



# 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** ..... 9 to 11 am, noon to 4 pm, and 5 to 7 pm

**Fitness Center & Gym** ..... Monday to Saturday 8 am to noon, and 1 to 4 pm  
Monday, Wednesday, Friday additional 5 to 8 pm

**Fine Arts Center** ..... Group instruction and free time are  
scheduled by the Activities Office at 276-2908

**Library** ..... Monday and Friday 1 to 4 pm

**Bus Service - Operates on Weekdays Only (except holidays)**

**5:15, 5:45, 6:45, 7:35, and 8:35 am**

To/from train station only – **Reservation required, call 276-2877**

**5:35, 6:35, and 8:35 pm**

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

**No Midday service at this time**

## UTILITIES CONTACT INFORMATION

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

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

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

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

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

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

## SERVICES FOR SENIORS

### TOWN OF SOMERS SENIOR SERVICES

Barbara Taberer, Director - 232-0807

#### Hot Lunch

Delivered to shut-ins, Monday thru Friday  
Meals leave Van Tassell House for delivery starting at 11:30 am  
Call 232-0807  
Suggested contribution: **\$2**

#### Adult Transportation - For Medical Appointments Only

Door-to-door, round trip, accessible/assisted  
Tuesday thru Thursday, 10 am to 3 pm  
Call for details – 232-0807  
Suggested round-trip donation: **\$10**

### OTHER SENIOR SERVICES

#### 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

#### 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

**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

#### 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

**Publisher: Heritage Newsletters, Inc. | P. O. Box 185 • Somers NY, 10589 • 914-277-1122**

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## NEW EAST HILL GOLF COURSE VOTING DEADLINE

**By Mail—Postmarked no later than Saturday, November 14**

**By Hand—No later than 5 pm on Thursday, November 19**

**Place your ballot in the Golf Course Ballot Box on the door attendant's table just inside the entrance to the Activities Center.**

**EXCEPT FOR VOTING AT THE ACTIVITY CENTER ON ELECTION DAY, PRE-REGISTRATION IS REQUIRED FOR ACCESS TO THE ACTIVITIES AND FITNESS CENTERS AND GYMNASIUM, AT WHICH MASKS COVERING BOTH THE NOSE AND MOUTH AND SAFE SOCIAL DISTANCING PRACTICES ARE REQUIRED AT ALL TIMES.**

**SHUTTLE BUS SERVICE WILL BE AVAILABLE ELECTION DAY AND THEN MIDDAY COMMENCING WEDNESDAY, NOVEMBER 4. FOR DETAILS, WATCH FOR BLAST EMAILS.**

## ELECTION DAY

**Tuesday, November 3, from 6 am to 9 pm at the Activities Center**

Shuttle bus service will be available every hour from 8 am to 9 pm. Limited capacity per trip, masks required, residents only. Watch for blast emails for details. For reservations call 276-2877.

\* \* \*

## CONTINUING EDUCATION

*Submitted by Rosetta Benson*

### POLITICS IN PERSPECTIVE

**POST-ELECTION: RESULTS AND RAMIFICATIONS—WHAT JUST HAPPENED? WHY? WHAT NOW?**

**Tuesday, November 10 at 1:30 pm**

Join Professor of Political Science and Founding Dean, School of Arts and Sciences, Molloy College, in this last of his series of three free lectures via Zoom. Details on how to join this Zoom meeting will be emailed before November 10 to all Heritage Hills residents on the Society's email list.



**Need help getting started with ZOOM?** Continuing Education can help. Email [kenbenja1@gmail.com](mailto:kenbenja1@gmail.com). Include your name and phone number.

\* \* \*

### HERITAGE HILLS NEWSLETTER COMMITTEE

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, Keri Reitman Schnapper

## SOCIETY BOARD MONTHLY MEETING

**Thursday, November 19, at 7:30 pm in the Heritage Room**

If restrictions don't change, and you would like to attend this meeting in person, please email the Activities Office at [Activities@hhsociety.org](mailto:Activities@hhsociety.org) to make a reservation. Bear in mind that, because of space limitations due to Covid-19 restriction, only 20 residents may be allowed to attend in person.

The meeting will be broadcast LIVE on Channel 12 and rebroadcast daily on that channel at 2 and 7 pm.

If you have questions but can't attend, please send them to [Society@hhsociety.org](mailto:Society@hhsociety.org), and they will be answered at the meeting. You must provide your name and unit number.

## ON THE COVER

On the masthead, the seals of the five branches of our United States Armed Forces serve as a reminder that November 11 is Veterans Day.

Beneath that is Pat Nicolosi's photo of the doe that hangs out behind her Condo 9 unit and quenches its thirst at her birdbath.

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# COMING EVENTS



Community  
Theater

By Joyce Spector and Diana Richter

## FOLKLORE GALORE—SHALOM ALEICHEM

Friday, November 20, at 1 pm at the Activities Center

Club Shalom is pleased to announce a collaboration with the Heritage Hills Community Theater (HHCT). Through selected readings of stories by Shalom Aleichem, our talented HHCT neighbors celebrate the culture and wisdom found in the art of storytelling.

Please join us for this free program. Due to social distancing mandates, attendance is limited. You must register in advance for up to two seats per reservation no later than **Saturday, November 14**. Make reservations via email at [HHClubShalom@gmail.com](mailto:HHClubShalom@gmail.com). If you do not have email, please call Alan Tepper at 342-3279.

If you have any questions, call Nancy at 519-7622 or Joyce 419-7230. You can also contact us at [HHClubShalom@gmail.com](mailto:HHClubShalom@gmail.com).

## CLUB SHALOM ANNUAL CHANUKAH PARTY

Friday, December 18, at noon in the Activities Center

\* \* \*

## ENERGIZENY

Presented by Flo Brodley

Friday, November 13, at noon in the Activities Center Game Room

Need to feel more comfortable in your own home? Wouldn't it be nice

## THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS 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:

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.

to pay a lower electricity bill? Here's a way to make your condo unit more energy efficient and lower your energy costs. 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.

Please register by emailing Flo at [flo613@comcast.net](mailto:flo613@comcast.net) your name, unit number and telephone number. Registration will close on November 11. Limit: 6 people.

\* \* \*

## INDEPENDENT AND FOREIGN FILM CLUB

Submitted by Stephen Klepner

### IF BEALE STREET COULD TALK

Thursday, November 19, at 12:30 pm in the Heritage Room. FREE

Nominated for 3 Academy Awards, this film follows a young woman who seeks to clear the name of her wrongly charged lover and prove his innocence before the birth of their child.

Attendees must register in advance—no walk-ins permitted. First come, first served, with a maximum of 40 attendees. Register **no earlier than November 5**, preferably by email to [spk010@yahoo.com](mailto:spk010@yahoo.com), with the subject line *IFFC*. If you do not have email, on or after that date call 845-297-7066.



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## UPCOMING ACTIVITIES & EVENTS

Produced by the Activities Office

Phone: 276-2636 or go to [activities@hhsociety.org](mailto:activities@hhsociety.org)

Advance registration is required.

At all times while insider the Activities Center, masks covering both the nose and mouth must be worn, and safe social distancing must be practiced.

For general information or to book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at [activities@hhsociety.org](mailto:activities@hhsociety.org) or by phone at 276-2636.

## ARTS & CRAFTS

**Gushing With Paint:** Pour paints to create original works of art. Each week of your four-week session you'll learn a new technique. Wednesdays from 1 to 3 pm in the Art Studio. \$125 includes all supplies. To register, call Fran at 806-6696.

**Needlecraft Club:** Charitable needlecraft group meets Wednesdays at noon in the Game Room. All skill levels welcome. To register, call Linda Neira at 277-2776.

**Woodcraft Club:** The shop is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed Sottile at 276-0671 or 552-2303.

## EXERCISE

**Hikers & Walkers:** Weekly hikes from September to June. Information and our schedule are available at [hhsociety.org](http://hhsociety.org) / Activities / All Activities / Hikers and Walkers.

## FUN & GAMES

**Bocce:** April through October: Wednesdays at 1 pm and Saturdays at 9:30 am. More information will be available in the spring.

**Bridge—Duplicate:** Temporarily playing online at [Bridgebase.com](http://Bridgebase.com) Mondays, Tuesdays, and Thursdays at 12:30 and Fridays at 10 am. For information, call Joyce Hochgesang at 276-2497.

## FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email [keri.reitman@gmail.com](mailto:keri.reitman@gmail.com).

## GARDEN CLUB

For information about the club, including arranging for the use of garden squares in our Community Garden, go to [hhsociety.org](http://hhsociety.org) / Activities / All Activities / Heritage Hills Garden Club.

## HEALTH AND SAFETY

**Dementia Caregivers Support Group:** A support group that provides an opportunity to be with others who understand the daily struggles of caring for loved ones with these conditions. Meets the first Thursday of the month at 1 pm in the Game Room of the Activities Center. To register, call 627-9438 or email facilitator Linda Ludwig, Psy.D. at [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Blood Pressure Screenings With a Smile:** The second Friday of the month (November 13, December 11) at 9, 9:20, 9:40, 10, 10:20, and 10:40 am. Your temperature will be taken. To register, email Nurse Ellie Edam at [elliebob1@gmail.com](mailto:elliebob1@gmail.com) or call 617-2109.

## LIBRARY

To reserve and arrange to pick up a book Monday and Friday from noon to 4 pm, call 276-7655. For information on the collection, visit the webpage at [hhsociety.org](http://hhsociety.org) / Heritage Hills Library, or call 276-7655.

## MORNING DISCUSSION GROUP

Discussion group on current event topics. Mondays and Thursdays from 9:30 to 11 am. For information, email Ken Benjamin at [kenbenja@aol.com](mailto:kenbenja@aol.com) or call 617-9817.

## TENNIS

All tennis reservations are made via the Committee webpage under Activities at [hhsociety.org](http://hhsociety.org). For general information, at [hhsociety.org](http://hhsociety.org) go to Activities, All Activities, Recreation, Tennis Committee, or call Barry at 617-9259. For information about the Tennis Committee, call Jan at 276-2106.

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## SOCIETY NEWS

### SEPTEMBER 17, 2020 BOARD OF DIRECTORS MEETING SUMMARY

The full minutes of this meeting can be found on the Society website.

#### DOM RUBINO, PRESIDENT

- Opened the meeting at 7:30 pm, thanking all in attendance, including the camera crew, and advised the meeting was not being broadcast live on Channel 12 because of Comcast issues, but would be rebroadcast once the problem was fixed.
- Email questions sent by residents and will be answered during the meeting.
- There will be sessions on Oct 6 in the afternoon and on Oct 8 in the evening for Q&A's on the 9-hole golf course.
- Mary Lou is still not feeling well, and Anna Milano is working in the office on a temporary basis.
- Less than two thirds of residents receive blast email notices. Much more information has been sent by blast emails in the last six months, and we would like to have as many email addresses as possible.

#### APPROVED MOTIONS

- Repave Society "B" road portion of 342-348 cluster in Condo 12—\$58,600; replace pipe crossing—is \$9,640.
- Replace aging pool equipment at Pool #2—\$79,995.
- Replace two sections of 36" drainage pipe in Condo 19—\$35,600; repave of a section of the "B" road at that location—\$69,500.

#### TREASURER'S REPORT—Bill Harden

August financials

Income . . . . .	\$441,561
Expenses . . . . .	- 403,130
Surplus . . . . .	\$ 38,431
2020 Surplus to date . . .	\$209,579

#### ACTIVITIES REOPENING—GLORIA ANDERSON, CHAIR

- Outdoor activities such as tennis, swimming, and bocce have been open for a while and everyone is maintaining social distancing and wearing masks when necessary. Swimming pools will be closing on September 20.
- The Activities Center reopened on September 8 for meetings, some activities, and condo meetings. To enter the Activities Center you must wear a mask, present ID, and have a reservation. The maintenance crew and property manager have made the building as safe as possible, with improved ventilation and filters on AC systems. We hope to enter Phase II soon, with longer hours and greater capacity as soon as it's safe to do so.
- The Fitness Center will reopen on September 21 with limited hours and capacity. An inspection of the Fitness Center is scheduled on September 23 and everything possible has been done to make sure that all requirements have been met, and we are confident that we will pass the inspection. Instructions for making reservations are set out in the Newsletter.

- The Library has reopened, with hours on Monday and Friday afternoons. You need to call the Library and leave the name of the book you want to borrow, your name, unit and telephone number, and a volunteer will call when the book is ready and meet you at the outside door. The big, red book drop box is outside the building.

#### COMMUNITY AFFAIRS—JACK MATTES, CHAIR

- The Community was very generous at a food drive at Pool 5 last week, and raised \$2,000 in monetary donations in addition to many bags of food. We are doing better with Census numbers at HH.
- November 3 voting will occur in the Activities Building, with shuttle bus service that day. Early voting will be at Town Hall building and weekday shuttle service will be available
- It is becoming more important for residents not to use street names (i.e. Fawn Street) because the postal service does not recognize them. This may be one of the reasons census numbers are down. Typical address should be the number of the building (i.e. 999 Unit C) plus Heritage Hills —do not include Drive, Boulevard, Road, etc.
- I am representing HH on the Town of Somers newly-created Telecommunications Task Force, including neighboring tow, to get improvements on how telecommunication companies, including cable companies, respond in emergencies and in the service they give us, since during the storm Security could not get calls. The Verizon box that controls the phone did not have power and that is why we lost phone service; the Security generator is working. Complaints have been filed with the Public Service Commission. The County has put up \$190,000 to fund a consulting company to help fight the way through PSC.

#### WEBSITE STUDY UPDATE—ANNETTE BENSEN, CHAIR

We are researching how to simplify the website login for everyone in order to facilitate use of the site and the information it contains. Please email [Activities@hhsociety.org](mailto:Activities@hhsociety.org) with any suggestions you have to make the website easier and smarter.

#### LANDSCAPING—PATRICIA PLOSS, CHAIR

The Committee met in August and in late September/early October. Mums, kales, and cabbages will soon be out, as well as hay bales. We meet again in February, when we start talking about spring flowers.

#### ACTIVITIES—ED GOLDFARB, CO-CHAIR

Clubs and classes have come back very slowly, a few have contacted Andrew regarding reopening. Any resident who has been in a Class or Club and wants info contact Andrew in the Activities Office and he'll bring you up to date.

#### FITNESS CENTER—ANNETTE BENSEN, CHAIR

We have reopened on a limited basis and the Committee has been active trying to make sure everyone is safe before we extend hours.

#### INFRASTRUCTURE—BRUCE PRINCE, CHAIR

HEPA air filters are the most powerful but cannot be used in our air, so we have to use MERV filters—MERV 13 in the Heritage Room, MERV 11 in other rooms. The Fitness Center and Heritage Room have three-foot exhaust fans in the attic which pull in fresh air and in turn helps the air flow.

## REVISED RULES AND REGULATIONS—PATRICIA PLOSS

In August, the Board adopted the revised R&R and they will be posted on the website.

A resident suggested that the Rules and Regulations be sent as pdf in an email blast so residents could print out a copy if they wish.

## LIBRARY—BRUCE PRINCE, CHAIR

The Library reopened September 14, open only Mondays and Fridays from 1 to 3:30 pm, after which the Library is cleaned. See the Library page on the website to find the list of all books we have, then call the Library at 276-7655 and place your order, leaving your name, unit, telephone and name of the book. A volunteer will call you when the book is ready. Call when you arrive call the Library and a volunteer will bring your books to the door. The book drop is outside the building. Please now return any books that were borrowed before the closing—there are no fines or penalties. Returned books will be quarantined for three days before they can be borrowed.

## SECURITY—DAVE JACOBSEN, HEAD OF SECURITY

- We had 23 cases of COVID in the beginning, down to no cases to our knowledge.
- Tennis courts are not for dog walking and roller blading, so now Courts 1, 2 and 4 now have combination locks, and you will receive the combination upon making a reservation.
- Dog walking around the Activities Center is not permitted.

## JOHN MILLIGAN—PROPERTY MANAGER

- We have several independent AC systems in each building and in the interest of safety we replaced 32 filters, put in MERV 11 rated filters, the highest our system can take. We have UV ionization units throughout the building. Cleaning protocols include a Clorox 360 machine purchased at a cost of \$4,000, with a germicidal solution that clings to all surfaces. There are many cleaning products, with 48 sanitizing stations, including at pools and buses. In the final analysis our savings versus expenditures will be net zero.
- All tennis courts are locked at night. There are now combination locks on three courts and monthly codes will be given when reservations are made. We have security cameras at the courts, but they are not in real time, and it is difficult to identify individuals.
- The funds for the work described in the three motions [seen at the beginning of this report] are in our current budget. Money is put into the budget every year for paving and drainage issues.
- Many changes, including air quality improvement and additional cleaning measures are being taken in the Fitness Center. A rigorous inspection by the Somers Inspector will be done on behalf of the Dept. of Health.

## UPDATE ON 9-HOLE GOLF COURSE—PATRICIA PLOSS

[The information was provided in the October issue of the Newsletter.] Meeting adjourned at 9:03 pm.

\*\*\*

## FITNESS CENTER AND GYMNASIUM

Residents must swipe their valid I.D. cards at the door. Only residents on the reservation list will be permitted entry.

Surgical or cloth facemasks covering both the nose and the mouth must be worn at all times inside the building. **Bandanas, buffs, gaiters, and face shields are not acceptable.** Residents will be asked to sanitize their hands upon entry.

Residents may bring in a small handbag or fanny pack, bottled water, a towel, and a cell phone. The water fountain has been turned off.

**Sanitizing Protocol:** Fitness Center and Gym will be cleaned and sanitized between noon and 1 pm and 4 and 5 pm every day, and after 8 pm on Monday, Wednesday, and Friday.

Those entering will be required to acknowledge that they can answer “NO” to all the following questions on a health questionnaire:

- Have you knowingly been in close contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19;
- Have you tested positive for COVID-19 through a diagnostic test in the past 14 days;
- Have you experienced any symptoms of COVID-19 in the past 14 days; and
- Have you traveled within a country or state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days?

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. If you choose to use the Fitness Center, you voluntarily assume all risks related to exposure to COVID-19.

Guidelines are subject to change, as warranted by circumstances.

If you have questions, please send an email to [activities@hhsociety.org](mailto:activities@hhsociety.org).

## Hours of Operation

Monday, Wednesday, and Friday, from 8 am to noon, 1 to 4 pm, and 5 to 8 pm

Tuesday, Thursday, and Saturday, from 8 am to noon, and 1 to 4 pm

## Fitness Center

The Fitness Center passed a rigorous 32-point inspection performed by the Town of Somers on behalf of the Department of Health and met all 32 requirements to safely reopen for residents only—no guests. Strict cleaning protocols, air purification technologies, spacing of equipment, and limited capacity all ensure that your workout will take place in the safest environment possible.

Residents must wipe down machines before and after use. Wipes are available for this purpose.

Reservations for one hour time slots can be made by sending an email to [activities@hhsociety.org](mailto:activities@hhsociety.org) or by calling the Activities Office at 276-2636. Reservations must be made the day before your visit (or on Friday for a Monday reservation).

## Gymnasium

The Gymnasium opened in mid-October for residents only—no guests—for the playing of pickleball and shuffleboard (basketball is not permitted), and for resident-led exercise classes. The plan, implemented on a trial basis, will expand capacity and access as soon as it can be accomplished safely.

Compliance with the guidelines will be monitored. Failure to abide by the guidelines may cause an individual to lose access to the Gym.

**Pickleball and Shuffleboard:** Access is by reservation via email to [activities@hhsociety.org](mailto:activities@hhsociety.org), or by calling 276-2636 if you don't have access to email. Reservations must be made the day before. Reservation periods begin on the hour and last 50 minutes, allowing residents ten minutes to change their shoes and exit the building before the next reservation period begins. Capacity is limited to 4 players per reservation period. Only participants in the sport are permitted—no spectators.

**Resident-Led Exercise Classes:** Resident instructors of classes—e.g., yoga—must email a list of attendees to [heritagehillsactivities@gmail.com](mailto:heritagehillsactivities@gmail.com) by 2 pm the day before the class. Class size is limited to 10 residents.

\*\*\*

## SEPTEMBER SECURITY CALL REPORT

During the month of September our Security staff received and responded to a total of 280 calls regarding the following matters:

Medical	59
Security	162 (fire/carbon monoxide alarms, open garage doors, other security concerns)
Service	56 (including 9 lift assists, 10 persons locked out, and 37 welfare checks)
Maintenance	3 (water main breaks)
Car Accidents	0
Parking Violations	0 (in handicapped spaces, fire lanes, A roads, or B roads)

\* \* \*

## THE CULINARY CLUB

*Submitted by Pat Heaton, President*

BC19—Before Covid 19—monthly dinners were held at the Activities Center. Most preparation was done at home, and the food was then shared at a group dinner there.

We've still been cooking, albeit mostly for ourselves; but recently some members have been getting together outdoors carefully practicing social distancing. And there was even a patio dinner in September.

A Board meeting was held over the summer and it was decided not to charge dues for the coming year. The kitchen is closed until further notice, but a schedule has been put together starting in March. In the interim, if all is well there might be a luncheon at a restaurant in January. Please contact Susan Weinberg at 276-3176 if interested in joining us.

## CALLING 9-1-1? CON EDISON CUSTOMERS SHOULD INCLUDE THEIR ROAD NAME

*By Susan Statkowski-Rivalsi*

In the September issue of the *Newsletter* and at the September 17 Society Board meeting, the Board's Community Affairs Committee Chair Jack Mattes indicated that some of the road names here are either remarkably similar to, or even identical to, other *legally* named roads elsewhere in Somers. Jack explained that our named roads are *not* legal, as they were not part of the developer's plans filed with and approved by the town Planning Board.

It's easy to understand that if a same or similar road name is used when reporting an emergency, it could result in our town emergency services personnel going to the wrong address—to the *legal* road. So, the simple solution would seem to be, as Jack suggested, to always use as the address "Heritage Hills" and not mention the road name.

But when I looked into what happens if there's a fire or suspected gas leak situation in areas where Con Edison's natural gas lines exist here, I learned that *not* including the road name when reporting such situations may not just be problematic, it can actually be life-threatening. For those who don't know, all Condo units with gas service are on named roads; and some of the gas lines leading to those units feed underground through Condos 13 and 19 (although the units there don't have gas service).

It's important to know that when anyone in Somers dials 9-1-1, the call is *not* received by *any* of our local emergency service providers or our Security staff, who are privy to our community's unique layout. Instead, those calls are received by a dispatcher at a location in Hawthorne, who passes on the information the caller provides to the proper emergency services personnel (town, NYSEG, Con Edison). Our Security staff has a squawk box so it can simultaneously hear those dispatcher calls to Somers emergency services providers, and they're usually the first to arrive when a Heritage Hills location is involved.

Alan Drury, of Con Edison's Media Affairs Division of its Corporate Affairs Department, consulted with his Company's Gas Operations Department and then advised me that that department relies on its own GPS system, and no address in that system includes the words "Heritage Hills." Con Edison needs and uses road names and crossroads as locators. So, to have every gas-served unit here have the same road name—Heritage Hills—would not meet that need. On the other hand, a 9-1-1 dispatcher providing the unit number and road name renders it possible for Con Edison's personnel to quickly get to the location.

I explained to Mr. Drury the situation regarding the same/similarly named roads elsewhere in Somers, and the potential of our emergency services personnel going to the wrong address if "Heritage Hills" is not given to the 9-1-1 dispatcher as part of the address. He recommended that, when reporting an emergency, Con Edison's customers identify the location in the following manner: "**unit number, road name, Heritage Hills, Somers.**" Doing so will provide to *all* emergency service providers—local and Con Edison—the information each needs to quickly reach the location.

## NEEDLECRAFT CLUB UPDATE

Text by Cindy Kennedy; photos by Dorothy Cohen, Elizabeth Royston, and Linda Neira

This spring, when shelter-in-place directives were issued, the busy members of our Needlecraft Club kept knitting and crocheting at home. They continued working on baby blankets and “preemie” hats. During the shut-down, Chris Roche knitted a dozen blankets which filled two big bags. At the end of October, the group donated 65 baby blankets to the Community Center of Northern Westchester.

Camaraderie is an essential part of the Needlecraft Club. Pre-pandemic, the group would go to Bobo’s for coffee breaks after



their meetings. In July, Elizabeth Royston began organizing weekly outside gatherings behind Lake Lodge. On Friday afternoons this summer and fall, members would bring their chairs to sit at a safe distance and chat while they worked on their projects.



Linda Neira and Ginger Weir

When Heritage Hills reopening guidelines expanded in September, the Needlecraft Club was one of the first clubs to resume meeting in the Activities Center. A maximum of twelve members are allowed to attend their Wednesday afternoon meetings in the Game Room.

Members must email club leader Linda Neira on Monday to request a reservation to attend the Wednesday meeting. So far, about half of the 31 members have attended one or more of the in-person gatherings.

During the winter and spring, the group produced 132 “preemie hats” which Linda delivered to Northern Westchester Hospital in September. Annette Serrano, from the NWH Foundation, was thrilled to accept the Needlecraft Club’s donations. She explained that after the knitted and crocheted hats went through the hospital’s laundry, the nurses in the neonatal unit could then put the colorful caps on the tiny babies.

With fall in the air, Needlecraft Club members now are making scarves and hats for the Community Center of Northern Westchester’s “Share the Warmth” program. During the holiday season, teens and children in need receive warm pajamas in addition to scarves and hats knitted by the Needlecraft Club.

The Needlecraft Club welcomes knitters of all skill sets. For more information, please call Linda at 277-2776.



By Michael Lanotte

The Ciao Italia Board members wish all a Happy Thanksgiving and a Healthy and Safe Holiday Season. Stay well and safe!

\* \* \*

## HLibrary

Submitted by Larry Daitch

### BOOK LIST WEB PAGES

Residents can now access the Library book web pages by going to [www.hhsociety.org](http://www.hhsociety.org)—without logging in with a username and password—and clicking on “Heritage Hills Library.”



### NEW BOOKS NEWS

- From now on residents can borrow new books for a period of two weeks instead of one week.
- New books will be posted on Channel 12 along with library web pages information.

### NOVEMBER NEW BOOK LIST

#### Newly Published Books

##### Biography

Woodward, Bob . . . . . *Rage*

##### Fiction

Ferrante, Elena . . . . . *The Lying Life of Adults*

Foley, Lucy . . . . . *The Guest List*

Follett, Ken . . . . . *The Evening and the Morning*

Gyasi, Yaa . . . . . *Transcendent Kingdom*

Miller, Sue . . . . . *Monogamy*

Backman, Fredrik . . . . . *Anxious People*

##### Mystery

Flynn, Vince . . . . . *Total Power*

Robb, J.D. . . . . *Shadows in Death*

Ware, Ruth . . . . . *One by One*

#### Newly Acquired Books

##### Biography

Trump, Mary . . . . . *Too Much and Never Enough*

##### Fiction

Sparks, Nicholas . . . . . *Message in a Bottle*

Steel, Danielle . . . . . *Dangerous Games*

Wolfe, Tom. . . . . *The Bonfire of the Vanities*

##### Mystery

Coulter, Catherine . . . . . *Labyrinth*

Caldwell, Ian/

Thomason, Dustin . . . . . *The Rule of Four*

James, P.D. . . . . *Children of Men*

Patterson, James. . . . . *Four Blind Mice*

Woods, Stuart . . . . . *Stealth*

##### Non-Fiction

Yuval, Noah Harari . . . . . *Sapiens: A Brief History of Humankind*



Text and photos by Diane Purr

Due to restrictions caused by Covid 19, bocce players had a limited season. However, thanks to the efforts of Reno DiCristifaro, we were able to play and socialize while wearing masks, social distancing, and sanitizing our hands.

A mini-tournament and outdoor pizza party was held at the end of September.



*First Place Winners  
Virginia Nolte and Fran Aufiero*



*Second Place Winners  
Ina Bass and Paul Senderoff*

We wish everyone a safe and healthy year and hope that next spring finds the Bocce League in full swing.

\* \* \*

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## EAST HILL MEN'S GOLF ASSOCIATION

Text and photos by Harvey Friedman

### SEPTEMBER TOURNAMENT RESULTS

**CLUB CHAMPIONSHIP-September 11 and 18**



*Club Champion, Bob Briganti*



*A Flight Low Net, Barry Kestenberg*



*B Flight Champion, Al Longhitano*



*B Flight Low Net, John Mahoney*

### LOW GROSS; 1st, 2nd, and 3rd Low Net by Flight—September 25

<b>A Flight:</b>	Low Gross:	Mike Walker	
	Low Net:	1st:	Bob Slotoroff
		2nd:	John Ricciardella
		3rd:	Sandy Lieberman
<b>B Flight:</b>	Low Gross:	Phil Trocchio	
	Low Net:	1st:	Bob McVeigh
		2nd:	Jerry Bessen

### CONGRATULATIONS, MIKE!!!



I want to acknowledge Mike Walker for his par round of 36. I have been a member of the East Hill Men's Golf Association since 1993, first as Prizes & Awards Chairman from 1996 thru 2003, then as Handicap Chairman from 2004 to the present and as Publicity Chairman from 2013 to the present. I have received the tournament scores, and do not recall a par round in a tournament. This was a first—4 pars, 3 birdies, 1 bogey, and 1 double bogey.

## **SOMERS LIBRARY VIRTUAL PROGRAM FOR TEENS**

### **VIRTUAL TEEN CRAFT: 3D FALL FLOWER VASE**

**Friday, November 13, from 4 to 5 pm**

Led by art teacher Anne Zimmerman, create a 3D Fall Flower Vase. All you will need is scissors and a glue stick, because the library will send to each participant by mail colored paper in orange, yellow, green, purple, and white, and by email the paper flower and vase template patterns. Register at [www.somerslibrary.org](http://www.somerslibrary.org). You will receive an invitation prior to the start of the event.

If you prefer, you can pick up the supplies beforehand; just call the library at 232-5717 to make arrangements.

This event is made possible by the Friends of the Somers Library.

\*\*\*

## **COLORING FUN**

Create your own work of art using your colored pencils, crayons, Sharpies.



*Resident Alex Schnapper with one of the many Great Pumpkins on display throughout Heritage Hills, by Keri Reitman Schnapper.*

Happy  
Thanksgiving



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**Your Questions Answered...**

**Q: How can I adapt my holiday traditions to celebrate the life of my loved one?**



**Anthony Guarino**  
Funeral Director

**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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Source: HGMLS, 1/1/19-12/31/19, total dollar volume of Single Family homes and Condominiums sold by agent, Somers school district; HGMLS 1/1/9-12/31/19, total volume Condominiums sold by agent, Somers.



*Fawn by Terry Clifford*



*HH Halloween Decor*

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## ST. LUKE'S EPISCOPAL CHURCH THRIFT SHOP

*By Jack Mattes*

The Thrift Shop at St. Luke's has reopened for indoor shopping and for "outdoor" donations. Run by volunteers, it benefits our Somers community.

If you wish to donate home goods, clothing, etc. (no books, please), there is a tent outside for that purpose. Place donations under the shelter of the tent, where they will remain for a couple of days allowing fresh air to help protect anyone handling these items before adding them to the inventory.

The Shop is open for shopping Wednesday and Saturday from 10 am to 1 pm; Thursday from 1 to 4 pm, and Friday from 10 am to 4 pm. It is located at 331 Route 100 in Somers. When visiting, please wear a mask and observe all safety measures.

\* \* \*

## RIDECONNECT'S FREE RIDES FOR SENIORS

*Submitted by Maggie Traynor*



### OUR SERVICES

Prior to COVID-19, RideConnect, a program of Family Services of Westchester, had been providing free volunteer-based transportation to those, aged 60+ located throughout all of Westchester and Southern Putnam Counties. Whether the need was for a medical visit, shopping trip, social call, religious service, or other errand, our volunteer fleet could always be counted on to pick up and deliver our older adult neighbors safely and on time.

Currently, due to the pandemic, RideConnect is running its Grocery Shop and Delivery program and providing rides for medical purposes. Rest assured, though, that we are working diligently to get back to our full offering of services in a gradual and careful way.

### THE IMPORTANCE OF VOLUNTEERS TO RIDECONNECT

The dedication and the success of RideConnect could not be possible if not for the incredible volunteers who selflessly work for their neighbors and the community-at-large. We continue to seek volunteers to support the transportation needs of older adults living in Westchester and Southern Putnam Counties. Studies continue to correlate health benefits with the act of volunteering, which can help people stay more active, both physically and mentally; give a sense of purpose; decrease the risk of depression; and may help you live longer. Volunteering helps everyone. Please consider giving of your time to this valuable program.

### CONTACT INFORMATION

For information on any of our programs or to find out how you can become a volunteer, please contact the office at 242-7433. The staff is always willing and eager to help. We wish everyone good health.

## SOMERS FOOD PANTRY

*By Jack Mattes*

### FOOD PICK-UP TIMES

**Fridays, from 1;30 to 3 pm**

**First Saturday of the month, from 10 am to noon**

Anyone from anywhere can drive through the parking lot at St. Luke's Church to pick up a bag of food. Just follow the signs.

### FOOD DONATION OPPORTUNITIES

There's a collection box inside DeCicco's near the exit doors, accessible during store hours; a collection box at the Somers Fire House on the first Wednesday of the month from 5 to 7 pm; and collection boxes outside the doors to St. Luke's Church.

If too much of a single food category has been received, the overflow is sent to the Katonah Food Pantry, making both entities better prepared to serve their communities.

\* \* \*

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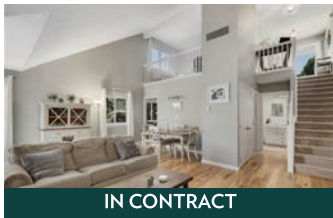


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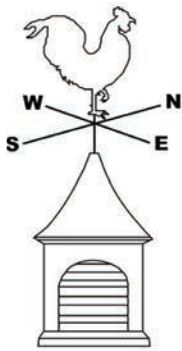
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## 2020 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD

HOULIHAN LAWRENCE • Somers	\$23.2M
COLDWELL BANKER • Somers	\$5M
DOUGLAS ELLIMAN • Katonah	\$4.2M
WILLIAM RAVEIS • Somers	\$2.9M

Source: HGMLS, 1/1/2020 – 10/01/2020, Condominiums, total volume sold by office, city/town Somers



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## VETERANS VIETNAM RESTORATION PROJECT

*Text by Cindy Kennedy, photos by Bob Kennedy*

"Building the future, healing the past" was the motto of Veterans Vietnam Restoration Project (VVRP). Founded in 1989, VVRP became the first group of U.S. Vietnam War veterans allowed in Vietnam to construct humanitarian projects as a way of reconciling their feelings about the war. Thirty VVRP teams have built clinics, schools, and other facilities throughout Vietnam.

A typical VVRP team consisted of 6 to 13 veterans. Before leaving for Vietnam, each team met in northern California for a three-day team-building workshop. The veterans then would spend about a month in country, usually two weeks working at the project site and additional time traveling to areas where they once had served. Team members paid their own way, and donors contributed funds for project materials. The Vietnamese government required approval before a VVRP project could be launched.

In 2006, my husband Bob went on his first VVRP trip, a school-building project in Houng Hoa in Hue Province. During the war, Bob was based in Da Nang as a Navy LTJG, first as pier operations officer and then in logistics support of the Marines in I Corps.



Team XXIII, Bob's next VVRP mission, traveled to the A Shau Valley to construct an elementary school in the remote mountainous district on the Laos border that had seen heavy fighting during the war. Tuan Dinh Ahn Vo, the young Assistant Director of Hue Union of Friendship Organization, coordinated all aspects of the project with VVRP, from securing the construction site to serving as the group's interpreter and tour leader. In appreciation, ten members of Team XXIII sponsored Tuan to further his English studies in New York. For six months, Tuan attended EF International School in Tarrytown, living on campus during the week. On weekends, he stayed with us at our Condo 22 home and became a member of our extended family. Upon his return to Vietnam, Tuan won a scholarship for his master's degree in Australia. Later, when Tuan and his bride Ngoc Anh were married in Hue, Bob and I were honored to attend their wedding, the only non-family members present at the Buddhist ceremony at his parents' home.



As time went on, fewer Vietnam veterans could participate in VVRP missions. Many were afflicted with Agent Orange related illnesses, and project contributions were dwindling. Bob and his fellow VVRP board members set up one final

project in Phong Son, encouraging participants of earlier teams to join them. Several vets described heart-wrenching personal journeys. "Many expressed profound gratitude that VVRP had saved their lives," Bob recalled. "Not their families, not the VA or the military, not their religion, not doctors or drugs. None of these. It was VVRP, attempting to

help veterans reconcile with their past anguish that allowed these vets to reconnect with life. High praise indeed for a small shoestring charity."

Throughout Vietnam, education is highly valued. In rural areas, many children need to walk several miles a day to school. As a parting gift, one vet and his wife donated bicycles for 60 children in A Luoi district. Whatever funds VVRP had remaining went to shore up clinics and schools that the group previously had built.



When VVRP ceased its operations, the board decided to give its entire archive to Swarthmore College Peace Collection, with Bob in charge of gathering the materials. Soon boxes stuffed with records of completed projects

arrived from all around the country and filled up our Heritage Hills garage. On a crisp fall day, we delivered the 40 boxes to Swarthmore. Now part of its Peace Collection, the archive, a lasting tribute to VVRP, is available for future generations researching post-war reconciliation efforts.

\* \* \*

## SOMERS FOOD PANTRY DRIVE AT POOL 5

*Text by Jack Mattes, photos by Elizabeth Royston*

Thanks for your generosity, on September 9 Heritage Hills held a very successful collection drive for the Somers Food Pantry, which directly serves some Heritage Hills residents as well as many residents of the Somers community. Residents contributed non-perishable foods, and several contributed financially, in what was the first effort of this type, and hopefully will not be the last.

If you missed this drive, you can contribute at any time to this worthwhile, growing organization by placing items in the collection box inside DeCicco's near the exit doors; at the Somers Fire House the first Wednesday of the month from 5 to 7 pm, or in the collection boxes outside the doors to St. Luke's Church. The Pantry also welcomes checks payable to "Somers Food Pantry at St. Luke's," which should be mailed to St. Luke's Episcopal Church, 331 Route 100, Somers, New York 10589.



*Lynda Magrath,  
Chairperson, Somers Food Pantry*



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By Susan Grace

## HEALTH AND SAFETY COMMITTEE'S FLU CLINIC AND DRUG DROP

*Text by Flo Brodley, photos by Elizabeth Royston*

Even with expanded hours, the 100 available time slots for this year's Annual Clinic were fully booked by September 25. Although not held at Lake Lodge as usual, thanks to a lot of good humor and the great weather, the tented outdoor setting at the Activities Center parking lot on sun-filled October 7 proved to be an excellent way to carry on amidst the difficulties of this year's pandemic.

It was a smashing success due to the wonderful nurses from Northern Westchester Hospital (NWH) led by its Community Outreach Coordinator, Margaret Ribaud, and Leslie Guttman, our Committee's Flu Clinic Coordinator. They were assisted by Flo Brodley, Committee Chair, and other members of the Committee—Alicia Brescia, Ellie Eidam, and Rosemary Glassman. Volunteer residents included Thelma Gruber, Norma Guggisberg, Rose O'Donnell, Doris Simon, Marianne Blume, and Bobbi Wagman.

We send our special "Thank you" go to the Somers Police Department's Officer Walker, who collected unwanted and expired medications and supplements, as usual.



*Standing, left to right: Town Supervisor Rick Morrissey, Flo Brodley, NWH nurse, Margaret Ribaud, two NWH nurses, Leslie Guttman, and Tom Garrity; seated: two NWH nurses*



*Leslie Guttman, Officer Walker, Flo Brodley, and Town Supervisor Rick Morrissey*

\* \* \*

## AIN'T THAT A KICK IN THE HEAD

*By Ami Stokhamer*

On a beautiful cool day in September, with a light breeze blowing and the leaves rustling through the trees, I heard something as I was working in my garden—the unmistakable voice of Dean Martin singing one of his most loved songs *Ain't That A Kick In The Head*. The song grew louder and I realized someone would be passing by in their car, windows open, enjoying the beautiful day and one of their favorite singers.



Imagine my surprise when I saw a heating and air conditioning company van approach, speakers blaring, being driven by a young man in his 20s or 30s.

I particularly enjoy the unexpected. The out of place. The time travel—either forwards or backwards—of someone's likes and dislikes. I witness that regularly here in Heritage Hills. Residents in their 70s and 80s appreciating a *new* style; *new* music; *new* technology; and a *new* world. But this was totally unexpected. A young man appreciating the music of an *older* generation.

I grew up with parents who listened to Bob Dylan, Joan Baez, and Peter, Paul and Mary. Dean Martin was never played in my childhood home. And yet, because I dance, I hear his music at many of the social dances I attend. His music is Foxtrot music. As a lover of Latin music and dance, I nonetheless started dancing Foxtrot on my deck until I could no longer hear the music, then went inside, found the song online, and danced throughout my living room.

Thank you, HVAC service technician! Thank you for the dance!

\* \* \*

## KEN BENJAMIN, CHAIRPERSON, MORNING DISCUSSION GROUP

*Text and photo by Shirley Kesselman*

Although Ken moved to Heritage Hills six years ago he didn't know about the Morning Discussion Group until talking with Larry Subit in the Fitness Center a couple of years later.

Ken and his wife, Rega Zukerman, had moved here from Warwick, New York, where they rented an apartment when he retired. However, for most of his adult life Ken lived in the Nyacks.



Every day Ken uses Skype and Zoom to stay in touch with his daughters, one in Rockland, the other in Scotland. "The nice thing is that these communication apps permit us to talk and see each other often," he says. Further, "Zoom meetings must be prearranged; Skype can be used spontaneously."

A pharmaceutical executive in his professional life, Ken specialized in marketing and marketing research. Pfizer, Bayer, and Novartis are among the companies for which he has worked.

Ken graduated from New York University where he studied mathematical science as applied to problems in business. While pursuing a graduate degree at NYU he developed an interest in psychology. Subsequently he merged his knowledge of mathematics and psychology in his professional life, elaborating "I was able to build mathematical models that would predict behavior."

In addition to chairing the Morning Discussion Group, Ken serves on the Continuing Education Committee. He mentors two children at the Somers Middle School. Ken frequents our fitness center. A workshop in his garage allows Ken to fix broken objects, build furniture, and take on small plumbing and electricity projects.

*continued on page 25*

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Last spring Ken assumed the Chairmanship of the Morning Discussion Group. During the Activities Center's closure, the group met on Zoom for its' regular time—Monday mornings. This was a problem, as many participants did not have Zoom or were unfamiliar with its usage. Ken tutored those anxious to learn it and gradually increased attendance at meetings from 10 members to approximately 20.

Meanwhile, as the weather warmed, there was an appeal for outdoor meetings. Some members told Ken, "This is my only social activity." Ken obliged by choosing a location behind Lake Lodge, where meetings were held on Thursday mornings. Those attending brought their own chairs and wore masks. This group also attracted about 20 persons. Some participants now attend on both Monday and Thursday. Ken says, "When the weather gets colder the outdoor group will have to move into the Activities Center on Thursdays."

Ken's vision for the future is a merged meeting of the Monday and Thursday groups which people attend indoors at the Activities Center or via Zoom. "Imagine that opportunity if you are housebound and want to discuss current events with others," he explains. Given his abilities, I feel sure Ken will make a concurrent meeting happen.

For up-to-date information about meetings of the Morning Discussion Group, see the Activities/Classes/Clubs section of this Newsletter.

\* \* \*

## A WALK ACROSS THE NEWEST BRIDGE

*Text and photos by Karl Milde*

Heritage Hills is a wonderful place to take walks. There are so many interesting places to discover. Although all are similar in style, as you explore the intricate web of roads, you'll find every single condo unit you pass is unique in some way. Ponds punctuate the landscape of lawn and trees, some with water fountains and some with water fowl, and flower beds abound. There is much to admire and enjoy in our vast parkland, but we're always looking for more, right?

You can start by seeing the options offered in Shirley Kesselman's monthly feature "Nearby Nature Walks," OR, if you're looking for something quite different, check out the pedestrian path across the Hudson River on the Governor Mario M. Cuomo Bridge (or Tappan Zee, if you prefer).

Getting there is easy. Take I-287 from the Sawmill or I-684, get off at Exit 9 (the last exit before the bridge); turn left onto Route 119 and then right on Broadway toward the center of Tarrytown. You'll immediately see the entrance to a special parking lot on your left. Don your favorite mask and you're on your way.

There's a brand-new public restroom on the left as you enter the walkway. There's also a bike rental station (electric bike: \$15 per hour), a kiosk to buy a cup of coffee, and a number of signs that explain the technology of the bridge and the interesting history of prior



ferries and bridges for crossing the Hudson since 1900. There are even a few objets d'art, although many more await you at the other end of the span.



What is the walkway like? There are two lanes, side by side, separated by a white stripe: one for pedestrians and one for bicycles. Both are wide enough to pass people coming the other way, although to keep a six-foot social distance you'll have to step into the bike path (after looking both ways). Happily, the pedestrian walkway is the outside lane for the best view of the river, which is

absolutely spectacular. Every quarter mile or so there's a rest stop that cantilevers out, offering seats and a photo opportunity. There's even a grate upon which you can stand and look straight down at the water below (scary!).

The two lanes are painted a pleasant sky-blue and made rough enough to prevent slipping in wet weather. You'll pass a number of shiny call boxes on the face of which is an offer of counseling. It would be difficult, if not impossible, to jump from the bridge, thanks to an enormously high glass and wire mesh barrier running from one end of the walkway to the other.

The walkway is slightly over three miles long. Taken at a leisurely stroll, you can reach the other side in about ninety minutes. If you don't wish to walk the entire length before returning to your car, you might consider driving across the bridge and parking on the Rockland side just to check out the terrific artwork you'll find there. Although use of the walkway is free, you'll pay a car toll when you return.



There you have it: If you want to leave these lovely Heritage Hills and take a walk on the wild side in this time of Covid-19, you can opt for a nature walk or take a walk across The Bridge. You can also do both.

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## A FEW THINGS TO KNOW ABOUT OUR WHITETAIL DEER—PART 2 OF 2

Text by Karl Milde, photo by ©BonnieSue Photography



Winter is on its way here at Heritage Hills. Some Snowbirds will head for warmer areas, but what about our whitetail deer? How will they survive?

My wife Cheryl and I lived “up north” in Mahopac for thirty-two years before moving to Heritage Hills. Out of concern for the deer, I built a shelter from the wind and

cold in the woods behind our house. However, though the deer were everywhere, I never found any indication that the shelter was ever used. As you will realize from the explanation below, I should not have bothered.

Deer physically prepare for the winter by growing a thick winter coat. Each hair in a deer’s coat is hollow, trapping air, adding to its ability to insulate. Deer also alter their behavior in winter, eating less and becoming less active to save energy. When the temperature drops, the deer often take shelter beneath the branches of evergreen trees. With these adaptations, a deer can survive in temperatures up to 30°F below zero.

Bucks shed their antlers every winter, then grow a new set in the summer. After the rut (the mating season from September to November), decreasing testosterone levels cause an “abscission layer” to form, dissolving the connective tissue that holds the antlers in place. The antlers become loose and fall off during a period of two to three weeks, from late December through March. The regeneration of antlers starts in the spring and takes an entire summer to complete, in time for the next rut. Young bucks do not have visible antlers during their first year, so you may mistake one for a doe.

What do the deer eat here at Heritage Hills? To the consternation of our *squirrels*, they like the nutritious nuts that fall from our deciduous trees in late summer: hickory nuts, chestnuts, and acorns. To the consternation of our *residents*, they also like shrubs and flowers that adorn our condo units. In the May 2019 issue of this *Newsletter* you’ll find a helpful list of deer-resistant plants. You can refer to that (you keep your back issues, don’t you?) when deciding what to plant this fall and in the spring. If you didn’t keep that information, shoot me an email [karlmilde@aol.com](mailto:karlmilde@aol.com) and I’ll send you the list.

If you’d like to feed the deer that come close to your unit, you might consider leaving them a bale of hay, rich in alfalfa or clover, or perhaps some fruit. Toss what’s overripe outside instead of putting it in the trash. Some of their favorite fruits are apples, pears, blueberries, and blackberries.

Heritage Hills offers a year-round home to our whitetail deer. Let’s be good neighbors to these beautiful creatures that share our lovely environment.

## THE ELECTION DAY PRANK

By Stan Herz Pearlman

I was speaking to my son who is a professional writer. He told me that he often has a little fun by inserting an inside joke into his manuscripts. That’s how I ended up being included in one of his books on a list of famous people.

But that got us engaged in a philosophical discussion. As with the proverbial tree in a forest, if a joke is so “inside” that no one knows about it except for the jokester, is it really funny?

A number of years ago I wrote a letter to *The New York Times*. It was in response to an article about the scheduling problems that airlines were having at New York airports. To accommodate business travelers, the carriers were all scheduling flights to depart at the exact same early time, resulting in significant runway delays. My recommendation was to charge a premium to business travelers to encourage them to fly at a later hour.

As soon as I saw that letter published, I wrote another letter to *The Times*, but this time using my business address and a different name. I harshly criticized and lambasted the writer of the first letter for trying to foster additional charges on hardworking business people like myself. That too was published.

Now admittedly a psychiatrist would have had a field day with my arguing with myself in dueling letters in *The New York Times*. But except for my family and a few close friends, no one knew I did it. It was the ultimate inside joke, but then could it really be funny?

Several years later, my son and I were both partners in crime as Election Day approached. The two of us were both in Maryland on a family visit. Election posters were hung on virtually every telephone pole, except for two posters which had fallen to the ground. The candidate would certainly have wanted them remounted. So, of course we rehung them. We took these posters from Bethesda and stapled them to a pole...in Mahopac, New York.

We both imagined people wondering why they did not hear of this stealth candidate before. He certainly did not have a record anyone could attack. Would he get a write-in vote? Just the possible thoughts kept us laughing. But no one else knew about it. So was it really funny?

\* \* \*

## HAIKU FOR NOVEMBER

Verse and photo by Sue Shea

The North winds do blow  
And will probably bring snow  
While we read, talk, eat!





## NEARBY NATURE WALKS

### CRANBERRY LAKE PRESERVE

*Text and photo by Shirley Kesselman*

Cranberry Lake Preserve is located one-half hour from Heritage Hills and is well worth the drive. The four-acre lake, carved out 18,000 years ago during the last ice age, was named for the cranberry bogs it once contained.

Trails through the preserve's woods lead not only to the lake and an adjacent pond, but to other points of interest. These include a lovely waterfall, a birdwatching platform, an abandoned stone quarry, and one of the few cascading waterfalls in Westchester County. A mysterious stone structure may have been a root cellar, a hiding place for slaves during the period of the underground railway, or a storage place for Kensico Dam workers.

Two loop trails at Cranberry Lake Preserve begin at the parking lot where there is a nature center. When I recently visited the Preserve on an October Sunday it was closed, probably due to Covid. The loop trails are intersected by shorter ones. As there are seven miles of trails in all, I strongly suggest carrying a trail map. These were once available at the nature center; but nowadays I suggest obtaining a map on the internet.

Because Cranberry Lake trails require walking over rocks, tree roots, and gravel, sturdy shoes or hiking boots are helpful. To reach the lake, a walker must travel downhill. This means, of course, that to get back to the parking lot one must go uphill.

A walker on the preserve's trails will see numerous squirrels and chipmunks. I have occasionally spotted a deer. The lake area is a good location for bird watching. Osprey fish there. At the pond, turtles sun themselves on logs. Near the waterfall a stream is home to red-backed salamanders.

Westchester County Department of Parks, Recreation and Conservation operates the preserve. Trails are open seven days a week from 8 am to dusk. Dogs are not allowed, and fishing is prohibited. To reach the preserve from Heritage Hills, take Route 684 south and exit at Armonk. Follow Route 22 towards White Plains. Shortly before North White Plains there is a traffic light. Turn left onto Old Orchard Street and look right for the sign to Cranberry Lake Preserve. Drive past small parking spaces and follow the dirt road till you reach the nature center where there is room for 20 cars.

"Of all the paths you take in life, make sure a few of them are dirt."  
John Muir.



## WHAT I DID ON MY SUMMER VACATION

*By Margi Forrest*

Remember how that was the first composition we'd write when returning to school in the fall? Well, given the pandemic situation, here's

### What I Did on My Summer STAYcation

Although all over Westchester county and the United States most swimming pools were closed for the summer, I and my fellow residents here in Heritage Hills were the lucky ones. As soon as it got the green light from Albany, our Society Board, its Reopening and Pool Committees, the Lifeguards and Maintenance Staff, and especially Andrew at the Activities Office handling daily reservations, did what was necessary to make it possible for us to have such a great diversion from reality—the use of some of our pools.

Do I get an A+?

\* \* \*

## DISPATCH FROM THE PROVINCES

### THE PEACEABLE KINGDOM

*Drawing by Eric Felderman*



\* \* \*

## THE BOOK SHELF

By Cindy Kennedy

This November marks the 400th anniversary of the *Mayflower's* iconic landing in Plymouth Colony. For generations, grade-school pageants in the United States have depicted happy Pilgrims and Native Americans sharing a bountiful feast at the first Thanksgiving. *Beheld*, TaraShea Nesbit's gritty historical novel, however, paints a darker picture of that nascent community.

*Beheld* begins in 1630, ten years after the founding of Plymouth Colony. The community was flourishing after its first harsh winter, and its population had expanded to 350 residents. Distrust, however, prevailed between the Puritans and the indentured servants who had traveled with them on the *Mayflower*.

The novel's principle narrators are two women alienated from each other by religion and social class. The first woman is Alice Bradford, Pilgrim Governor William Bradford's wife: "We were divided, as we had been from the beginning. Half the colonists were congregants striving to live as God intended. And the other half? Well, they were why we took care to mend the fences."

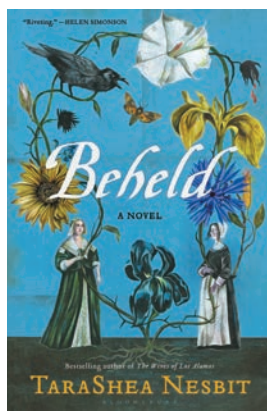
Eleanor Billington, the second narrator, and her embittered husband John had been indentured servants. When John completed his seven-year servitude, he was not given the land he was promised: "He had been the tenth person to step off the ship. He should have been considered an elder. But the leaders of Plymouth would never recognize him as such...Plymouth was the England John tried to escape, just under a different name. Instead of King James, there was Governor Bradford and his hired soldier, Myles Standish."

Although religious freedom was a tenet of the Mayflower Compact, the Puritan faction imposed its rigid beliefs and customs on those whom they considered "commoners." Dancing, singing, and even celebrating Christmas were frowned upon. Only Puritans were allowed to sell their goods and beaver pelts to Native Americans for profit.

John Billington, nevertheless, worked hard and saved enough to purchase the acre of land that he believed should be his. However, when John approached Captain Standish to buy the property, he was harshly rebuked. The land John so coveted had been sold to a newcomer who had arrived from Salem. Disheartened, John left, setting in motion a tragic confrontation. "The sounds of the wilderness had always been among us," Alice Bradford later concluded. "Danger was everywhere, and sometimes the grandest threat was within your own community."

Ms. Nesbitt infuses her novel with real characters and actual events. Brimming with authentic period details, *Beheld* is an unflinchingly honest portrayal of early American life. *Beheld*, indeed, is an example of historical fiction at its best.

(Note: *Beheld* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 11.)



## HOW DOES YOUR GARDEN GROW?

### THE GARDEN CLUB'S NEW TOOL SHED

By Karl Milde

When one enters the Heritage Hills Community Garden gate, off to the left there's a small tool shed that houses garden tools for all club members' use. The shed has served the members well over the years, but it is showing its age and it's no longer large enough to house the many tools our residents have donated and continue to donate each year. Next to the shed there's a row of wheelbarrows and wagons that must be left outside, year-round, because of the limited space in the shed.



By Cheryl Milde

At the Club's organization meeting in early March (before the pandemic stopped everything), Club member Art Singer passed around a brochure filled with photos of attractive tool sheds and proposed replacing the existing shed with a new and larger one.

A project like this in a volunteer environment tends to be quickly tabled, but if and when it gets rolling it takes on a life of its own.

After several trips to local shed distributors and some comparative shopping, the Club selected a "New England" style shed, hand-made by Amish craftsmen in Pennsylvania. Gray with white trim and black shutters, nearly double the size of the present shed, and well within the Club budget, the shed was ordered in mid-August. Due to the backlog it is not expected to arrive until Christmas.

The shed shown in this photo is similar to the Club's new shed, which will have one main door (not two, as in the photo) and will be a bit longer than this one.



By Acorn Farms

At the end of the growing season in mid-November the present shed will be removed and discarded, and a foundation prepared.

The new shed will be trucked in, carried through the gate, piece by piece, and erected on the foundation.

Come spring, the Community Garden will be even more inviting to our gardeners, and to those who just wish to visit and commune with nature.

\* \* \*

## FIT-BITS

By Mary Tedesco

## STAYING ACTIVE DURING COVID-19

For everyone young and older, moving is a key component to maintaining your health; but it's even more important today to stay active than before the pandemic. That's because your immune system benefits greatly from moderate to intense physical activity, be it weight training or a cardiovascular workout. Also, daily exercise can help reduce anxiety and stress, which these days is affecting many people.

## Exercising indoors

While exercising indoors at the Fitness Center and Gym, you will have to wear a mask, as the rules requires a mask to enter and stay in the building—**gaiters, bandanas, and face shields are not acceptable**. Exercising with a mask on takes a bit of time to get used to; but, like anything else, you *do* get used to it!

Some tips:

- Use a good face mask. Masks should fit snug over your mouth and nose at all times.
- Masks with inhalation valves are not recommended because they can allow the virus particles to escape.
- Damp masks from excessive sweat may make it harder to breath.
- Remove your mask if you are dizzy, short of breath, or light headed.
- Consider more low-to-moderate intensity workouts and save higher intensity harder workouts for when outdoors.

## Exercising outdoors

- When exercising outdoors always have a mask on hand. Even if you are hiking, biking, running, or walking, if you come in contact with others you can just slip it on. I keep mine looped around my wrist/arm because I never know if I am going to encounter someone along the way.
- Because fresh air is a particularly good thing, keep exercising outdoors until you feel it's too cold. Fresh air and being in nature have many immune boosting qualities.
- Do body-weight exercises such as squats, wall push-ups, lunges and sit-and-stands, which help increase your strength and will get your heart rate up.

Whatever you choose to do, get moving and stay active. Overall let's all try to be patient, kind to each other, wear our masks, and keep washing our hands frequently.



Submitted by Pat Headon, President, Culinary Club

The sweet-savory flavor of roasted beets meets a tang of oranges and lime in this attractive salad.

## ROASTED BEET AND ORANGE SALAD

## Salad Ingredients

- 2 pounds fresh beets
- 2 teaspoons maple syrup or honey
- Vegetable oil spray
- 1 teaspoon grated lime zest

## Dressing Ingredients

- 3 tablespoons white wine vinegar
- 11-ounce can mandarin oranges in light syrup
- 1 tablespoon salad oil
- 1/4 cup slivered almonds, dry roasted
- 1 tablespoon fresh orange juice or water
- Sprigs of fresh mint (optional)

## Directions

Preheat oven to 350 degrees.

Spray a shallow baking pan with vegetable oil spray.

Cut off all but 1 to 2 inches of stems of the beets, put them in a single layer on the baking pan, and lightly spray them with vegetable oil spray.

Roast the beets for about 1 hour, or until they can be pierced easily with a knife, let them cool slightly, then remove and discard the skins and stems.

Coarsely chop the beets (you should have about 3 cups) and put them in a bowl with a lid.

In a jar with a tight-fitting lid, combine the dressing ingredients. Cover and shake until well combined, and pour it over beets, tossing gently to coat.

Cover and marinate the dressed beets in the refrigerator for 2 to 24 hours.

To serve, place a lettuce leaf on each salad plate. Rinse and drain the oranges, and gently stir them into the beet mixture. Using a slotted spoon, transfer the beet and orange mixture onto the lettuce leaves. Sprinkle each serving with almonds and garnish with some mint.

\* \* \*

## HERITAGE HILLS HOME WELLNESS

### POWER OUTAGE? HOW TO MINIMIZE FOOD LOSS

By Susan Statkowski-Rivalsi

In last month's column I described how keeping the freezer and refrigerator full can lower your utility expense and extend the life of your appliance. At the end of that article, I mentioned that doing so can also result in minimal food loss when there's a power outage. Here, I'll expand on that last aspect. It looks complicated, but if your appliance is already full—as recommended last month—it goes fairly quickly. Bear in mind that cold air always “drops” to the bottom.

**Thermostats**—As soon as you know an outage may occur, put both the refrigerator and freezer thermostats on the highest setting.

**Freezer**—This is for side or bottom freezer units; for top freezers work from back to front.

- Move to the bottom/back and stack—bottom to top in this order—fish, meat, and poultry.
- Stack the rest of the freezer items directly above those, densest items lowest (don't forget items on the door shelves).
- Then place containers of frozen water directly above those items.
- Finally, bag up ice cubes and place the bags in any empty spaces.

#### Refrigerator

- Move to the freezer any spare, freezable items (like that extra quart of milk or butter).
- Move all other refrigerator items very close together on the lower shelves against the back wall (don't forget items on the door shelves).

#### AT THE TIME AN OUTAGE OCCURS

- Quickly—VERY QUICKLY—move any unfrozen milk and butter from the refrigerator to the freezer.
- Quickly—VERY QUICKLY—move to any empty upper space in the refrigerator bottled wine from your wine cooler (the coldness of the full glass bottles will help keep the refrigerator cold longer).

#### DURING THE OUTAGE

Plan in advance what you need to retrieve so you can do so very quickly.

#### AFTER THE OUTAGE

##### Freezer

- QUICKLY remove all bags of melted ice cubes and check all freezer contents for defrosted items, moving to the refrigerator those that are very cold to the touch. Discard any items that aren't very cold.

##### Refrigerator

- QUICKLY touch-check the perishable refrigerator items for coldness and discard those that aren't cold.
- After a few hours, check (sniff test) ALL items in the refrigerator, especially the defrosted items you had relocated there, disposing questionable ones—WHEN IN DOUBT, THROW IT OUT—and return the wine bottles to the wine cooler (re-set its thermostat).
- Cook the defrosted items that day.

##### Finally

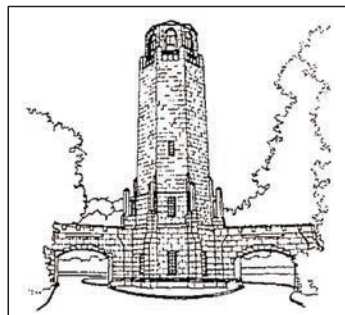
- Wait 24 hours before returning the refrigerator/freezer thermostats to their normal settings.

When Tropical Storm Isaias blew through in August rendering my unit powerless for 47 hours during a heat wave, since I used the above techniques and those described in my former column, I did not have to discard *any* foodstuff. *Nothing* in the refrigerator soured, and from the freezer there were just a few somewhat defrosted but safely very cold vegetable packs and a sausage pack, all of which I cooked within a few hours of power restoration.

\* \* \*



By Barbara Pollack



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

	2020	2019	2018	2017
<b>TOTAL SOLD</b>	<b>91</b> (\$227,500-\$829,000)	<b>122</b> (\$245,000-\$725,000)	<b>96</b> (\$225,000-\$645,000)	<b>100</b> (\$248,000-\$739,000)

**Units sold by MLS agents from January 1 to October 10, 2020 (18 NEW SALES)**

**1 BEDROOM**

ADAMS	\$227,500; \$246,000	FRANKLIN	\$249,500; \$250,000;	GUILFORD	\$282,500; \$321,652
AMHERST	\$380,000		\$295,000	RADCLIFFE	\$420,000; \$437,000

**2 BEDROOM**

ARMONK	\$375,000; \$460,000;	HAMILTON	\$255,000; \$340,000;	ROCKLAND	\$365,000
	\$415,000; \$375,000;		\$320,000	SALEM	\$455,000; \$447,000;
	\$325,000; \$370,000;	HANOVER	\$394,500; \$485,000		\$430,000
	\$407,000; \$424,000;	HARVARD	\$550,000; \$650,000;	SOMERS	\$425,000; \$430,000
	\$464,000; \$365,000;		\$670,000; \$660,000	STRATFORD	\$510,000; \$449,000;
	\$405,000; \$459,000;	KATONAH	\$345,000		\$525,000; \$435,000;
	\$470,000	KENT	\$410,00		\$395,000; \$505,000;
CAANAN	\$404,000	LEXINGTON	\$435,100; \$374,500		\$573,000; \$435,000;
CONCORD	\$424,000	MADISON	\$302,000		\$435,000; \$569,000
DARTMOUTH	\$452,500	MONROE	\$318,000; \$322,000;	STRATFORD II	\$495,000
FAIRVIEW	\$418,750; \$420,000;		\$389,000; \$360,000;	SYRACUSE	\$526,000; \$614,000
	\$455,000; \$418,000;		\$359,000; \$255,000		
	\$440,000	PRINCETON	\$470,000		

**3 BEDROOM**

COLUMBIA	\$722,500; \$829,000	SHERMAN	\$512,500; \$574,000;	SHERMAN II	\$552,500; \$545,000;
JEFFERSON	\$340,000; \$365,000;		\$555,000; \$505,000;		\$600,000
	\$315,000; \$410,000;		\$475,000; \$630,000;	YORK	\$425,000; \$485,000
	\$390,000; \$399,000		\$495,000		

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**Thank you,  
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