



# *Heritage Hills Newsletter*

**JULY 2020**





# Heritage Hills Society Information

Address ..... 8 Heritage Hills, Somers, New York 10589

Website ..... [www.hhsociety.org](http://www.hhsociety.org)

Television ..... Channel 12

## CONTACT INFORMATION – EMAIL

Society ..... [society@hhsociety.org](mailto:society@hhsociety.org)

Activities Office ..... [activities@hhsociety.org](mailto: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 8:45 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](http://www.hhsociety.org) under General Information, Transportation – **Reservation required**

## UTILITIES CONTACT INFORMATION

**EMERGENCIES** ..... **9-1-1**

**ConEd** ..... 800-752-6633

**Verizon** ..... 800-922-0204

**Comcast** ..... 866-478-7266

**NYSEG** ..... 800-572-1131

**Water/Sewer** ..... Your Condo Mgt. Co.

## 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 start 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](http://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 outreach.

**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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**AS OF THE DATE OF PUBLICATION, ALL EVENTS, CLASSES, AND ACTIVITIES HAD BEEN CANCELLED UNTIL ALL FACILITIES ARE ABLE TO RE-OPEN. THEREFORE, THE INFORMATION IN THIS ISSUE ABOUT FUTURE EVENTS MAY BE INCORRECT. UPDATES WILL BE—OR HAVE ALREADY BEEN—COMMUNICATED BY THE ACTIVITIES OFFICE.**

## HEALTH & SAFETY COMMITTEE

*Submitted by Flo Brodley*

### **DOROT: GENERATIONS HELPING GENERATIONS WORKSHOP**

**Wednesday, July 1, at 1 pm, in Room 3 in the Activities Center**

This not-for-profit social service agency (around since 1976) will share an array of non-sectarian programs and services in which adults 60 and better can participate mostly at no cost. Programs include one that matches a senior with a volunteer for social conversation on the phone, another that offers classes on the phone, and a third that offers visits on a regular and/or occasional basis in a senior's home. Our speaker will be Cippi Harte, of *DOROT*.

### **MINDFUL AGING WORKSHOP**

**Sunday, July 12, at 1 pm in the Heritage Room**

#### **W.I.N.K.**

**Wednesday, August 12, at 1 pm in the Heritage Room**

Important information to hear and take home—on personal, financial, health, home, and final wishes matters—that you want your loved ones to know. *W.I.N.K.* gathers all your information together in one **FREE** booklet. Our speaker will be Susan Berkow, of The Friends of the Somers Library.

### **OH, MY ACHING SHOULDERS**

**Wednesday, August 26, at 6 pm in the Heritage Room**



#### **ON THE COVER**

In early April, Governor Andrew Cuomo directed that flags be flown at half-mast in honor of those lost to COVID-19, and that they should remain lowered while regions in New York are on PAUSE. In mid-June, Cheryl Milde captured this image of Old Glory at half-mast in front of our Activities Center.

## THE NEWSLETTER WELCOMES ARTICLES FROM HERITAGE HILLS RESIDENTS

**OUR DEADLINE IS THE 6TH OF THE MONTH.**

If we print your submission, your name will be indicated. We cannot guarantee that every submission will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably *Word*) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.

**OUR EMAIL ADDRESS IS: [HHillsNewsletter@gmail.com](mailto:HHillsNewsletter@gmail.com).**

### When Submitting Photos to this Newsletter



**If you take a picture using your phone instead of a camera, please use the highest resolution.**

Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and when the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

**We cannot use anything taken from the internet without authorization from the source.**

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### 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

# ACTIVITIES/CLASSES/CLUBS

**THESE RECURRING ACTIVITIES AND CLASSES WILL RESUME WHEN ALL FACILITIES ARE ABLE TO RE-OPEN**

To receive the latest updated information and alerts, all residents with email should register on the Society website. Go to [www.hhsociety.org](http://www.hhsociety.org) and click on "log in request," fill in all the fields, and submit it. A username and password will be sent to you.

The following Activities and Classes take place in the Activities Center unless otherwise indicated. When they resume, the registration procedure will be as follows:

## REGISTRATION PROCEDURE FOR ACTIVITIES, CLASSES 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.

## 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 Game Room. All skill levels welcome.

**Paint & Sip:** With Judika Lieberman. \$40 once a month at 7 pm in Lake Lodge. All paint supplies included. BYOB. Look for flyers and email blasts. 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 [evymusart@comcast.net](mailto:evymusart@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, and 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. A limited amount of scrap wood and kindling available.

## AARP SMART DRIVING COURSE

All 2020 classes will be rescheduled.

## 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.

## ENERGIZE HERITAGE HILLS

**Fridays, August 14, September 11, and November 13, at 11 am in the Activities Center.**

Heritage Hills, in collaboration with EnergizeNY and the Town of Somers Energy & Environment Committee, is offering personalized assistance in applying for a FREE comprehensive assessment of your home. No prior registration needed, just walk-in.

## EXERCISE:

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

**15/15/15:** With Theresa. Wednesday mornings at 11:15 am in the Gym. Cardio, strength, and stretch in 15-minute intervals. See flyers for details.

**Hikers & Walkers:** Weekly hikes from September to June.

Schedule is available at the Activities Center or at [hhsociety.org](http://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. **On Haitus.**

**Saturdays with Joe:** Saturdays at 9 am at Lake Lodge. Fees: \$10 per class or \$40 per month. Most classes are 60 to 75 minutes long.

**Tai Chi:** With Ellen Hollenbeck. Tuesday 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 Iyengar Classes with Kate Graham**—All classes held in Lake Lodge's upper level. See flyer for full schedule:  
General Iyengar: Mondays at 12 noon. Fee: \$12 per class.  
Chair Yoga: Mondays at 1:45. Fee: \$12 per class.  
General Iyengar: 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:**  
Gold: Fridays at 10:30 am. Fee: \$24 to \$40 per month. See flyer.

## FAMILY NETWORK GROUP

Meets for family-oriented events, days and evenings. Go to [Facebook.com](https://www.facebook.com/heritagehillsfamilynetwork/) 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.*

## 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.  
**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. Tuesdays and Thursdays at 11 am at Lake Lodge (not accepting new Tuesday/Thursday members at this time; 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.

## GOLF

**East Hill Men's Golf Association:** Since 1989 we have provided a 9-hole venue for friendly, sociable, and light golf competition at Heritage Hills on Wednesday (Stroke Play) and Friday (various formats) mornings from April thru November at the Somers National Golf Course. Pick up a membership application at the Activities Office or contact Bob Kenney, Membership Chairman, at 617-9884 or [rlkret@aol.com](mailto:rlkret@aol.com).

## 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 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. **Scrabble:** Thursdays at 1 pm

## MORNING DISCUSSION

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

## NEWCOMERS COUPLES CLUB

Contact us at [hhnewcomerscouplesclub@gmail.com](mailto: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 [hhillsrainbow@gmail.com](mailto:hhillsrainbow@gmail.com).

## 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](http://hhsociety.org).

## WEIGHT WATCHERS GROUP

Two plans lower prices: *Digital or Digital plus Workshops*. *Digital* has been reduced to \$18 per month and *Digital plus Workshop* is now \$40 per month. Visit [wellness.weightwatchers.com](http://wellness.weightwatchers.com) and enter Employer ID: 59693. For questions or assistance registering contact the WW 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.



## SOCIETY NEWS

### FINANCIAL/OPERATING UPDATE— MAY 18, 2020

Posted by the Society via email blast.

#### FINANCIAL UPDATE

As this unprecedented health crisis continues to unfold, Society is taking this opportunity to review and report the state of our finances and our budget. Our annual budget is structured so that at the end of a given calendar year the income received, and the expenses should be roughly equal. The vast majority of Society income is derived from the collection of Society fees. It is not uncommon that in a few months of every year the income received exceeds the expenses for a given month. Typically, and this year is no exception, this occurs in the first few months of the year when expenses are relatively modest. Conversely, as the year progresses and major projects are undertaken, there are several months wherein the expenses exceed income. The Heritage Hills Society is a not for profit corporation and the Society Board is tasked with managing its finances. There is no expectation or intent at the end of the year to “make a profit.”

We are now in the eighth week of a shutdown of our facilities. As mandated by the Heritage Hills Society Employee Handbook, in a shutdown of this type all Society employees are required to receive their full salary and all benefits to which they are entitled. Our maintenance staff has been working on site throughout this crisis and our administrative staff has been working effectively from home. Society has continued to fulfill its contractual obligations with all vendors on the property and to meet its insurance and financial obligations as well. To date, the only reduction in expenses realized by Society is limited to the cost of the fuel for our shuttle buses and a reduction in energy consumption across our three main buildings. In nearly two months, this totals less than \$6,000. A further reduction in expenses may happen if the opening of our pools is delayed. At the end of calendar year 2020 any significant reduction in expenses will be considered by the Board as it determines the Society fee structure for 2021.

The Board sincerely appreciates the cooperation and support of the community through these difficult and challenging times. We are working hard to determine how to safely and responsibly once again make our services and facilities available to our residents while keeping in mind that the health and well-being of the Heritage Hills community is our highest priority.

#### OPERATING UPDATE

Although in many ways it seems that the world has come to a full stop in the last two months, this is not the case in Heritage Hills. A number of contractors and our own maintenance staff, all working within state guidelines for health and safety, have completed projects or maintenance items throughout the property. Many of these are listed [in the next column]:

- Installation of eight new LED light fixtures in the gymnasium, more energy efficient and much brighter than the 30-year-old fixtures they replaced.
- Two aerators were re-installed, as they are every spring, in the pond by Lake Lodge and the pond behind the Activities Center.
- A leaking water service line at Pool #4 was replaced requiring removing several plantings and excavation several feet deep.
- A new set of steps and railings, complete with new lighting fixtures, was installed between the Activities Center parking lot and the East Hill Golf Course overflow lot.
- New signs were installed on Lovell Street, making Heritage Hills much easier to find for residents and visitors alike.
- Permanent speed humps were installed in two locations favored by walkers, making for much safer roadways.
- An extensive amount of wood was replaced on the bocce courts by our maintenance staff and the courts were recently repainted.
- Two landscape projects, both at Lake Lodge, were recently completed by our landscape contractor.
- A delivery of pool furniture, ordered in early February, was received and placed on the Pool #1 pool deck.
- Landscape work has been completed at last year's metal culvert project meaning that major project is complete once the hay bales are removed.

In addition, our maintenance staff, along with our pool service contractor, have readied all five of our pools for opening, although a firm date is still uncertain. Our landscaping contractor, Westchester Properties Group, has completed their normal spring maintenance activities including re-seeding, edging, lawn treatments and mulching and spring flowers are expected the week of May 18th. Our electrician is constantly and quickly putting troublesome streetlight fixtures back into service and there have been some 8 catch basins that have required repair or replacement since the winter season concluded.

In summary, work at Heritage Hills never stops. Maintaining and improving a property as beautiful as Heritage Hills is a round-the-clock operation; even a pandemic can't interrupt progress.

\* \* \*

### COVID-19 SHUTDOWN FINANCIAL IMPACT— March 23 to May 31, 2020

As the facilities and services at Heritage Hills slowly begin to reopen, many residents may wonder if, collectively, these closures resulted in any changes to the Society budget projections. Although there were certain budgeted expenditures that did not take place, these were largely offset by additional expenses for equipment and cleaning and sanitizing supplies required to safely make our amenities available for our residents.

Our savings to date have been approximately \$9,000. The Society Board will continue to update this summary on a regular basis to provide the community with a realistic assessment of the financial implications associated with the closure of our facilities.



**HERITAGE HILLS SOCIETY OPERATIONS UPDATE REPORT—JUNE 10, 2020**

Posted by the Society via email blast.

**PRESIDENT'S REPORT**

Hi Everyone, I hope this note finds you all safe and well.

In our continuing effort to keep you fully informed on the happenings in our Community which affect every one of us, we are beginning with this report a bi-weekly "Heritage Society Operations Update Report." It will cover notes and reports from Society Committees and, of course, a property maintenance report from John Milligan. We hope you find the Society Reports informative and interesting.

As always, if you have any questions or comments on a Society managed matter, do not hesitate to email or call us. When we return, we will have our monthly meetings and in between we may publish updates.

Stay safe and well and take care. Have a great summer.

Dom Rubino

President, Heritage Hills Society LTD

**COMMITTEE REPORTS****REOPENING COMMITTEE—Gloria Anderson, Chair**

The Reopening Committee has been busy drafting plans to reopen activities in a safe manner as soon as permitted by local and state authorities.

- On May 28, **tennis** courts 1, 3, 6 and 7 were opened for singles play using guidelines recommended by the USTA and the Town of Somers. On June 6, Courts 4 and 5 were added to the list of courts available for singles play.
- On June 8, **shuttle bus** commuter runs between HH and the Goldens Bridge train station were reinstated using guidelines designed to limit the risk of exposure to COVID-19. The schedule of four runs in the morning and four in the evening is subject to change as circumstances warrant.
- On June 10, two of the four **bocce** courts will be opened for play pursuant to guidelines that, among other things, strictly limit to ten the number of players/people permitted to gather in the bocce court area. Ten is the maximum number of people permitted to gather pursuant to NYS Executive Order. Compliance will be monitored and if groups larger than ten gather in the bocce court area the courts will be closed to play.
- The Westchester County Department of Health has not yet issued **pool** permits that would allow HH to open its pools this summer. Westchester County has announced plans to open county pools beginning June 26, so it is hoped that permits to open Heritage's pools will be forthcoming. However, permitting requirements applied to community pools are vastly different from those applied to county pools, so there is no guarantee. The Reopening Committee has drafted guidelines to reopen pools in a safe manner if/when the permits are received.

**TREASURER'S REPORT—Bill Harden, Treasurer**

- May 2020: Income—\$444,209  
Expenses—\$403,725  
Surplus—\$40,484
- We purchased a new bus in May.

**AUDIT COMMITTEE—Gene Archer, Chair**

- The 2019 year-end audit is being prepared for review by the Audit Committee. The Audit Committee will report its findings to the Executive Committee upon completion.

**COMMUNITY AFFAIRS—Jack Mattes, Chair**

- The extremely important **Census 2020** effort continues for another 5 months. The overall results affect what funds our State, County and Town receive from the Federal Government for the next 10 years. The results also affect how many representatives NY State will have in Congress - we may lose two if our overall results fall short. We cannot allow that to happen.

The Census count for Heritage Hills and Somers to date has increased to a 66.8% response rate. That compares nicely to the rest of Westchester County with a County percentage of 61.7%. NY State has a response rate of 64.6%, keeping Somers in a nice position. However, Scarsdale leads the County with 77.37%, and 22 other towns are ahead of us as well. That leaves us lower than we should be. Let's try for 80% - if you have not yet responded to the US Census information request and need help, please advise Activities. A member of our committee will try to assist you in completing your form.

- The Heritage Hills **Art Show**, normally scheduled for early October, has been moved to November 7th & 8th in the hope of being able to produce the event and accommodate our normal crowd of attendees. If things look encouraging as we move closer to the date, we will so advise our community.
- The **Somers Food Pantry** at St. Luke's Church is in need of contributions of food, or funds to purchase food, for those in our Somers community in need of assistance. During the current COVID-19 pandemic the demand on the pantry has increased substantially, as it has at the Katonah Food Pantry. If you can help, watch for bulletins from the Activities Office or contact me at [mattesjack@yahoo.com](mailto:mattesjack@yahoo.com) for information.

**HERITAGE NEWSLETTER COMMITTEE – Susan Statkowski-Rivalsi, Chair**

- All residents are welcome to submit for publication items that may be of interest to other residents. Written material, photography, and photographs of various art forms are welcome.
- Submissions should be sent to [hhillsnewsletter@gmail.com](mailto:hhillsnewsletter@gmail.com). The deadline is usually the 6th of the month.

## OPERATIONS – John Milligan, Property Manager

Normal life will resume some day at Heritage Hills, and, in anticipation of our pools, tennis courts and buildings once again being made available to our residents, a number of projects, large and small, have been completed throughout the community. Our maintenance staff has resumed fulltime operations and all of our facilities and amenities are ready for use once guidance on how to accomplish this safely has been decided upon.

- The main entrance steps and walkway to the Activities Building have long been an eyesore, sorely in need of an update. Those steps and walkway have been transformed from a pitted and cracked concrete surface to a beautiful new bluestone treatment with newly painted railings. It is worth a look even if you can't yet enter the building.
- Despite the challenges this spring in moving forward with many routine items of work, our landscape contractor along with their design consultant finished planting our colorful summer flowers just in time for Memorial Day weekend.
- A terrible car accident in early May resulted in three missing streetlights and significant damage to the landscaping on a portion of the East Hill. Repairs were recently completed, paid in full by the car owner's insurance.
- Loosening of restrictions on certain construction activities has allowed our tennis court maintenance company to make repairs to Court #3 and complete initial reconditioning of our five turf courts.
- After an extensive replacement of wood on our bocce courts, each of the four courts were completely repainted and received a new sand playing surface.
- As we drove into the main entrance to Heritage Hills, most of us have had to dodge the slowly collapsing catch basin located exactly where you would ordinarily make a turn. After a few bureaucratic obstacles were overcome, our paving contractor was able to make the necessary repairs and once again you can turn where you like.
- Expecting that our shuttle buses will return to operation on a limited basis, our maintenance staff with a big assist from our bus supervisor fabricated plexiglass shields around the driver's seat allowing for the safety of passengers and driver alike.

## COMMENTS FROM RESIDENTS

Please call us at 914-276-2908 or email us at [activities@hhsociety.org](mailto:activities@hhsociety.org) if you have any questions or comments.

## MAY SECURITY CALL REPORT

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

Medical . . . . .	49
Security . . . . .	165 (fire/carbon monoxide alarms, open garage doors, other security concerns)
Service . . . . .	65 (including 58 lift assists, 6 persons locked out, and 1 welfare check)
Maintenance . . . . .	1 (water main break)
Car Accidents . . . . .	2
Parking Violations . . . . .	0 (in handicapped spaces, fire lanes, A roads, or B roads)

\* \* \*

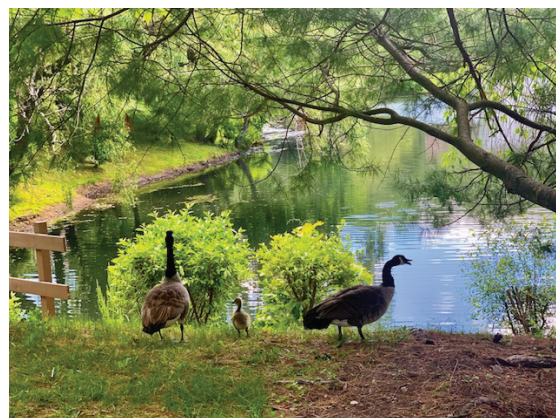
## THE MONDAY MORNING DISCUSSION GROUP

*Text and photo by Ken Benjamin*



Even with the lockdown, the Monday Morning Discussion Group hasn't missed a beat in discussing recent days' issues. Using Zoom, the Group still meets Monday mornings from 9:30 to 11 am. You can participate with just a regular telephone but a device like a computer, laptop, tablet, or smart phone with a microphone and camera is recommended. For information or to join, please call Ken Benjamin at 617-9817.

\* \* \*



*Photo by Sue Shea*





## HERITAGE HILLS COMMUNITY THEATER

By Diana Richter

The Heritage Hills Community Theater is still waiting for the day when we can bring you a show. We're hoping to present a program of Gilbert & Sullivan shows sometime soon, but there is no way we can predict when. Our plans are as uncertain as everyone's. We wish everyone good health and better days ahead for us all.

\* \* \*

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## HHlibrary

Submitted by Larry Daitch

### REDESIGNED WEB PAGE

In anticipation of re-opening the Heritage Hills Library shortly after the Activity Center re-opens, we have redesigned the library web page on the Heritage Hills Society web site to accommodate the new protocol that will go into effect at that time.

Our new web page was designed to assist you in your book selection during this period. The new web page includes, among other things, a section where all books in the library can be searched by Title, Author, and Category. The search can be conducted on computers, Tablets, iPads and Smart Phones. Another section includes all new books for the past six months. Additional sections will include Award Winning Books, Most Borrowed Books, New York Times annual Top Ten and Notable book lists, and the New York Times #1 Best Seller list for the past several years. All of these sections will specifically include HH Library books. Our goal, in addition to giving you the ability to remotely search for HH Library books, is to provide you with far more information about the many fine books in the library than you presently have.

### BOOK DONATIONS

After the re-opening book donations will be limited to 2 books per person per week. They must be hardcover books in good condition brought in on the days and times that the library is open. Books in bags will not be accepted. No paperbacks will be accepted. Also, please do not leave donated books outside of the library at any time. The paperback book exchange will be discontinued for health and safety reasons.

### NEW ADDITIONS TO OUR COLLECTION IN JULY

Below is a tentative list of new and newly acquired books we intend to have for the library re-opening. The list is subject to the timing of the re-opening and the availability of the material, so there may be some changes including possible additions.

#### Newly Published Books

##### Biography

Hubbard, Ben. . . . . *MBS: The Rise to Power of Mohammed bin Salman*

##### Fiction

Bennet, Brit. . . . . *The Vanishing Half*  
Mantel, Hilary . . . . . *The Mirror & the Light*  
Majumdar, Mejah . . . . . *A Burning*



Mandel, Emily St. John . . . . . *The Glass Hotel*  
Roberts, Nora . . . . . *Hideaway*  
Russell, Kate Elizabeth . . . . . *My Dark Vanessa*  
Straub, Emma . . . . . *All Adults Here*  
Weiner, Jennifer. . . . . *Big Summer*  
Wright, Lawrence. . . . . *The End of October*

#### Mystery

Baldacci, David . . . . . *Walk the Wire*  
Coben, Harlan . . . . . *The Boy from the Woods*  
Grisham, John . . . . . *Camino Wind*  
Patterson, James. . . . . *The 20th Victim*  
Sandford, John . . . . . *Masked Prey*  
Tuirow, Scott . . . . . *The Last Trial*

#### Non-Fiction

Kendi, Ibram X. . . . . *How to Be an Antiracist*

#### New Editions of Previously Published Books

##### Fiction

Morrison, Toni . . . . . *Beloved*  
Strout, Elizabeth . . . . . *Olive Kitteridge*

#### Newly Acquired Books

##### Fiction

Grann, David . . . . . *The Lost City of Z*  
Ondaatje, Michael . . . . . *The English Patient*

#### Mystery

Landay, William . . . . . *Defending Jacob*

#### Non-Fiction

Mailer, Norman . . . . . *The Time of Our Time*

\* \* \*



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# DO YOU WANT TO MAKE A DIFFERENCE IN A CHILD'S LIFE?

By Midge Miller



Life is certainly challenging right now, and even more so for our students in the Somers School system.

Eight years ago, TEAM Tuskers Mentoring was created to support the social and emotional growth of students in Somers—focusing on students in grades 3 through 8. Mentors meet with their mentee for about an hour a week in one of our schools in a designated mentoring room. These rooms are filled with games, puzzles, arts and crafts, sports equipment—everything needed to interact with a child and to develop a friendship.

Mentors are fully trained, screened, and fingerprinted before being matched with a student with whom we feel there will be a good match. We ask for a one-year commitment, however, if you and your mentee hit it off, you could mentor them for many years.

While we do not know at this time what schools will like in the Fall, if you think this might be of interest to you, and you live here year-round, please contact us for more information by calling 481-2716 or sending an email to [teamtuskersmentoring@gmail.com](mailto:teamtuskersmentoring@gmail.com).

\* \* \*

# SOMERS VOLUNTEER FIRE DEPARTMENT

## FILL THE PANTRY

Submitted by Robert Weinstein

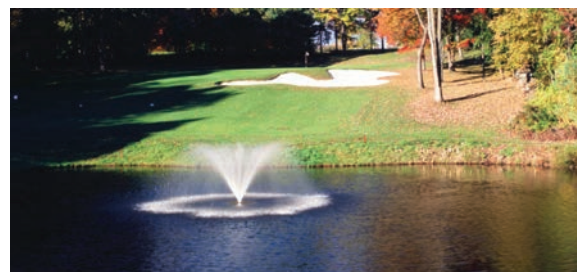
Wednesday, July 1, from 5 to 7 pm

The Somers Volunteer Fire Department is assisting St. Luke's Church in its effort to fill their food pantry. Please bring your donations to the Somers Fire House on Route 202 across from the main entrance to Heritage Hills on the above date.



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**A:** Some of the many ways to consider include offering a toast in their honor before dinner, paying a visit to their favorite spot in town, or donating an act of charity in their name. Seek the support of others as you try new ways to keep your loved one's memory alive during this special time of year.



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## THE SUNSHINE GIRLS...6 FEET APART

Text and photo by Sue Shea



*The Sunshine Girls (left to right): Ruth Andreades, Ellen Reiss, Edith Alexander, Irma Strumpf, Josay Lavesthol, Judy Webber, Nanci Herbst, and Thelma Gruber. Missing: Myra Linker, Shirley Keselman, and Sue Shea*

Remember the kaffe klatches of the 50's, the informal get-togethers of wives who would gather at each other's homes for banter and conversation about their lives, while their husbands worked in the city. Now our Heritage Hills residents have reinvented similar get togethers but for a very different reason.

A vast shutdown of most all places where people used to meet to work, eat, and play forced us indoors during the late winter/early spring weather of chill, rain, and even some snow at the onset of the Co-Vid virus. Then came a real warm spring that drew out the walkers. Some walkers found themselves often meeting informally near the grassy side expanse at Pool 4.

Thus began The Sunshine Girls, a group of eight to twelve women who meet regularly at 2 pm on sunny days with their folding chairs sitting six feet apart to chat and "chew the fat."

Much to my surprise I found another gregarious Fair-Weather Group of men and women on the East Hill on the grassy side of Lake Lodge, overlooking the pond below. And they told me of another gathering group of sitters that meet in the upper Lake Lodge parking lot.

So, dear residents, there is no need to sit alone at home and brood. There are many beautiful spots on out spacious acreage. Join one of these groups or start your own!

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## THE GREAT TOILET PAPER SHORTAGE

Text and photo by Stan Herz Pearlman

No, not this one! It was the one that took place nearly fifty years ago.

It all started with the Arab oil embargo of 1973. There was alarm and frustration throughout the country as OPEC turned off the spigots to our primary source of energy. I personally recall having to carpool to my job in Stamford to conserve fuel. In the meantime, my wife would pack our two young sons into our car, together with toys and lots of snacks, and then wait on a long gas line until she reached the pumps. An attendant, possibly fearing violence, would place a sign on the last car in the queue indicating no more gas available behind that point.

Then a senator from Wisconsin, Republican Harold Froehlich entered the picture. In a completely unrelated matter he noticed that pulp paper was hard to find in this country. He believed that this was due not to any shortage, but rather to local producers finding it more profitable to export to other countries. This was a serious matter to the senator who felt this could lead to a scarcity of paper of all types domestically.

To call attention to this matter, he issued a press release: "The U.S. may face a serious shortage of toilet paper within a few months. We hope we don't have to ration toilet tissue... a toilet paper shortage is no laughing matter." This resonated in a country already upended by a gas shortage.

The uproar may have quieted down in an era in which there was no Facebook, no Twitter, nor any other social medium to instantly inflame emotions. But there was Johnny Carson, the master of late-night television with his audience of 20 million viewers. In an opening monologue he neglected to talk about a potential shortage as did Froehlich. He made it a fact. "Of all the shortages we have... there's a gasoline shortage," he said. "You know what else is disappearing from the supermarket shelves? Toilet paper! Ah, ha, ha! You can laugh now! There is an acute shortage of toilet paper in the good old United States. We gotta quit writing on it. But I wanna tell ya, it is serious."



And that was that. The more people bought, the more it appeared that there was an actual shortage. This went on for months. Eventually Carson apologized with a line that is just as memorable as his original monologue. "For all my life in entertainment, I don't want to be remembered as the man who created a false toilet paper scare."

His wish not to be remembered for that came true—until now. Due to the pandemic, people old enough are again recalling Johnny Carson's toilet paper shortage.

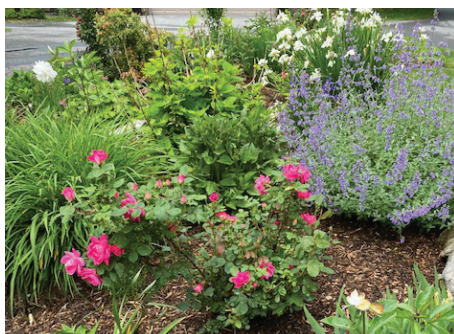
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## OUR CONDO 11 COMMUNITY GARDEN

*Text and photos by Midge Miller*

Each year Catherine Connor, Annice Weinraub and I set to work making their 307-308 cluster in Condo 11 a veritable mini-botanical garden, as seen here.



## YOUR HEALTH IS ESSENTIAL

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# Declaration of In CONGRESS

## The unanimous Declaration of the

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed,--That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are 'more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security."

Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness of his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the meantime exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil Power.





# Independence

5, July 4, 1776.

thirteen United States of America,



He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all

parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefit of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation, and tyranny, already begun with circumstances of Cruelty & Perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the

executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.



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## WHERE I GO WHEN STAYING AT HOME

By Adelaide B. Shaw

My deck is my transport. It awaits my boarding, weather permitting. Comfortable seating, in sun or shade, my choice. Snacks or full meals can be provided. Reading material is always provided as well as pen and paper, should I choose to read or write. Should I wish, I may watch the screen before me—the cranberry red Japanese maple trees with dark green, pink flowering bushes behind them; the containers of potted plants with their ochre, white, and salmon colored blossoms. This show is accompanied by stereophonic sound. Various bird calls, soughing breezes, rustling leaves, and gurgling water from the brook just beyond the trees all encircle me, wrapping me in warm, comforting arms, and I am airborne to the destination of my choice.

The blue Aegean and white sands of Naxos; the slopes at Chamonix, a glaring white under the winter sun; the strong odors and raucous calls of vendors in the Grand Suk in Dubai; the plaintive Fado coming from a lone singer in an alley. Visions of memories and new, imaginative ones. I am in control. I am the pilot for this journey.

a summer day  
at a yard sale  
the years in review  
  
a passing parade  
now and then a memory  
falls out of step

## HAIKU FOR JULY

Verse and photo by Sue Shea

Our sizzling July  
Cookouts and basking in sun  
Hope for splashing in our pools



## PAGES

By Ellen Saltzman

Scented of wood and mildew  
They create a space  
Different than a room-  
Space within.  
  
They are friends  
To go to when I need to be somewhere else  
Even though I am stuck here  
Glued, really here.  
  
When I open a book  
And touch the pages, each a window to be discovered,  
Stained by time and love and reverence,  
I am delivered  
Hopeful.

\* \* \*

## I USE TO

By Margi Forrest

I moved to Heritage Hills 30 years ago with my husband and adult daughter.

We have enjoyed the many amenities and activities our community has offered us.

Since then, many moons later...with life-changing events and our physical ailments coming into the forefront...what are the most known three words spoken????

With most of my remaining neighbors, friends, and playmates, we all Sing the same song titled "I Use To."

As this pandemic lingers, we all have to remind ourselves of the important things that are worth appreciating that we STILL HAVE.

Let us all hope the world and all its inhabitants look to the future, a future of peace on earth with GRATITUDE.

Let us put a smile on our faces, even though a mask covers this, I USE TO BE...MARGI FORREST.

\* \* \*

## LET THE BUYER BEWARE— CHINESE FLIM-FLAM FASHIONS

By Sue Shea

Have you noticed and been captivated by alluring photos of women's clothing, especially tops, by unfamiliar fashion houses in the past few months? The Better Business Bureau has been warning consumers about websites posting pop-ups boasting deep discounts of up to 75% off for cheap imitations of jewelry and designer clothing from China.

I was lured in by appealing photos of American models wearing enchanting tops and breezy, easy loose summer dresses. Not only are they cheap knockoffs, but they are fake design products of "Halloween costume" fabrics. "Miss Look" and "Roselinlin" were the culprits that hooked me by sending the wrong color, size, and sleazy fabric.

A reviewer wrote, "The Roselinlin website is a scam. The items are not the same as how they look on the website. I fought for a return label, when I received the label, I spent 23 bucks to send back. The package was returned to sender—wrong address! Then was totally ripped off and only received a 1/4 of the total cost of my order."

Also watch out for these, "Stylewe" and "Christopher Banks." None of these style houses are credited by the Better Business Bureau (BBB). A giveaway can be sloppy English and poor spelling. If you are in doubt, check the BBB website.

One online article recommends checking "on ine shopping scams" for more information and names of the fake or misleading fashion websites. Beware of the sites that have not been around very long. As one warning report claims, it's "The Great American Greed Report: Online shopping scams: Eight signs you are on a fake site."

\* \* \*



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## REDISCOVERING MUSCOOT FARM

*Text and photos by Shirley Kesselman*

When my grandchildren were toddlers, I introduced them to nearby Muscoot Farm. They were delighted with the assortment of farm animals—cows, sheep, pigs, chickens, goats—to be found there. As they aged, my trips became less frequent and eventually ended.



Recently, bored with walking within the bounds of Heritage Hills, I craved a natural setting that offered an easy hike for exercise. Pondering, I recalled there being trails at Muscoot Farm. The farm is located only 15 minutes south of Heritage Hills on NY 100, just over a mile past the intersection of NY 35. I decided to investigate.

Muscoot Farm is open 362 days a year from 10 am till 4 pm. There is no admission charge and ample parking. It is owned by Westchester County Department of Parks, Recreation and Conservation. The farm's 777 acres includes over six miles of trails. No dogs are allowed.



The area's first known mention is in an Indian deed selling the Muscoot River to Stephanus Van Cortlandt. Muscoot is an Indian word meaning "clear mud" or "swampy." From 1880 to 1924 the Hopkins family owned what became known as Muscoot Farm. They used it as a summer estate and dairy farm. In

1924 they moved to the farm year-round and continued in the dairy business until 1967, when Westchester Country acquired the property. In 2016 it was renamed Alfred B. DelBello Muscoot Farm.

I choose a sunny, warm Saturday afternoon to revisit Muscoot Farm. Upon leaving the parking lot and heading toward an easily recognized path or "trail," I passed several young families where parents were pointing out the various fenced-in cows to their children. A short distance away I spied a turkey, also fenced in. Due to the coronavirus, farm buildings were closed.

Trail maps are available at the trail head, but my choice was a wide, gradual, uphill path. This trail bordered a pasture where I spied butterflies and a goat among the few cows. After that came open fields and woodlands. Occasionally, a picnic table was available. At the top of the hill was a gazebo from which I had a superb view of the surrounding area.

Both on the ascent and descent there were other walkers, all cautioned by numerous signs to practice social distancing. Most wore masks, as did I. Still, I could enjoy the open space, the beauty of various trees and plants, the chirping of birds, and the sight of robins and a woodpecker. Recently I learned the farm has become a popular site for birders.



On Sundays from mid-May till mid-November a farmer's market takes place at the farm from 10 am to 2:30 pm. Curious, I decided to attend and registered online to arrive at 10 am. Registration is necessary due to the need for social distancing. For complete admission details, call Muscoot at 864-7283. In addition to fruits and vegetables, an assortment of farm-produced products are available. I passed up the raw honey and the pickles, but bought a salad from a vendor of Middle Eastern cuisine and an apple pie from one who also sold breads, cakes, cookies, and scones.

Muscoot Farm, I discovered, holds attraction for both children and adults. It is well worth a trip.

\* \* \*

## 50 YEARS OF WEDDED BLISS... THEY JUST DON'T MAKE COUPLES LIKE THIS ANYMORE!

*By Nicholas Ceraldi, son of Jane and Sal Ceraldi*

As a child growing up you never think about how you're going to celebrate your parents' 50th Wedding Anniversary. And you couldn't fathom that occurring during a PANDEMIC. But here we are on June 14, 2020. On this day 50 years ago (June 14, 1970, also known as Flag Day), what



was hinged on a bet between Salvatore Ceraldi, Sr. and some friends blossomed into a 50-year-long marriage to Jane (Caridi) Ceraldi.

The trip down memory lane begins with the two New York Telephone Company employees, Sal, an engineer, and Jane, a secretary, being in a bowling league; and Sal taking a bet with his buddies that for a visit to the then Playboy Club in New York City, he couldn't get a date with the incredibly beautiful Jane Caridi.

To Sal's daring request the following day, Jane responded "Yes" she would go out with him, but he had to pick her up at her house and meet her mother and father. Sal proceeded to Jane's house decked out in a three-piece suit and shined shoes and introduced himself to Mr. and Mrs. Caridi. He asked Mr. Caridi, "What time would you like your daughter home?" Mr. Caridi responded, "Midnight!"

Salvatore brought Jane home to her father at 11:50 pm and thanked her father. When the door closed, Mr. Demetrio Caridi said to his daughter, "You're marrying that man!" Months after their first date, on May 1, 1970, they were engaged; and on June 14, 1970, Salvatore and Jane were married at Memorial Methodist Church in White Plains, New York.

The two got started on a family right away in Greenburgh, New York, and the first of three boys, Salvatore Jr., was born on February 2 (Groundhog Day) the following year. The "Golden Child," Nicholas, was

*continued on page 25*



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born November 19, 1972, and the baby, Michael, was a Thanksgiving turkey born November 28, 1975. Two years later the Ceraldi Family moved to Yorktown Heights, New York, where the three boys were raised. Fast-forward to 2020 and the Ceraldi family, residing around Westchester County, has expanded. Sal and Jane are proud grandparents of Katie (17), Isabella (16), and Salvatore III (10).

Where does the time go? 50 Years later and the song they chose as their wedding song, Moon River, written by Henry Mancini and so wonderfully performed by Andy Williams, is still very fitting:

Moon river, wider than a mile  
I'm crossing you in style some day  
Oh, dream maker, you heart breaker  
Wherever you're goin', I'm goin' your way  
Two drifters, off to see the world  
There's such a lot of world to see  
We're after the same rainbow's end, waitin' 'round the bend  
My huckleberry friend, moon river, and me

In closing, 50 years has taught us, "Set to me a seal upon my heart for nothing is as strong as love not even death, the salvation of a man is in love and through love." (Victor Frankl)

\* \* \*

## USING LEMONS TO CLEAN

By Flo Brodley

The acid in lemon juice removes dirt and rust stains. Cleaning with lemon is especially effective when mixed with salt. Here are some tips:

**Countertops:** Dip the cut side of a lemon half in baking soda to tackle countertops; wipe with a wet sponge and dry. Don't use on delicate stone, like marble, or stainless steel (it may discolor).

**Cutting Boards:** To remove tough food stains from light wood and plastic cutting boards, slice a lemon in half, squeeze its juice onto the soiled surface, rub, and let sit for 20 minutes before rinsing.

**Dishes:** To increase the grease-cutting power of your dishwashing detergent, add a teaspoon of lemon juice.

**Faucets:** Combat lime scale by rubbing lemon juice onto the taps and letting it sit overnight. Wipe with a damp cloth.

**Garbage Disposal Unit:** To clean your garbage disposal, cut a lemon in half, then run both pieces through the disposal.

**Grout:** Add lemon juice to 1 or 2 teaspoons cream of tartar (an acidic salt that acts as a natural bleaching agent) to make a paste. Apply with a toothbrush, then rinse.

**Hands:** When you touch raw fish, the smell can linger on your fingers. Rub your hands with lemon juice, which will neutralize the odor.

**Laundry:** To brighten whites, add 1/2 cup lemon juice to the rinse cycle for a normal-size load.

**Plastic Food-Storage Containers:** To bleach stains from tomato products and other acidic foods on dishwasher-safe items, rub lemon juice on the spots, let dry in a sunny place, then wash as usual.

## BIRD HOUSING AT HERITAGE HILLS

Text by Karl Milde, photo by Joanne Meder

Have you noticed the great number of birds at Heritage Hills this year? I have. There are certainly more than I remember seeing last year, or the year before. Our community seems to have become a bird sanctuary! That's a good thing, but if we are inviting the birds to live here, why not provide have some fun and housing?

Making a bird house has been a rite of passage for newbies at the Woodcraft Shop, and some old timers like to keep turning them out as a respite from their more complicated endeavors. Creating and building a new bird house design brings deep satisfaction and adds a song to one's heart.

Unfortunately, just when we would have addressed this year's bird housing issue, the Activities Center, in which the Woodcraft shop is located, became inaccessible.

So, when my wife, Cheryl, showed me the cutest little birdhouse for sale online, I couldn't resist. I asked her to buy it for me.

Birdhouses are not difficult to make. They are simply a basic box with a hole in it. But the house Cheryl showed me was a female bird's dreamhouse: It had an elevated front porch with front steps and a hanging flower basket, side windows adorned with flower boxes, a chimney for an imaginary fireplace, and even an upstairs balcony, all painted yellow with white trim.



And the price was right. I recently built a dollhouse in the woodcraft shop, so I know how long it takes to make something like this. Assuming it took a craftsman ten hours to cut and assemble the many pieces, followed by sanding and painting, and assuming the craftsman's time is worth at least twenty dollars an hour, he or she should receive \$200 or more for building the house. Doubling this base price for marketing, selling, handling, and shipping, the sale price should have been around \$400. Instead it was \$50.

The birdhouse came in a cardboard box, delivered right to our door. When I opened the box, I was delighted. It was everything I expected from the online photo, and more. It wasn't just a pretty picture, it was a real house, ready and waiting for a family of birds to move in.

The very next day, I brought the birdhouse out to the Community Garden and attached it to a post I'd installed for this purpose at my garden square. That was in March. By April a prospective mother tree swallow had found it and, with the help of her mate, had built a nest inside.

Mom and pop and their first clutch of three offspring have made the house their home and I can't help but wonder how many additional clutches they'll produce throughout the season. If you visit the Community Garden at any time this summer, you will see the lovebirds happily perched on the porch railing or looking out from the balcony.

## THE BOOK SHELF

By Cindy Kennedy

*The Glass Hotel*, Canadian writer Emily St. John Mandel's acclaimed new novel, was published this spring just as the global pandemic was exploding. With its international Ponzi-scheme plotline set amid exotic locales, *The Glass Hotel* would seem a promising book choice for house-bound readers.

Hotel Caiette, a remote resort at the northeast tip of Vancouver Island, is "a glass-and-cedar palace at twilight, lights reflected on water, the shadows of the forest closing in." The hotel is accessible only by boat; there are no roads in or out. Well heeled guests "want to come to the wilderness, but they don't want to be in the wilderness. There's a certain demographic who will pay a great deal of money to escape temporarily from the modern world."

New York investment manager Jonathan Alkaitas had purchased the hotel when it was up for sale. Jonathan "carried himself with the tedious confidence of all people with money, that breezy assumption that no serious harm could come to him. He was a man utterly without bluster."

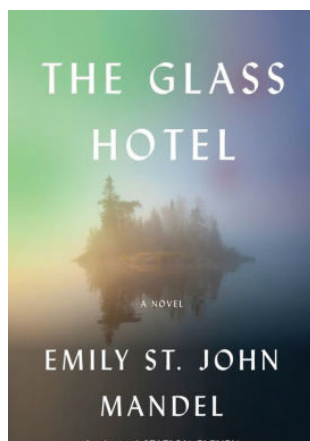
One evening, just before Jonathan was to arrive via speedboat, a guest nursing a drink in the hotel's lobby, spots a cryptic message scrawled in acid paste on a glass wall: *Why don't you swallow broken glass?* Walter, the manager, quickly intervenes, blocking the offending graffiti with a potted plant. Suspicion then falls on the night porter, Paul, whose half-sister Vincent Smith, the hotel's stunningly beautiful new bartender, had secured him his job.

When Jonathan, unaware of the incident, strides in and orders a drink from the bar, he is immediately taken with Vincent. (She had been named after the poet Edna St. Vincent Millay.) One thing leads to another; within a year Vincent is living with Jonathan, in what she calls "the kingdom of money."

The story moves back and forth in time, from Manhattan to Dubai and points beyond. Jonathan and Vincent live the high life, interfacing with wealthy clients. There's Faisal, an urbane Saudi prince, who coaxes his family to invest with Jonathan. Olivia Collins, an artist, and Lenny Xavier, a music producer, are among the many who entrust Jonathan with their funds.

*The Glass Hotel* features intriguing characters and an intricate plotline. Late in the story, however, when the mysterious message at Hotel Caiette finally is explained, the denouement seems anticlimactic. Nevertheless, for armchair travelers seeking pure escapism this summer, *The Glass Hotel* just might be the ticket.

(Note: *The Glass Hotel* is part of the Heritage Hills and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 10.)



## HOW DOES YOUR GARDEN GROW?

### DETERMINE VERSUS INDETERMINE TOMATOES

By Karl Milde

There is nothing like a ripe tomato picked from your own garden. Firm on the outside but juicy inside, sweet yet tangy. It's difficult to describe, but you know what I mean. It just tastes right!

When growing tomatoes in your home garden or in your "garden square" at the Community Garden, the first thing you should know is that there are two main types: "Determinate" and "Indeterminate."

*Determinate* tomato plants are like a bush: They grow to a certain height, perhaps three or four feet. They furiously produce tomatoes for a period of about two weeks, then stop. They're done!

They're super easy to take care of. You don't need to provide a trellis and don't need to prune. You can get an amazing harvest in a very short time, so you can proudly offer your friends and relatives lots of fresh tomatoes for their enjoyment. The bounty will be too great for you alone.

*Indeterminate* tomato plants are like a vine: They keep growing and producing tomatoes all summer. They grow tall, up to seven or eight feet if you let them, so they need some kind of support: a very long stake, a tall cage, or a hanging string. They also need pruning to remove the "suckers" between the "main stem" and "side branches," and to cut off the stems near the ground. Having been pruned, the plant will concentrate its energy on flowering and producing more tomatoes. You can pick a tomato for the evening dinner pretty much all summer, if you do it right.

Pruning the indeterminate plants is somewhat of an art. You will need to gain experience over time as to which branches to snip off and which to leave. For an easy-to-understand primer, I recommend watching the YouTube video "How to Prune Tomatoes for the Best Harvest" by Gardener Scott at <https://www.youtube.com/watch?v=Vz9Vmi0tTSk>.

Which type of tomato plant should you grow? Both! Determinate plants will start producing within a month or so. Indeterminate plants take a couple of months before they start producing, so you'll be able to continue harvesting and enjoying your tomatoes after the determinate plants are done.

A lot of good information on growing tomatoes is just a few computer keyboard or mouse clicks away. For ten great tips, you should see <https://www.thespruce.com/top-tomato-growing-tips-1402587>. And for a good overview, watch "Become A BETTER Gardener" by Tony O'Neill at <https://www.youtube.com/watch?v=dBG5E4gtYNI> (you'll love his British accent).





# FIT-BITS

## HOW WHAT YOU EAT HELPS YOU GAIN MUSCLE

By Mary Tedesco

Building and maintaining muscle requires more than just lifting weights and working out. Any type of body composition change—like gaining muscle or losing fat—depends a lot on diet, just as it does on working out.

Knowing what to eat to gain muscle at any age will lead to the best results. Strength training breaks down muscle tissue; and, when you recover, that tissue rebuilds stronger and bigger. But to create the new muscle tissue, you must eat the right nutrients so your body can construct the muscle.

To help gain muscle mass and strength you need a couple of things: Adequate protein to rebuild muscle tissue, and enough calories to do so. If you are working out the right way, the extra calories you eat will be used for muscle development and not become fat.

Each person varies in the working-out and muscle-gaining equation. Generally, 20 to 30 grams of added protein per day is a good rule. This is for muscle gain since muscle tissue is made up largely of proteins. A sedentary 150-pound person eats about 55.5 grams of protein a day. For active people, the American College of Sports Medicine recommends 95 to 136 grams of protein a day. For a 150-pound person looking to gain muscle, it's 109 grams a day.

And don't forget about healthy carbs. Carbs are the other healthy macronutrient necessary for fueling the tougher workout that helps build the muscle.

Here are some protein-rich foods:

Eggs—1 egg has 6 grams of protein along with healthy fats and Vitamin B

Chicken—3 ounces has 26 grams

Salmon—has Omega 3 fatty acids

Beans (black, kidney, pinto)—1 cup has 15 grams

Tofu—1 cup has 15 grams

Greek yogurt—use plain with no sugar added for smoothies

I hope this helps you understand more about eating healthy proteins and muscle building, and how they work together!

\* \* \*





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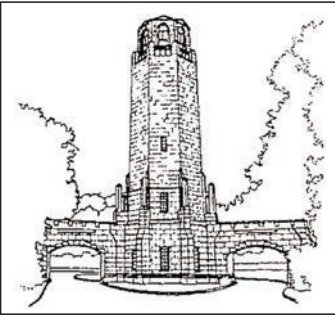
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**House Cleaning** - The many satisfied Heritage Hills residents I've served for 15 years are my best references. I'll come to your unit to provide a free estimate. **Call Neide Oliveira 203-617-7752**

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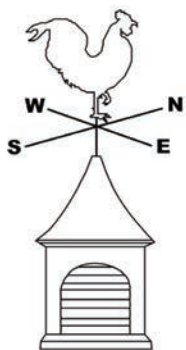
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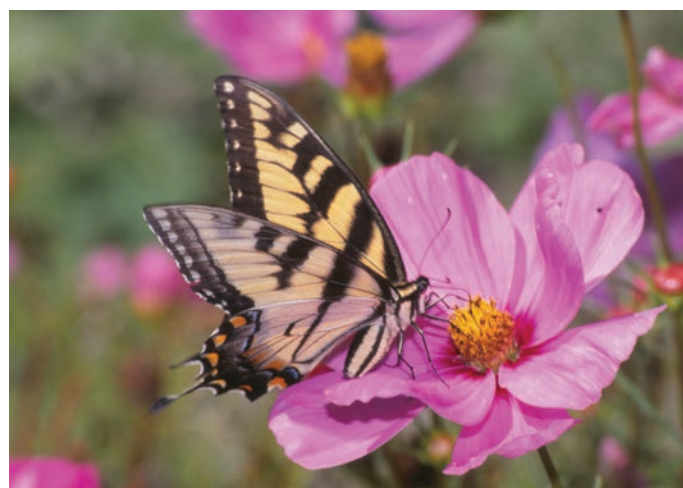
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Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350

email: mlowenfeld@houlihanlawrence.com

**Total units sold by Hudson Gateway MLS agents from 1/1/2020 to 6/10/2020**

	2020	2019	2018	2017
<b>TOTAL SOLD</b>	<b>38</b> (\$249,500-\$670,000)	<b>54</b> (\$247,000-\$610,000)	<b>46</b> (\$225,000-\$645,000)	<b>41</b> (\$255,000-\$739,000)

**Various units sold by MLS agents from January 1 to May 10, 2020**

**1 BEDROOM**

AMHERST \$380,000      GUILFORD \$282,500; \$321,652      RADCLIFFE \$420,000  
FRANKLIN \$249,500

**2 BEDROOM**

ARMONK \$375,000; \$460,000      WHARVARD \$550,000; \$650,000;      SOMERS \$425,000; \$430,000  
\$415,000      \$670,000      STRATFORD \$510,000; \$449,000;  
DARTMOUTH \$452,500      KENT \$410,00      \$525,000; \$435,000;  
FAIRVIEW \$418,750      MONROE \$318,000; \$322,000;      \$395,000; \$505,000;  
HAMILTON \$255,000      \$389,000      \$573,000  
HANOVER \$394,500      ROCKLAND \$365,000      STRATFORD II \$495,000  
SALEM \$455,000

**3 BEDROOM**

JEFFERSON \$340,000; \$365,000      SHERMAN \$512,500; \$574,000;      SHERMAN II \$552,500  
\$555,000      YORK \$425,000

**Our activity has dramatically increased and our inventory is low.  
If you are thinking of selling and have any questions or would like to  
know more about your particular unit, please feel free to contact me.  
Call 914-420-1850 or email: mlowenfeld@houlihanlawrence.com.**

**Stay healthy and safe.**

**Marti**

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Are You Looking to Sell, however, your home needs to be Refreshed? Raveis Refresh, a new, premium service designed to present your home in the best possible light. Fixing a few things here and there, from light carpentry to staging your furnishings, our expert team provides a face-lift for your place.

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- New Flooring and Counter-tops
- Kitchen and bath improvements
- Updated HVAC and plumbing
- Roofing repairs

## PROFESSIONAL STAGING & DESIGN:

Raveis Refresh helps present your home in it's best light.

- Painting
- Professional Staging
- Patio, deck, walkway maintenance
- Landscape & Fencing

## CUSTOMIZED SERVICES:

Raveis Refresh offers personalized solutions for any need that arises.

- Packaging & Moving assistance
- Specialized services for the elderly
- Furniture Donations
- Deep Cleaning

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