



Heritage Hills Newsletter

August 2020

First Place Front Gardener
Lisa O'Connell
Unit 484 B, Condo 23



HERITAGE HILLS GARDEN CONTEST WINNERS

First Place Deck Gardener
Carol Vartuli
Unit 834 C, Condo 30



First Place Patio Gardeners
Jane & Salvatore Ceraldi
Unit 419, Condo 14



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 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 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, 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 - 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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Submitted by Flo Brodley

COMMUNITY CPR

Thursday, September 10, from 1 to 4 pm at Lake Lodge
Keep current with skills for family and friends.

Wednesday, September 16, at 7 pm in the Heritage Room

Wednesday, October 7, from 9 am to 1 pm at Lake Lodge

Wednesday, October 14, at 7 pm in Rm 2/3 of the Activities Center

Wednesday, October 21, at 11 am in Rm 2/3 of the Activities Center



You'll find lovely images of the three Garden Contest First Place winners' gardens in the centerfold, thanks to Elizabeth Royston and Carol Vartuli, and you can read about the competition and where to view some of the other competitors' gardens on page 19 in the FEATURES section.

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

Submitted by Rosetta Benson



with Christopher Malone

Professor of Political Science and Founding Dean, School of Arts and Sciences, Molloy College, Christopher Malone is returning to Heritage Hills this fall to offer a series of three lectures via ZOOM. Save the following dates! See next

month's newsletter for "How to Participate" details.

Tuesday, October 20 and Tuesday, October 27, at 1:30 pm

Commentary and analysis.

Tuesday, November 10, at 1:30 pm

Commentary and analysis.

The Continuing Education Committee is extremely sorry to announce that, with the exception of the above, we have cancelled all previously scheduled lectures and presentations for September, October, November, and December 2020.

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ACTIVITIES/CLASSES/CLUBS

MANY OF THESE RECURRING ACTIVITIES AND CLASSES MAY 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 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.

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.

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

See COMMUNITY NEWS section.
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: Temporarily playing at Bridgebase online Mondays, Tuesdays, and Thursdays at 12:30 pm; and Fridays at 10:00 am
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.

HEALTH AND SAFETY

Spousal Bereavement Support Group: First and third Tuesday of the month from 2 to 3:30 pm in the Game Room.

Grief Support Group: Second and fourth Tuesday of the month from 1 to 2:30 pm in the Game Room. A bereavement support group for those experiencing the loss of a family member or friend.

Dementia Caregivers Support Group: A support group that provides an opportunity to be with others who understand the daily struggles of caring for a loved one. Closed until the end of the year.

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.

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.

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.

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 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.



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SOCIETY NEWS



*Residents signing in at Pool 3 on opening day.
Photo by Joanne Meder.*

The following was posted by the Society by email blast on July 16:

As we prepare to potentially open more facilities here at Heritage Hills, we need to make sure the health and safety of our residents is protected. In the coming weeks we will be contacting the various committees, clubs, and organizations that make use of the Activities Center to start planning and scheduling meetings and events for the rest of 2020.

As of right now all events, activities, and meetings have been removed from the calendar for the remainder of the year. We will keep all organizations updated on the new requirements, as well as the new schedule for the Activities Center. Please keep an eye on your inbox for more information in the coming weeks.

The following was posted by the Society via email blast on July 8:

HERITAGE HILLS SOCIETY OPERATIONS UPDATE REPORT—JULY 8, 2020

Posted by the Society via email blast.

PRESIDENT'S REPORT

Hi everyone, welcome to another edition of Society notices and updates.

We hope you are finding these notices interesting and useful. Unfortunately, many residents are not receiving these notices because Society does not have their email address on file. If you know of someone not receiving our notices, we encourage you to ask them to furnish us with their email addresses, thank you.

First, let me welcome back the recent returnees to HH. We trust that all of you are following the safety guidelines of Gov. Cuomo, the Town of Somers and the email sent by Society.

Before moving on to the Committee updates, one word about Comcast. If you like old classic movies, and do not want to pay for TCM, check Movies, channel 941, it's free!

We are looking forward to safely getting together in person at the Activities Center as soon as possible. As always, until we are able to get together again, if you have any questions or comments, email or call us. We are pleased that more and more residents are now doing this.

Stay safe and well, and thank you for your patience and cooperation during these difficult and different times.

Dom Rubino

President, Heritage Hills Society LTD

REPORTS

REOPENING COMMITTEE—Gloria Anderson, Chair

The Reopening Committee is continuing its mission to draft and implement plans to reopen Heritage Hills activities as soon as it can be done safely and in compliance with state and local guidelines. Virtually all outdoor activities have been reopened at this point, albeit with safety guidelines and capacity limits in place. Thank you for your cooperation in complying with the guidelines and helping to keep your families and fellow residents safe.

- All tennis courts except Court 2 are open for singles and doubles play. Courts may be reserved online at hhsociety.org.
 - The basketball hoop and backboard at Court 5 are available for use when tennis is not being played.
 - Two of the four bocce courts are available for play. Organized games take place on Wednesdays and Thursdays from 10 am to noon and on Saturdays from 9:30 am to noon.
 - Swimming Pools 1, 3 and 4 are open seven days each week. Reservations for a specific time period should be made the day before between 9 am and 3 pm, by email to activities@hhsociety.org. Give your second and third choice of pool and/or time slot in case your first choice is already full. If you do not have access to email, call the Activities office at 914-276-2636. Reserve on Saturdays for both Sundays and Mondays. Give your name, the name(s) of any others in your household for whom you are making a reservation, and your unit number. Please send only one email or make one phone call. Reservations will be confirmed on a first come, first serve basis.
 - Since the pools opened on June 27, many of the available time slots have gone unreserved, and even the most popular midday slots are seldom full. There has been room to accommodate residents who walk up to the pools without a reservation. The Reopening Committee will continue to monitor pool use and make any necessary adjustments.
 - The earliest possible date for reopening the Activities Center to various clubs and activities currently is August 1, but that is subject to change depending on governmental guidance and the number of COVID-19 cases. When the building is reopened there will be guidelines in place (e.g., face masks and hand sanitizing) and capacity will be limited depending on the size and setup of the particular room.
 - New York State guidelines currently do not permit gyms and fitness centers to operate, so there is no projected date for opening those facilities in Heritage Hills.
- ### COMMUNITY AFFAIRS—Jack Mattes, Chair
- **US Census 2020**—Thanks to everyone who completed their census. The completion rate for Heritage Hills as of today is still climbing,

however we're targeting the goal of 100% participation. Our State, County and Town lose about \$25,000 in Federal Aid over the next ten years for every person who does not respond. Additionally, we will lose one or more Congressional seats and our State may see redistricting, possibly changing who represents you in the County and State Legislatures. Please take this personally—it affects every resident of Heritage Hills. Complete your Census, ask three friends if they've done their own. If you or anyone you know needs assistance, please contact activities@hhsociety.org or call the Society Office at 914-276-2908. One of us will gladly contact you directly to help in confidence.

- **Somers Food Bank**—The food pantry at St. Luke's has grown significantly in working to assist local families in need (yes, some at Heritage Hills). We are working with them to improve their ability to serve the overall community—more news will follow. Food and financial donations are urgently needed. For more information please contact Activities as detailed above.

COUNCIL OF CONDOS—Louise Squittieri, President

Council eagerly awaits the time when we can all meet together again. Until then we remain a group of condo presidents that can be called upon with individual/personal questions from condos. I have done this myself several times and was glad as always to use this resource.

FITNESS CENTER COMMITTEE—Annette Bensen, Chair

- I want to thank the members of the committee who have put together comprehensive reopening rules and regulations that will be used when the Fitness Center is allowed to open. It was a daunting task to make sure the priorities were on the people in our community that come into the Fitness Center so that they feel it is cleaned well and safe from the virus. Needless to say, it will be a while before the Fitness Center can open because the virus loves closed spaces, and government regulations will severely limit use of our space even when we do open.
- Good News—Mary and Jonathan have been taking classes to further their education and attain certifications for working with all persons here. Mary has passed her test with flying colors and is now a Correct Exercise Specialist, also known as a specialist in human movement. This certification allows her to analyze a person's movement patterns for better balance stabilization, and to identify underactive and overactive muscles. This specialization works well for our community because many residents, young and old, have been advised by their physical therapists to continue exercising after rehabilitation and hospitalizations. Mary will be able to work with your physical therapist to ensure that exercises are providing the most benefit possible. Please remember, this does not make Mary or Jonathan a personal physical therapist, but they will assist to make sure you are doing your exercises correctly in accordance with your physical therapist's recommendations.

- Congratulations to Mary, and soon to Jonathan who will be taking his test in August.

HEALTH AND SAFETY COMMITTEE — Flo Brodley, Coordinator

- The Heritage Hills Health & Safety Committee has been offering

programs and services for several decades with one intent, that of keeping our residents up to date on the latest information and assisting their needs within the community.

- Programs we have had in the past and hope will return when the Activities Center is once again fully operational: Nurse Ellie Eidam administers the blood pressure screenings program throughout the winter months, checking home machines when asked. Our support groups have been active weekly: Dementia Caregivers Group which includes those who administer for vascular and Alzheimer's patients; the Spousal Bereavement Group, and the newest addition, the Grief Support Group, each meeting weekly. A possible Men's Support Group is in the works. All these groups are led by resident professionals who give of their time and expertise to help others; we thank them for their commitments.
- Although we haven't been able to produce our usual schedule of programs, here are some that may be available as soon as Society's rules allow: Oh, My Aching Shoulders and W.I.N.K. in August, Community CPR and Osteoporosis in September, and the Flu Clinic, Medicare Update, and Medicaid News in October.
- We look forward to being with our friends and neighbors, hopefully soon!

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 hillsnewsletter@gmail.com. The deadline is usually the 6th of the month.

TRANSPORTATION COMMITTEE—Mark Packer, Chair

- Not only was June 8th the first day of Phase 1 of reopening in New York City, it was also the first day since late March that the Heritage Hills shuttle buses resumed limited operations. Anticipating very little demand initially, a single shuttle bus was placed into service with four morning and four evening rush hour runs between the Goldens Bridge train station and Heritage Hills only. Currently, the shuttle bus service is limited to residents only, and advance reservations are required for the four runs in the morning and four runs in the evening. Call 914-276-2877.
- To ensure the safety of the residents who use the Heritage shuttle bus service as well as the safety of our bus drivers, extensive preparations and procedures were put into place. A plexiglass shield was constructed around the driver's seat and passenger capacity was reduced to 50%. In addition, a comprehensive cleaning and sanitizing protocol was established.

OPERATIONS—John Milligan, Property Manager

June was a month full of preparations at Heritage Hills; preparations for the return to normalcy as many of our facilities and services were once again made available to our residents. New cleaning and sanitizing protocols have required the purchase of new equipment and

cleaning products, and all of our facilities have been fitted with new hand sanitizing stations.

- The main focus in June for our maintenance staff and pool contractor was preparing Pools 1, 3, and 4 to open on Saturday, June 27th. Pool furniture was spaced at new social distancing protocols; pool decks and walkways leading to the pools were marked with tape, also consistent with social distancing requirements; and hand sanitizers were installed throughout the pool areas. Murphy's Law is alive and well in Heritage Hills, as just a few days before our pool opening the pool pump at Pool 3 succumbed to its age and started a mad scramble to remove the old pump, order a new pump, and arrange for its delivery and installation just in time for the opening weekend of the season.
- Utility contractors are often found everywhere in Heritage Hills furiously digging through, under, and across our roads, driveways, and landscaped areas. It is not uncommon that one contractor inadvertently damages another's infrastructure, and such was the case as much of West Hill Drive uphill from Warren Street went dark as streetlight wiring was mistakenly dug up. Luckily, the Society electrical contractor was able to find the damaged area and make repairs, all paid for by the offending utility contractor.
- June also found a number of small "quality of life" issues that were taken care of. Several paving repairs were made; cracks in the Activities Center parking lot were filled; a particularly troublesome manhole by Somers Pointe was repaired; and the Garden Club area was cleaned up, re-graded and wood chips spread out. In addition, a near constant requirement is replacement of sections of wooden guiderail and posts throughout the community.
- Our three-bus shuttle fleet underwent a thorough maintenance program and extensive health and safety modifications as they returned to offer limited service beginning on Monday, June 8th.
- Flushing of the hydrants in Heritage Hills began on July 1st on the West Hill and will continue throughout the community. It is anticipated that this program should require about one month to complete.
- Many of our outdoor and recreational amenities are now in use including pools, tennis courts, and the bocce courts and the focus will begin to shift to our three main buildings as they are made ready to open safely and responsibly sometime later this summer.

SECURITY—David Jacobsen, Director of Security

I am happy to report that my Security Team has done an excellent job over these past few months. They have continued to come to work every day and provide the residents with the service they have come to expect and that they deserve. The Team has taken all necessary training to keep up on this fluid and uncharted situation and has taken all precautions to keep everyone safe.

This past Saturday, we added a third patrol car from 10 am to 8 pm for extra security for the pools and tennis courts. So far everyone has been compliant with the rules, which is great news! Hopefully, this will ensure that we can all have a fun and safe summer.

Please remember that effective June 25, 2020, all travelers arriving

in New York from a state with a significant rate of transmission of COVID-19 are required to quarantine for a period of 14 days consistent with the Department of Health regulations for quarantine. See Executive Order 205: <https://www.governor.ny.gov/news/no-205-quarantine-restrictions-travelers-arriving-new-york>. Currently Florida is listed as one of these states—a complete and updated list can be found at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>. Please check this website prior to traveling and when returning home.

As always, thank you all for your support and please stay healthy and safe!

COMMENTS FROM RESIDENTS

- Please call us at 914-276-2908 or email us or at society@hhsociety.org if you have any questions or comments.

The following was posted by the Society via email blast on June 17:

COVID-19 SHUTDOWN MARCH 23 TO MAY 31, 2020 FINANCIAL ANALYSIS

The Heritage Hills Society shutdown all of their facilities, buildings and services effective Monday, March 23, 2020. This analysis will attempt to determine costs savings realized as well as additional expenses incurred as a consequence of this shutdown, through May 31, 2020.

EXPENSES

Equipment

Clorox 360 Electrostatic Cleaner	\$4,330
Ryobi Handheld Chemical sprayer (x3)	260

Plexiglass

Home Depot 3 @ 4' x 8' x .25"	1,214
Plastic Craft 2 @ 4' x 8' x .50"	662
Plastic Craft Channels, hinges, etc.	638

Strauss Paper

Peroxide cleaner, Lysol, gloves, respirators, hand sanitizer, sanitizer stations, germicide	2,897
---	-------

HD Supply

Face masks, Clorox bleach, sanitizing wipes, filters, germicidal paint	2,913
--	-------

TOTAL COVID-19 RELATED EXPENSES **\$12,914**

SAVINGS

Pools

1 HMS Pool Maint. personnel 4/27 - 5/31 (typically hire two)	\$3,497
No lifeguards required 5/23 - 5/31 (9 days @ \$774/day)	6,966

Buses

Gasoline (Avg. \$1,700/month + 1 week)	3,825
Repairs (i.e., tires, brakes, oil)	
2 months + 1-week of 2019 actual cost of \$20,000	4,166

Temporary suspension of collision coverage	222
Buildings	
Electricity consumption (3 bldgs)	
50% of typical elec, bill for two months + one week	2,200
Quarterly Fitness Center equipment PM	813
TOTAL COVID-19 RELATED SAVINGS	\$21,689

JUNE SECURITY CALL REPORT

During the month of June our Security staff received and responded to a total of 245 calls regarding the following matters:

Medical	49
Security	136 (fire/carbon monoxide alarms, open garage doors, other security concerns)
Service	56 (including 42 lift assists, 5 persons locked out, and 9 welfare checks)
Maintenance	0
Car Accidents	2
Parking Violations	2 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

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.

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.

We are excited to be REOPENED!

WELCOMING TO THE SALON JOHN MICHAEL

John Michael has been a hair stylist for many years. John Michael started his career in Manhattan and worked through the Bronx and into Westchester. John Michael specializes in color, highlighting, cutting men's and women's hair, styling and Brazilian Blowout. John Michael loves a challenge and brings a warm, friendly and professional approach into the salon. John Michael is formerly from a salon in Somers, New York and now has joined the staff at Basia's Hair Salon.



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WHY WE DON'T HAVE SIDEWALKS OR WALKING PATHS

By Susan Statkowski-Rivalsi

The developers of Heritage Hills filed plans with the town of Somers that did not have sidewalks or walking paths, other than those sidewalk areas currently found here (Activities Center, Pool/Tennis Areas, etc.), and it was built in accordance with those town-approved plans.

Why can't more be added now? Well, they can, sort of.

- The 30 individual Condos not only own the roads *within* their property perimeters; they also own the land to the *middle* of, or in some instances the *entirety* of, those roads that form their perimeters (they often have yellow lines down the middle).
- The Society maintains the roads that have yellow lines on them, but almost all sections of those roads are owned by various Condos (see 1, above).
- Each of the 30 Condos can decide whether to have sidewalks or walking paths installed on its property. Those choosing to do so would be responsible for all aspects of—including all costs associated with—designing and installing (to code) and then insuring and maintaining those sidewalks/walking paths.
- The Society has no right to be involved in any way with any Condos' installation of sidewalks or walking paths on their properties.

So, the bottom line is, you should contact your Condo Board—not the Society Board—regarding the possibility of installing sidewalks or walking paths on its property.

* * *

THE TRAVEL CLUB TO ALL THE TRAVELERS

By Elaine Soliman

Our calendars are empty
for lack of places to go.
Our thoughts are filled with memories
of travels that seem like long ago.
Our travels will return
when the CDC gives us the go!
So do not fear the day will come
and our travels will return
and away we will Go!

CONVERSATIONS FRANÇAISES

By Francoise Bennett

Four members of the French Conversation Group have been meeting in my backyard, six feet apart (except if it's raining) Thursdays from 10 am to noon. There's room for more, so if you'd like to join us, contact me by email at franbenn@comcast.net.



HERITAGE HILLS COMMUNITY THEATER

By Diana Richter

The Heritage Hills Community Theater has not given up hope of bringing a show to our residents sometime soon. We are reading plays and hoping to present one of them before the curtain comes down on 2020.

Take care and stay well.

* * *

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

DOROT

The Health & Safety Committee would like to inform residents of programs and services offered by the non-profit DOROT, which has served seniors for decades: For information about any of the following programs and for general Westchester DOROT information, please contact Cippi Harte at 573-8906.

DOROT WESTCHESTER'S TELEPHONE FRIEND PROGRAM

DOROT will arrange for a volunteer who shares your interests to call you for a friendly chat. This program creates long-lasting friendships by bringing generations together to share ideas, opinions, and experiences:

- Regular social calls from a volunteer
- Flexible times
- Ongoing support from DOROT's professional staff
- Invitations to participate in other DOROT programs

To become involved in DOROT's Telephone Friend Program, call 485-8354.

UWW—UNIVERSITY WITHOUT WALLS

A wide range of classes is offered on the phone with small groups to ensure conversation and group participation. The topics range from discussion groups, to arts, music, medical issues, legal concerns, book groups, holiday celebrations, etc. the full listing is on their website <https://www.dorotusa.org/sites/default/files/inline-files/UWW%20Summer%202020%20Programs.pdf> or you can call that department directly at 1-877-819-9147

ONSITE@HOME

These are programs that are via Zoom or on the phone. That link is <https://www.dorotusa.org/onsite-programs-are-online-dorot-onsite-home>. You can get help getting Zoom onto your computer and advice on how to access by sending an email to TechnologyHelp@dorotusa.org.

WANTED: EDITOR FOR NEW KIDS & TEENS SECTION

The Heritage Hills Newsletter committee is seeking an editor for its new **KIDS & TEENS** section. Responsibilities might include gathering information and photos about our younger residents' activities (scouting, athletics, awards, graduations, etc.) and then writing up related articles. Interested? Please email HHillsNewsletter@gmail.com and include Kids & Teens in the subject line.

* * *

HHlibrary

Submitted by Larry Daitch

WEB PAGE REDESIGN

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 website 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
- Cindy Kennedy's Book Reviews archive
- The 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

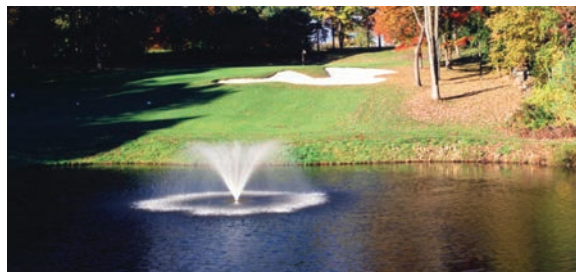
After the re-opening book donations will be limited to two books per person per week. They must be hardcover books in good condition brought in on the days and times that the library is open. Books in bags will not be accepted. No paperbacks will be accepted. Also, please do not leave donated books outside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

* * *



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EAST HILL MEN'S GOLF ASSOCIATION

By Harvey Friedman

TOURNAMENT RESULTS

JUNE 24—STROKE PLAY

Group 1.....1st, 2nd, and 3rd Low Net

1stRay Ormerod

2ndEd Sottile

3rdBob Briganti

Group 2.....Low Net

1stCharlie Kravetz

JUNE 26—STROKE PLAY

Group 1.....Low Gross; 1st, 2nd, and 3rd Low Net

Low GrossBob Briganti

Low Net1st: Ed Sottile

2nd: Rich O'Brien

3rd: Lou Bronico

Group 2.....Low Gross, Low Net

Low GrossJohn Mahoney

Low NetPhil Glazer

JULY 1—STROKE PLAY

Group 1.....Low Gross; 1st, 2nd, and 3rd Low Net

Low GrossYogi Santa-Donato

Low Net1st: Ray Ormerod

2nd: Dan Lanza

3rd: Ed Yee

Group 2.....Low Gross, Low Net

Low GrossAl Longhitano

Low NetBob Kenney

JULY 3—STROKE PLAY

Group 1.....Low Gross; 1st, 2nd & 3rd Low Net

Low GrossBob Briganti

Low Net1st: Bill Felling

2nd: Rich O'Brien

3rd: Yogi Santa-Donato

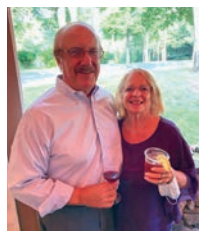
Group 2.....Low Gross; Low Net

Low GrossBob Kenney

Low NetAl Longhitano

RESIDENT INDUCTED INTO SOMERS LIONS CLUB

Text and photo by Marsha Berman



Lou & Marsha Berman

On Monday evening, June 30, at a cocktail hour ceremony held on the patio at The Grille at Somers Pointe, Condo 13 President Bob Berman was inducted into the Somers Lions Club service organization by its President, Heritage Hills resident Lou Bisogni. Bob also serves as one of Somers' Partners of Prevention.



Photo by Susan Statkowski-Rivalsi

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Heritage Hills Garden



Front

Unit 484 B, Condo 23

*Lisa O'Connell,
Gardener*



De

Unit 834 C

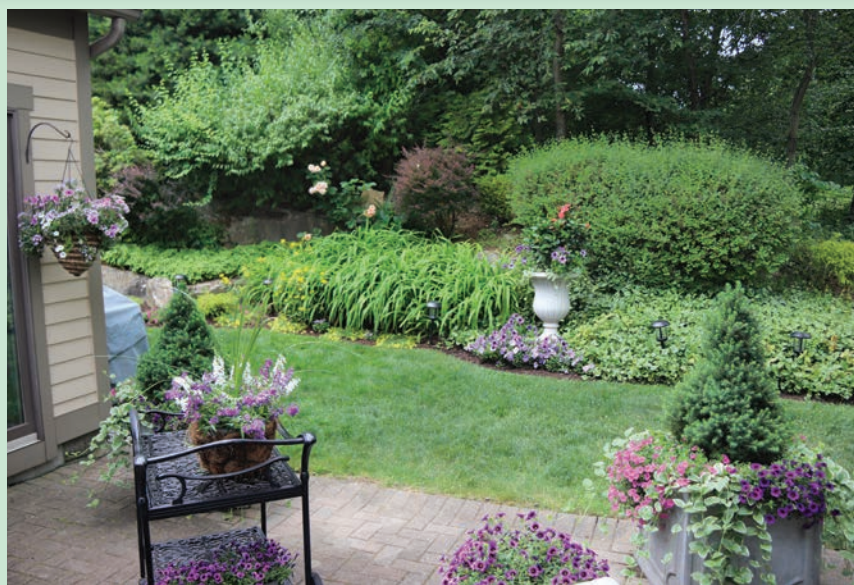
Carol Vartu

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Unit 419, Condo 14
Jane & Salvatore Ceraldi,
Gardeners



beck
, Condo 30
li, Gardener



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HERITAGE HILLS GARDEN CONTEST

By Susan Statkowski-Rivalsi,
Committee Chair



The Garden Contest Committee started planning this year's event in late winter just as New York became the epicenter of the pandemic; and we honestly didn't even know if it would come to pass. But it did! And what lovely gardens the judges got to see! The only glitch was that, although all patios were accessible, the deck gardens could only be seen by passing through the owners' units. So, they were judged by way of photographs submitted by the contestants.

On the cover you see our three very-talented first place winners proudly displaying their prizes, and pictures of some of their incredible plantings are in the centerfold. The Garden Contest Committee sends a special "Thank you" to the very-talented Elizabeth Royston for her wonderful photos of the winners and winning unit front and patio areas.

If you're out on a walk or drive, stop to admire this year's top 5 Unit Fronts:

- Unit 484 B in Condo 23, Lisa O'Connell, Gardener
- Unit 830 in Condo 30, Reno Di Cristofaro, Gardener
- Unit 794 C in Condo 27, Joyce Hochgesang, Gardener
- Unit 393 A in Condo 13, Doug Hager, Gardener
- Unit 604 C in Condo 25, Sue Shea, Gardener



NEARBY NATURE WALKS

Text and photos by Shirley Kesselman

MILDRED B. LASDON BIRD AND NATURE SANCTUARY

How fortunate we are to be living in Westchester County with its many parks, preserves, and wildlife sanctuaries! Although I've been here 20 years, I occasionally come across a place I hadn't heard of before. That happened the middle of June when a neighbor, Rob D'Angelo, told me that he, with his wife and two young boys, had just returned from a trip to see a waterfall. "Where?" I inquired. "Very near Lasdon Arboretum," he replied.

Lasdon Arboretum, well known to hikers and walkers in this area, is on Route 35 in Katonah. Just next to it is the Mildred Lasdon Bird and Nature Sanctuary. To access the sanctuary, turn right off Route 100 onto Route 35 and pass the Arboretum. Immediately turn left onto Wood Street. The Sanctuary's parking lot accommodates approximately 6 cars.

Anxious to see a waterfall, I choose a bright Saturday morning to explore. The Sanctuary posts no signs to the waterfall, and the path I chose did not lead there. However, I was treated with continual bird songs as I walked, as well as shade from the abundant trees lining the narrow path. As I strolled, I sighted robins. I'm told cardinals, warblers,

cat birds, and orioles, among other types of birds, nest in the hovering trees. A caveat, should you decide to go: Numerous tree roots and loose stones on the path necessitate close attention by the walker.

Unsuccessful at my first attempt to find the waterfall, I asked Rob for explicit directions and invited a friend, Dom Cinelli, to accompany me. This time I took the left-hand path rather than the one on the right. Dom and I treaded carefully as we followed it for ten minutes. Then we heard the sound of running water. The trail dropped a foot. We gingerly stepped down and in front of us was a brook. We turned right to follow the gurgling water to an awesome waterfall practically hidden completely by foliage. A walk of not more than 15 minutes yielded an incredibly beautiful sight!



ANGLE FLY PRESERVE

A second place for nature walks well worth taking is Angle Fly Preserve. Although opened to the public in 2009 and close by, I had never been there. The entrance to Angle Fly is located on Primrose Street/Route 139 south of Reis Park. Its' 654 acres encompass 10 well-blazed nature trails. According to maps, these pass streams, and traverse woodlands and meadows.



On a warm Sunday afternoon, I chose to explore it. I followed a trail which featured eleven interpretive signs. For instance, I learned that a tree with two trunks is called "coppiced." As I walked, I heard chirping birds and saw remains of crumbling stone walls as well as clusters of delicate wildflowers. My companion, again Dom, and I encountered only one other group on our hike. The solitude was relaxing and enabled me to achieve a sense of peace and connection with nature.

In addition to hiking, Angle Fly Preserve offers opportunities for bird watching, cross country skiing, and snowboarding. Fishing and bow hunting are allowed with a permit and an agreement to adhere to regulations including who can partake as well as when and where the activity is open.

Next time I visit either the Mildred Lasdon Bird and Nature Sanctuary or Angle Fly Preserve, I will take along my book Eastern Birds by Roger Tory Peterson. It features bird descriptions as well as colorful pictures.



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HERITAGE HILLS... THE NEW MANHATTAN?

By Stan Herz Pearlman

Fifty years ago, many of us left the five boroughs of New York City for the suburbs in order to gain more acreage and a friendlier place in which to bring up children. But this time it is different.

After the economic downturn in the 1970s, the September 11th terrorist attack in 2001, and the financial crises of 2008, many deserted the City only to later return to an even more vibrant place. But this time it is different.

What has changed is that in the above situations Manhattan still retained its status as the epic center of employment, and people still commuted there to work. Even the corporate headquarters dotting the suburbs never quite displaced the City.

Now, *The Washington Post* reports, a Kaiser Family Foundation poll in May found that 34 percent of people with jobs said they were working from home. According to LinkedIn, a professional networking web site, people living in cities that were hard hit by the pandemic, such as New York, are increasingly searching for remote work opportunities. And real estate company Redfin reported that page views of homes in smaller suburban towns more than doubled during the last week of April as compared to a year ago.

Propelling this departure from Manhattan is the cost of housing in an increasingly less hospitable environment. In early July, *The New York Times* reported a sharp drop in sales due to the pandemic, and yet the medium price of a residence in Manhattan is still \$1 million. To that add lofty monthly maintenance fees and the higher consumer expenses of urban living.

Not only are employees finding benefits to working from remote locations, but so are the companies that employ them. Rental space is a major component of operating costs, and new conferencing technology now makes it possible for businesses to cut those expenses. Both Facebook and Twitter, which had previously made the local news for their heavily investing in New York City, have now decided that some employees can work from home for the foreseeable future.

A virtual symposium held by Baruch College in early July, further emphasized that cities will cease to be that important. It raised the specter of people feeling uncomfortable even taking elevators in high rise buildings with others inside the car.

The pandemic will ultimately end, and many will find that aside from exorbitant rents and no longer a daily need to work in Manhattan, they are still lured by world-class restaurants, Broadway shows, and renowned cultural institutions. And that is what makes Heritage Hills such a unique place to live for ex-Manhattanites.

It offers a spacious condo with outdoor patio or deck at a fraction of Manhattan costs, excellent schools, and an area abundant with natural beauty. There is a state-of-the-art fitness center, swimming pools, and tennis courts; an upscale gourmet supermarket is at the entrance; and nearby cultural centers including Caramoor, the Schoolhouse Theater,

the Katonah Museum of Art, the boutique Bedford Playhouse offering much more than just movies, and the Yorktown Stage.

Most importantly, there is the shuttle bus to and from the train—station-to-station MetroNorth service into Manhattan taking about 70 minutes—allowing residents to still enjoy big city attractions and the occasional commute for business purposes all without the chaos and high cost of urban living.

Yes, Heritage Hills could very well become a new Manhattan.

* * *

MY FATHER LOVED TREES

Text and photos by Karl Milde

My father loved trees. Every spring would find him planting tree seedlings in the woods and fields of our farm in Connecticut. He carried a galvanized pail, half-filled with seedlings of one tree type or another, their roots immersed in water. He'd make a small slit in the earth with a shovel, reach into the pail and separate a tiny seedling from the bunch (their roots were always entangled), and insert the roots and close the slit before moving on. Repeating this process at six-foot intervals, he would plant about one thousand trees every year.

On the day I was born, April 6, my father was – yep, you're right – out there planting trees. The trees he planted grew much faster than I did, and by the time I was twenty they, and the thousands of other trees he planted around the time I was born, were already a mature forest. My father named that forest after me.

After planting nearly 25,000 trees over a period of twenty-five years, my father spent the rest of his life nurturing the forests he created: replanting in spots where trees had died, thinning where trees were too close together, and cutting the underbrush until the trees created a canopy that kept the brush in check.



When my father passed away, the Town of Litchfield planted a maple tree seedling in his honor on the village green. Next to the tree, they placed a plaque that reads, "In Memory of Karl F. Milde – He Loved Trees." That tree is almost fully grown now, and the plaque is still there.

With this family history, you shouldn't be surprised to learn that I donate each year to the Arbor Day Foundation. Its mission is to inspire people to "plant, nurture and celebrate trees." Dad would have liked what I do, and that's just the point. I expect nothing in return except the satisfaction of doing my small part.

However, this year, on April 6 in fact, a long white bag with the Foundation's return address appeared on my doorstep. After "aging" the bag for two days because of the pandemic, I opened it to find

continued on page 25

The Leader in Heritage Hills



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ARMONK

2 BR, 2-bath, one level Armonk end unit featuring gas heat and gas FP.
WEB#HL2761082 | \$469,000



447F

CANNAN

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WEB# HL2751932 | \$425,000



962A

ARMONK

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WEB# HL2495142 | \$424,000



332B

CORTLANDT

Rare Cortlandt model. End unit w/lots of upgrades. Two patios, 1-car garage.
WEB# HL2493642 | \$419,000



483B

FAIRVIEW

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391B

ARMONK

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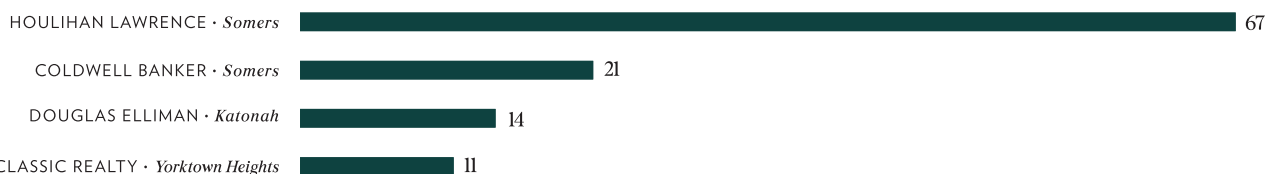


IN CONTRACT

ARMONK

2-level sunny end unit with no steps & updated kitchen.
WEB# HL2715142 | \$385,000

Heritage Hills Sales | TOTAL UNITS SOLD | YEAR TO DATE



Source: OKMLS, 7/1/2019 - 6/30/2020, Condominiums, total units sold by office, city/town Somers

twelve little tree seedlings of various species. The bag also contained a copy of "The Tree Book" and the "Tree Planting Guide," both with illustrations and information about many species of trees and techniques for planting their seedlings in the earth. Reading them brought back fond memories of watching and working with my dad when I was small.

Out to the backyard I went to look for places to plant these precious seedlings. In view of the pandemic, I decided to wait until next spring before applying for a variance and introducing them to their new homes. In the meantime, I kept them healthy and growing by nursing them temporarily in a large planter.

When the little seedlings grow tall, they should provide the lucky folks who reside in my unit the pleasure of sweet blossoms in the spring, cool shade in the summer, and either beautiful foliage in the fall or greenery all year.

* * *

HAIKU FOR AUGUST

Verse and photo by Sue Shea

The month of sizzle
Sunny days and barbecue
They call them "dog days!"

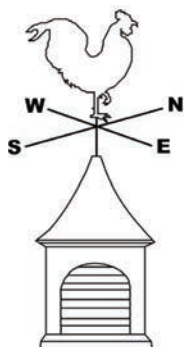


* * *

AMITY

By Ellen Saltzman

When the animals
The flowers
And the humans can talk to each other
There will be peace,
And when peace comes
The trees will dance
And for a short but perfect time
The dragonflies will rule.



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THE BOOK SHELF

By Cindy Kennedy

August often is a fine month to relax beside a cool pool and dive into a brisk British murder mystery. This summer, however, bibliophiles with limited pool access still can enjoy *The Word Is Murder*, Anthony Horowitz's page-turning whodunit, on their decks or patios.

Central to *The Word Is Murder* is a clever plot twist. Anthony Horowitz, a veteran mystery writer, inserts *himself* as a character into his own novel. As the story unfolds, erstwhile detective Daniel Hawthorne, now a consultant for London's Metropolitan Police, approaches the writer Horowitz with an unusual request. The ex-cop is short on cash—"there just aren't enough people getting murdered these days"—and he wants Horowitz to ghostwrite a case he is investigating and then split the book's profits.

Hawthorne explains the basic facts of the crime to the skeptical writer. Diana Cowper, a wealthy widow, had visited a funeral parlor to plan her own funeral, and six hours later she was murdered in her posh flat. Andrea, her Slovakian housecleaner, discovered the body two days later. Mrs. Cowper's movie star son Damian, her only survivor, was on location in Hollywood at the time of the murder.

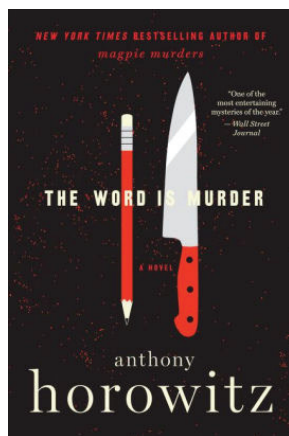
Despite his misgivings, Horowitz agrees to partner with Hawthorne, who had been fired from the Met under dubious circumstances. Hawthorne may be rough around the edges, but the writer admires his uncanny detecting skills: "He had the same silken quality as a panther or a leopard. People lowered their guard when they were talking to him. They had no idea that he was only waiting for the right moment to dissect them."

Visiting the crime scene together, they gather clues and identify suspects. Funeral director Robert Cornwallis relays the requests Mrs. Cowper had made for her service, including which Beatles song, psalm, and poem she had chosen. Phone records and CCTV indicate that on the afternoon of her murder, Mrs. Cowper had lunched with theatrical producer Raymond Clunes whose failed musical had cost her fifty thousand quid. Andrea the maid, during her interview, is not forthcoming about her criminal record. No detail escapes Hawthorne's attention. Even the whereabouts of Mrs. Cowper's missing Persian grey cat is deemed a clue.

When Hawthorne uncovers a shocking detail from the murdered matron's past, the case's resolution would seem to be a slam dunk. However, all bets are off when a suspect is murdered. Hawthorne must reshuffle the deck and solve the mystery before the killer strikes again.

For readers who enjoy *The Word Is Murder* there's good news. Anthony Horowitz and Daniel Hawthorne team up again in *The Sentence Is Death*, an equally satisfying summertime read.

(Note: *The Word Is Murder* and *The Sentence Is Death* are part of the Heritage Hills Library and Somers Library collections.)



HOW DOES YOUR GARDEN GROW?

THE MAGIC OF MILORGANITE

Text and photo by Karl Milde



I grew up on a farm, and, if I learned one thing, it was that plants love nitrogen. Spread chemical fertilizer on the fields, some "10-10-10" (which contains 10 percent each of nitrogen, phosphate, and potash) or ammonium nitrate (which is solid nitrogen), and the plants will shoot up. Spread it on the lawn and the same thing happens: the grass will grow thicker and darker green—but only for a short while.

Enter *Milorganite*, the first *slow-release* nitrogen fertilizer that lasts pretty much all summer. Developed in 1925, it is an organic, biosolids fertilizer produced by the Milwaukee Metropolitan Sewerage District. The term is an abbreviation for "Milwaukee Organic Nitrogen."

When I moved from Mahopac to Heritage Hills in the winter of 2018, I immediately joined the Garden Club and was assigned a garden square. I had brought with me a leftover bag of Milorganite fertilizer, which I spread evenly over the ten-foot by ten-foot area. When spring arrived, I set five tomato plants in the plot of ground and watched them grow.

The results were absolutely amazing, so much so that other gardeners came up to me and asked for my "secret." To be honest, I wasn't sure why the plants grew so well in my new garden (I thought perhaps my predecessor should take the credit), so I just smiled and said I'd had "beginner's luck."

In 2019 I didn't fertilize my garden square at all. I assumed my tomato plants would resemble those I'd planted in 2018; but that was not what came to pass. Instead, my tomato plants were thin, their leaves were light green, and the tomatoes—well let's just say they were embarrassingly few and small.

Thinking that maybe I was on to something, I bought another bag of Milorganite last winter and spread it over my garden square. In late April I again dug in five tomato plants and monitored their progress. To my great satisfaction, these plants literally exploded with dark green leaves. Right now, the plants are producing tomatoes like crazy.



Slow-release Milorganite works by delivering water insoluble nitrogen to the roots through microbial activity in the soil. But the conditions need to be right. Microbial activity occurs when soil moisture is adequate, and the soil temperature is between 55 and

85 degrees. The microbes break down the nutrients in the fertilizer, making them available to the plant life. When conditions aren't favorable, the nutrients stay right where they are until there's enough water and the temperature is within range. That way, when you spread the fertilizer on your garden square in winter, it remains in place until it's ready to go to work in the Spring.

So that's my "secret." The next time you pass by my garden square you'll no longer wonder why it looks so good—no need to be green with envy.

FIT-BITS

By Mary Tedesco

SETTING PERFORMANCE GOALS FOR YOURSELF

For a lot of people setting goals is the best way to achieve fitness levels you may not have been able to without the goal.

A performance goal is a goal that is measurable and under your control. It's the difference between where you are now and where you want to be...so set one for yourself today!

You may want to walk 5 miles, you may want to run 5 miles, you may want to swim 100 laps. Whatever it is you have in the back of your mind that you have always wanted to do, write it down! Then post notes on your fridge and in your car!

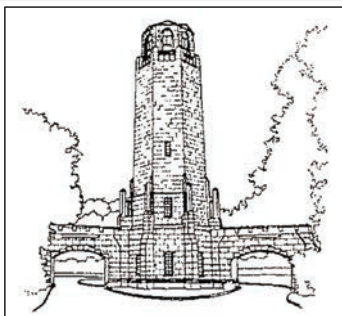
Each performance goal you set is an essential step towards your possible success for achieving an outcome goal. Setting performance goals are a process. It's good to tell one person about this goal. Discuss it upfront with your friend or trainer.

One way to make a performance goal measurable is to use an evidence-based outcome measure to objectively determine if an improvement has occurred. For example, you set a performance goal to swim 25 laps by September 1. Use a log and plan each outcome measure such as:

- August 1—I will swim 5 laps, 4 times a week.
- August 7—I will swim 10 laps, 4 times a week.
- August 14—I will then increase my swimming to 15 laps, 4 times a week.
- August 21—I will then increase my laps to 20 laps, 4 times a week.
- August 28—I will have reached my performance goal of 25 laps, 4 times a week!

Logging your workouts helps you see your accomplishments and supports your performance goals!

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DISPATCH FROM THE PROVINCES

Text and drawing by Eric Felderman



PALEOLITHIC MEMORIES

I frequently return to the old neighborhood in my memories.

Grandma often played with a dinosaur that lived down the block from us. Grandpa, misunderstanding the interaction, leaned down dangerously from his apartment to defend Grandma with his stick. Luckily, the distance was too great for him to hit anything.

Uncle Willie walked everywhere on his flexible stilts.

Juvenile delinquency could be a problem, so mothers used to carry revolvers when taking the air with their babes in tow.

A local dog had taken up horticulture, and could stand still for hours contemplating a petunia, or some other flower.

The hat specialist was proud but overly protective of his nose.

A friendly gorilla frequently escaped from nearby Bronx Zoo. He loved to shimmy up lampposts, to the great consternation of pigeons.

In those days we children could still fly. It was great fun, being up there with all the birds!

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	2020	2019	2018	2017
TOTAL SOLD	46 (\$249,500-\$670,000)	72 (\$247,000-\$610,000)	58 (\$225,000-\$645,000)	55 (\$255,000-\$739,000)

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

1 BEDROOM

AMHERST \$380,000 GUILFORD \$282,500; \$321,652 RADCLIFFE \$420,000; \$437,000
FRANKLIN \$249,500

2 BEDROOM

ARMONK \$375,000; \$460,000 HARVARD \$550,000; \$650,000; SALEM \$455,000; \$447,000
\$415,000; \$375,000 \$670,000 SOMERS \$425,000; \$430,000
DARTMOUTH \$452,500 KENT \$410,00 STRATFORD \$510,000; \$449,000;
FAIRVIEW \$418,750 MONROE \$318,000; \$322,000; \$525,000; \$435,000;
HAMILTON \$255,000 \$389,000; \$360,000 \$395,000; \$505,000;
HANOVER \$394,500 PRINCETON \$470,000 \$573,000; \$435,000;
ROCKLAND \$365,000 \$435,000
STRATFORD II \$495,000

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.**

Most importantly, stay healthy and safe.

Marti

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