempted by the profits of the drug market and sees their values and way of life destroyed. 126 minutes.

#### Turn Left at the End of the World

#### Thursday, August 13

Hebrew/English/French/Arabic. Two families, one Indian and the other Moroccan, are lured to Israel by the promise of better jobs, but.... 2004. 110 minutes.

#### Monsieur Ibrahim

#### Sunday, September 13

French. Friendship between a Sufi wise man and a local Jewish boy. 2004. 95 minutes.

#### If Beale Street Could Talk

#### Thursday, October 15

English. Love story based on a book by James Baldwin. 2018, 119 minutes.

#### **Entre Nos**

#### Sunday, November 15

Spanish/English. Fact based story about a family from Colombia abandoned in Queens by the husband and father. 2009, 80 minutes.

#### The Eagle Huntress

#### Thursday, December 17

Mongolia. The story of Aisholpan, a 13-year-old Kazakh girl from Mongolia, as she attempts to become the first female eagle hunter. 2016. 87 minutes.

Annual membership is \$20. Leave your check payable to "Ind. Film Club" in the club's mailbox or pay by check at the door (no cash accepted). Film Facilitator is Bill Costanzo.





@BonnieSue-Photography

## Hibrary

#### SUNDAY MATINEES— MONTHLY DURING THE WINTER



Performance information can be found in email blasts and in the Activities Center.

#### **SCRABBLE**

Thursdays at 1 pm in the Library.

#### HERITAGE HILLS LIBRARY CINEMA

Will resume in the Spring.

#### **NEW ADDITIONS TO OUR COLLECTION IN JANUARY**

The following books are located on the shelves of our NEW BOOKS section:

#### **Newly Published Books**

#### **Biography**

Jacobs, Alexandra . . . . . . . Still Here: The Madcap, Nervy,

Singular Life of Elaine Strich

**Fiction** 

Barry, Kevin . . . . . . . . . . . . . . . Night Boat to Tangier

(New York Times Top Ten Book)

Brodesser-Akner, Taffy . . . . Fleishman is in Trouble

(New York Times Notable Book)

Roberts, Nora . . . . . . . . . . . The Rise of Magicks

Serpell, Namwali . . . . . . . . . The Old Drift

(New York Times Notable Book)

**Mystery** 

#### **Newly Acquired Books**

#### **Biography**

**Fiction** 

Harris, Joanne . . . . . . . . . Five Quarters of the Orange

Steel, Danielle . . . . . . . . . . Secrets
Stockett, Kathryn . . . . . . . The Help

Mystery

Baldacci, David . . . . . . . . The Whole Truth

Grisham, John . . . . . . . . . . . . . . . The Innocent Man

Woods, Stuart . . . . . . . . . . . . . . . . Turbulence



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#### SOMERS LIONS CLUB

#### **REGULAR MEETING DATES**

February 4 and 18, at 7 pm, at Mama Rosa Restaurant

The Somers Lions meet at the above time and location on the first and third Tuesday of every month (for instance, as indicated above, the 4th and 18th of February). In the spring, the restaurant may vary between Mama Rosa, Primavera, and perhaps Somers Pointe, but the dates and time will not change.

Prospective members are welcome, but you will need to let the president, Heritage Hills resident Dr. Louis Bisogni, know so you can be listed as a guest and he can let the restaurant know a head count before the meeting. President Lou's cell phone number is 318-9950. Guests need to come to three dinner meetings (no charge) before acceptance into Somers Lions.

For more info about Somers Lions you can go to their website, somerslions.org.

\* \* \*

## NORTHEAST WESTCHESTER ("NEW") ROTARY CLUB

#### **REGULAR MEETING DATES**

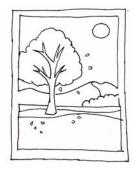
February 11 and 25, at 6:15 pm, at La Fontane Restaurant



The NEW Rotary Club meets on the second and fourth Tuesday of every month (for instance, as indicated above, the 11th and 25th of February). Prospective members are welcome, but you will need to let its president, Heritage Hills resident Marie Lacerra, know so you can be listed as a guest and she can let the restaurant know a head count before the meeting. President Marie's cell phone number is 276-3091.

The NEW Rotary Club is a member of the Rotary organization, which brings together a global network of 1.2 million volunteer members from more than 200 countries and geographical areas who dedicate their time and talent to tackling pressing humanitarian challenges, and thereby positively impacting lives at both local and international levels. For more information about NEW Rotary, go online to NEWRotary.org. Also, they can be found at Facebook.com/NortheastWestchesterRotaryClub.





by Elizabeth Saltzman

#### **SOMERS LIBRARY**

Programs are funded by the Friends of the Somers Library through your donations.

### FREE DOOR-TO-DOOR ROUND-TRIP TRANSPORTATION

Town of Somers Senior Services provides door-to-door transportation to and from the Somers Library every other Tuesday at 11 am. Call 232-0807 to make arrangements.

Here's a sampling of some events at the Somers Library in January. For more information, and where registration is required, go to the library's calendar at *www.somerslibrary.org* or call 232-5717.

#### **CREATIVE WRITING CLASS**

Tuesdays, from 11:30 am to 12:30 pm, February 4, 11, 18, 25; March 3, 10, 17, 24, 31; April 7, 14, 21, 28 and May 5. Free.

Each week you will be challenged with new and creative ideas to write about. Feedback from other writers and editing of your pieces will help you to develop your own writing style. The class will be led by Jo Ann Francella, a columnist for *The Somers Record*.

#### **SENIOR BENEFITS INFORMATION CENTER (SBIC)**

Wednesdays from 10 am to 1 pm (does not meet on days the Somers schools are closed due to snow). No appointment is necessary. Free.

The SBIC helps adults 60 years of age and over, and those caring for the elderly, achieve a better understanding of Medicare health plans and prescription drug coverage. Information is provided about different types of government programs. Meet with trained counselors in a private setting to get information about Medicare, Medicare Advantage, and Medigap supplement plans; Part D prescription drug coverage; Medicare savings plans for low-income seniors; and Financial benefit programs such as Home Energy Assistance Program (HEAP), and food stamps (SNAP). If you can't visit the library in person, you can leave a message on the SBIC helpline at 231-3260 or email it at SBIC@wlsmail.org with your name, number, a time to call between 9 am and 5 pm, and whether your interest is in Medicare services or other benefits. A counselor will return your call within two business days.



#### 10-A-MEN'S CLUB NEW YEAR'S EVE PARTY

Text and photos by Shirley Kesselman

Yet another fabulous New Year's Eve celebration was held in our Heritage Room to welcome in 2020. A capacity crowd of 160 Heritage Hills residents with their guests ate, drank, and listened and danced to the music of disc jockey Pro Sound. Both a male and a female vocalist entertained with songs from the 40s, 50s and 60s.



Hot and cold hors d'oeuvres were so ample that some skipped the entrée—sliced filet of beef with jumbo stuffed shrimp. Everyone indulged in dessert—assorted miniature pastries and chocolate mousse cake. An open bar throughout and champagne at midnight topped off the menu.



Good cheer prevailed as attendees left their tables and roamed the room to locate friends and wish them a Happy New Year. A tango line was formed, and several line dances followed. Those who remained sedentary chatted with neighbors and watched the comings and goings of others.

Men sported jackets while women wore cocktail attire.

Vincent Lorenzo and Paul Delcogliano, who had arranged this party in previous years on behalf of the 10-A-Men's Club, were ably aided this year by Michael Lanotte and Joseph Muscente.

Due to the reputation of this affair, it was sold out a month in advance. If you'd like to stay nearby, enjoy the comradery of friends and neighbors, and be treated to good food and music on New Year's Eve, put this event on your calendar for next year.

\* \* \*



## RESIDENT FREDERICK ELMES, ASC, RECEIVES LIFETIME ACHIEVEMENT AWARD

By Susan Statkowski-Rivalsi

In late January, Frederick received his award at the 34th Annual American Society of Cinematographers (ASC) Awards ceremony in Hollywood, California. From the ASC website, here's a summary of his achievements:

Elmes is a visionary cinematographer who has made significant contributions to independent cinema. His long career began with collaborations with such pioneering directors as David Lynch (*Eraserhead, Blue Velvet, Wild at Heart*) and John Cassavetes (*The Killing of a Chinese Bookie, Opening Night*). His feature film work includes multiple films for directors Ang Lee (*The Ice Storm, Ride with the Devil, Hulk*) and Jim Jarmusch (*Night on Earth, Coffee and Cigarettes, Broken Flowers, Paterson, The Dead Don't Die*). Other collaborations include Bill Condon (*Kinsey*), Charlie Kaufman (*Synecdoche, New York*), Mira Nair (*The Namesake*) and Jim Sheridan (*Brothers*). Elmes won Independent Spirit Awards for *Night on Earth* and *Wild at Heart*, and earned a third nomination for *Blue Velvet*.

Elmes has also shot acclaimed television projects, receiving an Emmy award for his work on *The Night Of*, an HBO miniseries written and directed by Steve Zaillian, and a nomination for *In the Gloaming*. His TV credits include the Emmy Award-winning HBO limited series *Olive Kitteridge*, directed by Lisa Cholodenko, as well as multi-nominated *The Looming Tower*, a mini-series produced by Hulu/Legendary Television. His current works include an untitled documentary by Bennett Miller, and *The Jesus Rolls*, a feature film written and directed by John Turturro.

Frederick previously received the American Film Institute's Distinguished Alumnus award in 2017.

We'll learn more about Frederick and his wife, Nancy Israel, when Ami Stokhamer's *Meet Your Neighbor* column returns to our pages in the March issue.

\* \* \*

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#### THE GLENN MILLER ORCHESTRA

#### A TRAVEL CLUB TOUR

Text and photos by Shirley Kesselman

Forty-four Heritage Hills residents, me among them, traveled about 30 miles to listen and/or dance to their favorite songs from the 30s and 40s played by the world-famous Glenn Miller Orchestra. *Tuxedo Junction, String of Pearls*, and *Chattanooga Choo Choo* were among them. It being Christmas season the orchestra obliged with *Jingle Bells* and other seasonal songs.





Travel Club President Elaine Soliman greets travelers

Elaine Soliman, Travel Club President, engaged Friendship Tours for this trip. Their bus met the group at Lake Lodge and took a little over an hour to reach The Aqua Turf Club in Plantsville, Connecticut, where the orchestra was playing. As the excursion took place mid-December, the outside temperature was near freezing, and the views from the bus were of picturesque snow-covered homes, lawns and trees. Chatter among

friends and new acquaintances was nonstop.

Upon arrival we entered a white mansion decorated for the Christmas holiday where we were invited to partake of coffee, tea, and doughnuts while we waited for other guests to arrive. Our Heritage Hills party was assigned to four large, round tables. Already the orchestra was playing.

Once all the other groups arrived and were seated, musicians took a break as a family-style lunch was served. Mixed greens salad, pasta, rolls, baked fish, and roasted turkey breast, stuffing, green beans, and mashed potatoes were plentiful. We all commented on the tasty food.

Music resumed. Many couples began dancing on one or the other of two large ballroom floors. Others simply stayed in place listening, observing, and reminiscing. Meanwhile ice cream was served to complete the meal. Again, coffee and tea were offered.

Too soon the orchestra played their signature closing melody, *Moonlight Serenade*, and we knew a very enjoyable afternoon was coming to an end.

Thank you, Travel Club!

\* \* \*

#### WHAT HAPPENS AT LINCOLN HALL

Text by Karl Milde

"Lincoln Hall Boys' Haven" is the official name of our nearby neighbor over in Lincolndale, a hamlet of Somers. With its beautiful 450-acre campus, Lincoln Hall appears—from outside the fence on Route 202 at least—to be a quiet private school for boys, with well-kept buildings and ball fields. It is not. Rather, there's a lot of sadness inside that fence. But there's also *hope*.

In 1863 the Christian Brothers, together with a lay board of managers, established a residence in New York City for destitute children, particularly boys orphaned by the Civil War. Serving a great need, the protectory continued under the auspices of Catholic Charities of the Archdiocese of New York.

In 1907 Catholic Charities purchased several farms in Somers and established the "Lincoln Agricultural School" as an annex to the New York City residence. Youths from the city were brought to this area to learn farming and thereafter placed with families to work on their family farms.

In 1938 the New York City residence was closed, and its entire operation moved to the Lincoln Agricultural School. At the same time, the school commenced constructing new cottages, a vocational training building, a gymnasium, and playing fields for baseball, football, and soccer.

In 1939 the school was rededicated as a home-away-from-home facility for court-involved youth from New York City and Westchester County, and renamed the Lincoln Hall Boys' Haven.

In 1956 the school



Lincoln Hall Boys' Haven, Circa 1939

partnered with Britain's international self-improvement program for youth called the "Young American's Challenge" with the goal of "instilling a sense of self-worth and societal responsibility in the next generations of citizens." Six youths at Lincoln Hall personally received a Duke of Edinburgh Award from Prince Edward of Britain, who headed the program.

All of the foregoing was in line with the mission of Lincoln Hall: To provide disadvantaged and troubled youths, ages 12 to 18, with opportunity and encouragement to become responsible citizens who contribute to the community; in other words, to infuse *hope* in youths, where *hope* was lacking.

In the last decade, unfortunately, the school has come under scrutiny from time to time, including when youths have left the campus without permission. In 2010, the state and local police were called to quell a 30-person riot that took an hour to get under control. In 2011, the Somers' schools were placed on "lockdown" when a Lincoln Hall student was found on Somers school grounds. And as recently as September 2017, while the Lincoln Hall staff were attending a barbecue, two boys, who had been sent to Lincoln Hall by court order,

left the campus and prompted a police manhunt. The boys, who didn't speak English, were apprehended a short time later.

In 2012 Lincoln Hall instituted a Family Reunification Program (the "Program") – funded by a grant from the United States Department of Health and Human Services – to help American children who had become separated from their families reunite with parents or relatives. As a part of this Program, Lincoln Hall partnered with the Federal Office of Refugee Resettlement to provide housing and services to undocumented youth without parents or guardians. Not only did the Program require Lincoln Hall to limit the number of American teens in its care, thereby affecting its basic mission, but the Program itself came under serious criticism because of a federal policy to involuntarily separate children from their families who were trying to enter the United States at its southern border.

Although the staff at Lincoln Hall often witness great emotional pain and suffering, they know that youths are amazingly resilient, and out of suffering comes strength and determination. And the staff are also often witness to beautiful rays of *hope* that beam from the youths in their care.



#### **AWAKE**

By Ellen Saltzman

We are not either/or, but And and Yes, embracing rain as much as sun, thorn with petal, each for royal purpose, present and real, never known, just held for a moment.

\* \* \*

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#### FINDING MY ROOTS—PART 2

Text and photos by Evey Albert

Last month, I described my visit to Zolochiv, my grandfather's birthplace.

After leaving there, and prior to visiting my mother's birthplace, my travel-mates and I spent some time in the now charming city of Lviv, where, prior to World War II, there had been over 200,000 Jews and at least five synagogues. Now, there are about 2,000 Jews and only one working synagogue. There are also two Jewish Heritage museums that are struggling to keep the culture alive.

The next leg of our journey took us to my mother's birthplace, Fertozsentmiklos, Hungary. Like my grandfather's birthplace, this was also a small town, with a population of only 2, 854 people. Unfortunately, I had been unable to find the address of my mother's family, so we just walked up and down the large main road and went into the only church, Szent Miklos Catholic Church. At least I know that my mother had seen this church when she lived in Hungary, and I had to settle for being happy



Edie, myself and Erin in front of Szent Miklos Catholic Church.

with the thought that her eyes had seen what my eyes saw.

Our trip continued to Slovenia and Croatia and finally ended in Vienna, Austria, from where my parents had emigrated in April of 1939.

Prior to this search for my roots, I had already been devastated by the knowledge of what had happened to my family members who didn't escape Europe during the war. But now, there is a new depth of sadness. So many Jewish people were destroyed in the small towns I visited, and very little is left of their heritage.

Since returning in late October, I continue to reflect on this trip. The memories of my search for my roots and my experiences—both sad and fulfilling—will remain with me forever.





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### MY HEAVENS, SO MUCH TO SEE!

Text by Susan Statkowski-Rivalsi, photo by Rob Casasanta



October 2019 Hunter Moon over the Activities Center

For those of us who look to the heavens at night, there will be much to see this year.

We'll have not just 12 full moons, but, instead, 13 of them, because in October there will be two of them, the second called a "blue moon." The first one will occur on the 1st and the second the 31st. Yes, that's right, we'll have a full moon on Halloween! In addition, two of our spring full moons this year—in April and May—will be "super moons" thus called because they'll be less than 224,000 miles from the earth (average distance is 238,000 miles). As they rise, they will appear quite large and 30% brighter than other full moons. Here's the 2020 full moon schedule:

Date	Day	Moonrise	Name
January 10	Friday	4:42 pm	Wolf Moon
February 9	. Sunday	5:54 pm	Snow Moon
March 9	. Monday	6:59 pm	Worm Moon / Super Moon
April 7	. Tuesday	7:04 pm	Pink Moon / Super Moon
May 7	.Thursday	8:27 pm	Flower Moon
June 5	Friday	8:30 pm	Strawberry Moon
July 5	. Sunday	9:17 pm	Buck Moon
August 3	. Monday	8:36 pm	Sturgeon Moon
September 2	Wednesday	8:05 pm	Corn Moon
October 1	.Thursday	6:56 pm	Harvest Moon
October 31	. Saturday	6:11 pm	Blue Moon
November 30	. Monday	4:45 pm	Beaver Moon
December 29	. Tuesday	4:09 pm	Cold Moon

In addition, this year we'll have the opportunity to view 11 meteor showers. Here are those producing the greatest volume of meteors. Take special note of those in August and December:

Peak Night	Meteors per Hour	Meteor Shower Name
January 3 to 4	40	Quadrantids
April 22 to 23	20	Lyrids
May 6 to 7		Eta Aquarids
July 28 to 29	20	Delta Aquarids
August 12 to 13	60	Perseids
October 21 to 22		Orionids
December 13 to 14		Geminids

\* \* \*

#### HAIKU FOR FEBRUARY

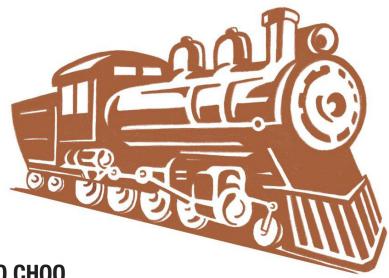
Verse and photo by Sue Shea



Winter has set in And with it, Valentine's Day So a time to love!

\* \* \*





#### CHARLIE THE CHOO CHOO

Bv Karl Milde

#### **CHAPTER 2: CHARLIE HEADS HOME**

Charlie the Choo Choo moved out into the sunlight and followed the tracks forward on his way toward his new home. He rolled along slowly at first, through a maze of track switches as he left the factory, but once he'd been switched onto the main railroad line, Manny, the engineer, opened the throttle wide and he felt the joy of letting go. He could feel the wind in his face as he gathered speed, his pistons moving back and forth with ever increasing speed, forcing his drive wheels to rotate faster and faster.

"Chugga-lugga...chugga-lugga,..,". he chuffed, not stopping to catch a breath. He wondered if there were a limit to how fast he could go. With a full head of steam, he was so overcome by the feeling of exhilaration that he didn't notice the danger ahead until it was almost too late.

Two young boys had chased after a ball without thinking a train might come along. They had been told, not once but many times, to stay away from the tracks. But after playing in the adjacent ballfield for a number of summer weeks they'd learned the train schedule and knew that no trains were due to come by at this time of day. When their softball sailed over the chain link fence, they scrambled after it, squeezing beneath the fence wire where the earth had washed away. Hearing a faint "chugga-lugga" sound in the distance, they looked up and saw Charlie barreling down the tracks in their direction. Rather than scattering, they stopped and just stood there, frozen in place by fear, as they heard the screech of Charlie's brakes.

The front of Charlie's cowcatcher came to a halt just inches from the two boys. They were so shocked they remained fixed there as Manny climbed down from the engine and walked towards them. They stared at him and seemed to tremble as he approached.

"You know you're not allowed on the tracks, right?" Manny scolded.

"Y-y-yessir," one of the boys managed to stammer.

"How did you get here?" The fence had been put in place all along the tracks to prevent this kind of thing from happening. If Charlie had been pulling a train behind him rather than running alone, the weight of those other cars would have pressed him forward and he couldn't have stopped in time.

The boys were too scared to speak, but they both pointed toward the washed-out area where they'd snuck under the fence.

"Okay, I see it. Go back where you came from, but make sure you and your friends never come through that fence again. I'll report this up the line and get that opening fixed."

The boys quickly ran over to the fence, crawled under it, and disappeared from view.

Charlie waited patiently, puffing off excess steam, until Manny returned and climbed aboard again. When Manny gave him the signal to go, Charlie started up again slowly. Once he reached a safe running speed, he chugged northward up the tracks with a steady "chugga-lugga..." He couldn't wait to see his new home in Albany, New York.



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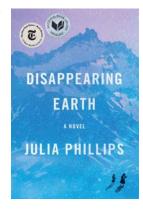
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#### THE BOOK SHELF

By Cindy Kennedy

Julia Philips' debut novel *Disappearing Earth*, deemed a 2019 Top Ten book by *The New York Times*, was a National Book Award finalist. The intriguing tale is set on Kamchatka, the remote northeast Russian peninsula.

The story begins on a sunny August day with two young sisters, Alyona and Sophia, playing near the shoreline on Kamchatka's eastern coast. The girls look out for one another while their mother, Marina, a journalist, is at work.



At the ocean's edge, Alyona tells her younger sister legends about the mountains and seas that isolate Kamchatka from the rest of Russia. In one tall tale, Alyona describes a tremendous earthquake and its huge, engulfing wave which swallowed up an entire town on the peninsula. Sophia is fascinated by the fable, and the two sisters hike back to town. On their way home, however, an unforeseen incident happens, and the girls go missing.

Throughout Kamchatka, there's speculation that the two sisters drowned or perhaps were kidnapped by their father who lives in Moscow or by a stranger. The insular peninsula's topography, it seems, would prevent anyone from taking them off Kamchatka undetected: "And air and sea were the sole options for leaving. Though Kamchatka was no longer a closed territory by law, the region was cut off from the rest of the world by geography. To the south, east, and west was only ocean. To the north, walling off the Russian mainland, were hundreds of kilometers of mountains and tundra. Impassable."

Detective Ryakhovsky oversees the investigation. One witness, Oksana, a researcher at the local volcanological institute, claims to have seen a man "in a shiny black car" drive by with two young girls as she walked her dog. The trail, however, goes nowhere, and Oksana begins to doubt herself.

Long-simmering tensions between Kamchatka's white Russian settlers and the indigenous natives reach a boiling point. While the police actively search for Alyona and Sophia, who are white Russians, they let the missing-person case of Lilia, a teenager from a reindeer-herding family, go cold. No one suspects that the two cases might be related until the missing girls' mothers meet by chance.

Ms. Phillips' vivid description of Kamchatka—its expansive tundra, towering volcanoes, and glassy seas—renders the peninsula as a fascinating character on its own. *Disappearing Earth*, indeed, marks the bright beginning of an emerging writer's promising career.

(Note: *Disappearing Earth* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 14.)



#### FIT-BITS

By Mary Tedesco

#### **CORE STRENGTH**

There is a lot of talk about "core strength" these days. People are always asking me "What exactly are my core muscles?" Some people actually ask about working their "stomach" muscles...but your stomach is not a muscle it's an organ!

Let's put this mystery to bed...

The *major* muscles of the core reside in the area of the mid and lower back and the belly area. These muscles include the pelvic floor muscles, obliques, transverse and rectus abdominal muscles, and the erector spinae.

The *minor* muscles of the core include the lats, glutes and traps.

The core muscles are used to stabilize the pelvis and thorax during dynamic movements. Your core muscles also help support your posture, and they align the ribs, the spine, and the pelvic area to resist force, whether you are standing or moving.

I am writing about the core this month because I see a lot of people holding onto the console (the TV) while working out on the treadmills—either walking or running. Not only does this cause treadmill malfunctions, but if you are holding onto the *console* for balance, you are *not using your core muscles* to keep you balanced. That is, you are removing the body's ability to engage certain muscles in the core area in a way that balances the body and helps with the push against the ground and the forward movement. It's kind of like cheating yourself out of a good workout!

Most people believe the primary muscles used in walking are their legs, but in reality the first prime mover of walking or running is core strength and stability; then the legs move the core using the leg muscles. Basically put, if your core is strong you will have better stability and balance.

Do yourself a favor and *do not hold onto the console while walking or running*, try to mentally engage your core muscles first—bring your arms down to your sides and you will surely have a more productive workout!





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#### DISPATCH FROM THE PROVINCES

Text and drawing by Eric Felderman

#### SYNCHRONICITY



This month's picture is an illustration of the famous 12th century inscription on the summit of Mount Olympus, which has never been satisfactorily explained, although, as with the words of Nostradamus, there have been many conflicting attempts to apply it to the events of our century.

"The dragon shall sup with the trunk man But the lizard shall not sip the wine.

Tiny angels shall ascend the fire ladder But the mighty Teddy bear shall smite the warrior.

Howdy Doody shall submit But the Alligators will emerge.

The matron and maître d' Shal analyze the totem pole But the bird shall interpret the nerd.

Thus I have spoken. Thus it shall be."





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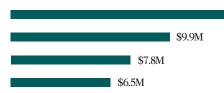
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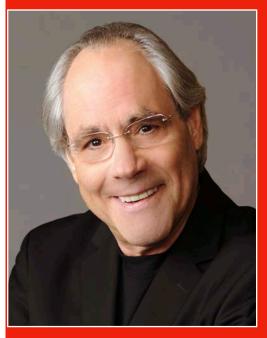
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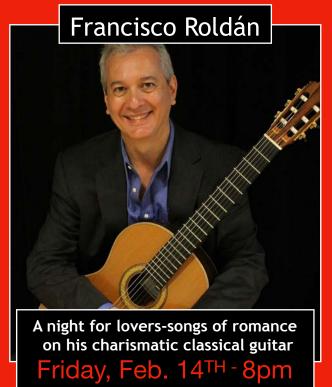
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English Speaking /Responsible, Reliable Young Woman Seeking Employment to Care for the Sick or Elderly, lives in Heritage Hills, has own car. Please call Sandy at 914-573-6090. . .

#### FEELING OVERWHELMED?

Do you need help with paperwork, running errands, organizing your home? **CALL: CAREN - 914 522-9333** 

F/PT busy black car service in Somers. Airport runs, clean license & neat appearance. TLC License necessary - will help acquire. Call John 914-479-2292, ANJ Car & Limousine.

**Elderly care available experience care-giver seeking live-in job.** Excellent reference available upon request. Working in Heritage Hills over 12 years. **Call Monica Hyde 860-597-9656**.



Quilt by Joyce Sullivan, photo by Sue Shea.



If you find yourself helping a family member with more and more of the things they used to do for themselves, let us help!

Get to know *The Artis Way*: Exceptionally customized and respectful Memory Care in a cozy, neighborhood setting.

Be among the first in Briarcliff Manor to experience what it means to live every day *The Artis Way*!



## Learn more by calling 877-294-4860 or visiting www.TheArtisWay.com/HeritageHill



WELCOME CENTER: 520 North State Road, Suite 101, Briarcliff Manor, NY 10510 COMMUNITY LOCATION: 553 North State Road, Briarcliff Manor, NY 10510







@BonnieSue-Photography





#### MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350 email: mlowenfeld@houlihanlawrence.com

#### Total units sold by Hudson Gateway MLS agents from 1/1/2019 to 12/31/2019

	2019	2018	2017	2016
TOTAL	143	132	129	155
SOLD	(\$245,000-\$835,000)	(\$225,000-\$739,000)	(\$245,000-\$880,000)	(\$230,000-\$734,000)

#### Various units sold by MLS agents from January 1 to December 31, 2019

	1 BEDROOM						
FRANKLIN	\$247,000; \$255,000 \$250,000; \$285,000; \$300,000; \$247,00 \$294,000	GUILFORD	\$295,000; \$300,000; \$300,000; \$300,000 \$305,000; \$305,000 \$302,500; \$292,000;	RADCLIFFE	\$295,000; \$305,000 \$347,000 \$400,000		
2 BEDROOM							
BEDFORD BERKSHIRE CAMBRIDGE CANAAN CORNELL FAIRVIEW HAMILTON HANCOCK HANOVER	\$380,000; \$350,000; \$362,000; \$385,000; \$403,000; \$475,000; \$412,000; \$435,000; \$360,000; \$412,000; \$429,500; \$438,750 \$415,000 \$480,000 \$517,500 \$380,000; \$435,000; \$450,000; \$475,000 \$565,000 \$427,500; \$455,000; \$415,000; \$435,000 \$314,000; \$326,900 \$310,000; \$334,000 \$305,000; \$380,000; \$437,500	JACKSON KATONAH KENT LEXINGTON LINCOLN LITCHFIELD MADISON MONROE PRINCETON	\$430,000; \$410,000; \$425,000; \$435,000 \$315,000	PUTNAM  ROCKLAND SALEM  SOMERS STANFORD STRATFORD STRATFORD	\$319,500; \$303,000; \$245,000 \$350,000 \$440,000; \$420,000; \$327,500; \$462,000; \$415,000; \$438,500; \$530,000; \$335,000 \$390,000 \$438,000 \$610,000 \$370,000; \$385,000; \$447,500; \$540,000; \$535,000; \$535,000; \$425,000; \$385,000; \$430,000; \$445,000; \$360,000; \$445,000; \$360,000; \$482,500; \$49,000 \$591,000		
				YALE	\$584,000		
		3 BE	DROOM				
COLUMBIA COLUMBIA CROTON II HARRISON JEFFERSON	\$835,000 \$835,000 \$525,000; 525,00;0 \$560,000 \$425,000 \$267,500; \$373,000; \$329,000; \$415,000;	JEFFERSON II SHERMAN	\$329,000 [\$485,000; 462,500 \$550,000; \$610,000; \$580,000; \$610,000; \$607,500; \$415,000; \$579,000; \$585,000;	SHERMAN II YORK	\$502,000; \$576,800 \$540,000; \$580,000; \$580,000; \$460,000; \$550,000 \$340,500; \$380,000 \$425,000		

#### **HOW CAN I HELP?**

If you have any questions or would like to know about sales for your particular model, please do not hesitate to contact me. Cell: 914-420-1850 or send an email to mlowenfeld@houlihanlawrence.com

Thank you, Marti

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