



Heritage Hills Newsletter

JANUARY 2021



2021

Happy New Year

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

Office Hours 9 am to 5 pm
Activities Hours..... 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 - TEMPORARILY SUSPENDED

Operates on Weekdays Only (except holidays)

Goldens Bridge MetroNorth Station Trips

Morning to/from:

5:15, 5:45, 6:45, 7:35, and 8:35 – **Reservation Required**

Evening return only: 5:35, 6:35, and 8:35 – **No Reservation Required**

Midday Local Trips – Reservations Required

HH Pick-up: 8:45, 9:45, 10:45, 11:45, 12:45, 1:45, 2:45

Return Pick-up: 10, 11, 12, 1, 2, 3, 3:45

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

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A NEW YEAR'S TOAST FROM THE TRAVEL CLUB

By Elaine Soliman

Here's to a bright New Year and Farewell to 2020. May 2021 bring happiness and good health to all!!!

2020 was a very challenging year for all of us, but for some even more challenging. The Travel Club board hoped to make the Holidays a little brighter for those in need. With so many families in need of food this year, we decided to make donations to The Salvation Army and the food pantry at The Community Center of Northern Westchester.

Until we are on the road again, stay well!

* * *



HERITAGE HILLS COMMUNITY THEATER

Submitted by Diana Richter

Can anyone mourn the passing of 2020? Let's welcome the new year with the fervent hope it will bring better things than the last one. Here's to a return to prosperity, good health, and better care of our planet. The Heritage Hills Community Theater wishes you a 2021 filled with the best a new year can bring.

* * *

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.

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.

WOMEN'S CLUB

Submitted by Phyllis Bradbury

We're hoping everyone by now has had as wonderful a holiday season as possible. Thankfully, 2021 has come and with it an optimistic outlook to see the demise of this nasty Covid-19 virus.

In December, we were able to trim the Christmas tree in the lobby of the Activities Center. It was an hour of happy work and we hope Heritage Hills residents were able to enjoy the tree, especially since the restrictions placed on viewing the Rockefeller Center Christmas tree probably prohibited most visitors from their traditional outing.

The Board Members of our Club are looking forward to seeing you all once again, and we anticipate planning for 2021 events as soon as possible.

* * *



TENNIS COMMITTEE

Submitted by Jan Switkes

Many of us were unable to return to our Heritage Hills homes this summer due to the pandemic. Unfortunately, all of our regular events had to be put on hold.

We look forward to the 2021 season—to our regular tennis playing as well as the popular Spring and Fall Round Robins, the summer tournaments and socials, and the regular Friday Night Round Robins. Due to its success, we are considering adding another night to our weekly Round Robins.

Wishing you all a Happy and Healthy 2021.

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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 NEWS

SUMMARY OF PORTIONS OF NOVEMBER 19, 2020 BOARD OF DIRECTORS MEETING MINUTES

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

Board members in attendance: Gloria Anderson, Annette Bensen, Bob Ettinger, Bill Harden, Ann Harper, Jack Mattes, Mark Packer, Patricia Ploss, Dom Rubino, Deica Ruiz. Absent: Gene Archer, Ed Goldfarb, Bruce Prince, Richard Tortorella.

TREASURER'S REPORT—BILL HARDEN

• Loans

We previously had agreed to get a loan from the current owners of the East Hill Golf Course, however, the loan agreement failed to meet our expectations. We are now planning to get the loan from PCSB, borrowing \$995,000 for seven years at 3.5% interest rate.

We were also able to re-open our current loan on the maintenance yard, which has about \$600,000 outstanding at a 5.5% rate, and PCSB agreed to reduce this amount to a 4.5% rate for the life of the loan, a significant savings.

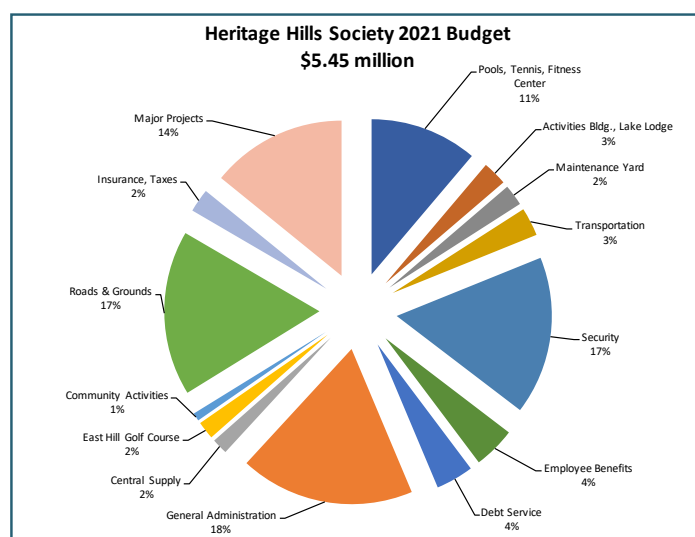
All paperwork [for the East Hill Golf Course loan] has been completed and subject to bank approval we are hoping for a closing date sometime before the end of the year.

Dom Rubino requested a Motion to approve the new loan plan from the original HHH LLC to PCSB in Somers. Motion was made, the Board Secretary provided the roll call. Motion approved.

• 2021 Budget

There were a number of expenses in 2020 that will not appear in the 2021 budget, therefore the increase in Society fees will be 2.9%* for 2021, the same increase as in 2020. Our total income will be \$5,488,946, and total expenses will remain the same, with a contingency account of \$186,778. The budget is a little tight but still comfortable.

*[See *HOW OUR SOCIETY FEE INCREASES ARE CALCULATED* on page 8.]



Pools, Tennis, Fitness Center	\$ 609,900.00
Activities Bldg., Lake Lodge	\$ 138,500.00
Maintenance Yard	\$ 119,900.00
Transportation	\$ 161,300.00
Security	\$ 899,010.00
Employee Benefits	\$ 238,075.00
Debt Service	\$ 213,596.00
General Administration	\$ 991,605.00
Central Supply	\$ 90,000.00
East Hill Golf Course	\$ 101,500.00
Community Activities	\$ 45,775.00
Roads & Grounds	\$ 938,375.00
Insurance, Taxes	\$ 133,102.00
Major Projects	\$ 771,500.00
TOTAL:	\$ 5,452,138.00

Dom Rubino thanked everyone who took part in creating the budget, noting we were able to include the new loan for the [East Hill] Golf Course into the 2021 budget and still maintain the same increase as in 2020. Dom said he is often asked why increases are necessary. The answer...is that there are contracted services with Heritage Management Services, Prosegur Security, and Westchester Properties Group [landscape/snow removal] that have escalation clauses in them—automatic increases of 2% or 3% yearly. In addition, salaries, benefits, and insurance for employees go up on a yearly basis. Consequently, increases are necessary in order to keep up with those rising costs. There is over \$2 million budgeted just for “fixed costs,” and almost 1.25% of the increase is strictly for these escalating costs.

• October Financials

Income	\$444,322
Expenses	(371,817)
Surplus	72,205
2020 Surplus to date	\$318,014

ACTIVITIES REOPENING—GLORIA ANDERSON, CHAIR

We have had a rapid and dramatic increase in the number of COVID-19 cases within HH in the past week. The Reopening Committee recommended changes that were approved by the Board:

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Shuttle Buses

[See *SHUTTLE BUS SERVICE* on page 8.]

Activities Center

We are limiting the number of people attending meetings in the Activities Center (AC) to a maximum of ten people, also effective November 23rd. There can be up to three meetings taking place in the AC at one time, with a maximum of thirty people in the AC at any time. This action has been taken because up to now we have had up to 200 persons in the building at a time, making it very difficult to conduct contact tracing if someone who has been in the building tests positive. The ten-person [per meeting] limit is in line with the Governor's recommendations that no more than ten people congregate in any one household. In addition to the thirty people who may attend meetings on this [main] floor of the AC, downstairs the Woodshop will continue to work under their current guidelines, as well as the painting class that takes place in the Arts and Crafts room. These two activities may continue as long as the participants and the instructors continue to strictly adhere to the safety guidelines that are in place.

Fitness Center

We have decided to continue with our current plan of a maximum of ten persons on a first come, first served basis in the Fitness Center (FC). This is in line with the New York State Governor's recommendations. We do anticipate infection rate numbers will climb, in which case the Governor will likely close gyms statewide.

- Anyone who enters the FC, or the AC by reservation, must provide a phone number and an email address in order to assist us with contact tracing in the event that we need to contact you [in case] of potential exposure.
- We are strongly encouraging all Condo Boards, groups, and clubs to meet via Zoom, rather than meeting in the AC.
- Our future Board meetings will be via Zoom for the indefinite future. Once approved the meeting minutes will be placed on our website and published in the newsletter. We will continue our policy of responding to all questions received via email to the Activities office, and those questions will be discussed at the Zoom Board meetings.

Dom Rubino reminded everyone to sign onto the website with your email address in order to receive notifications. Please feel free to contact the AC and ask for help if needed.

COMCAST COMMITTEE — GLORIA ANDERSON, CHAIR

- We have edited the draft of the Comcast franchise agreement and sent it to the Town attorneys for review. They have forwarded it to Comcast, and we are waiting for a response. We expect it to be similar to the existing contract.

EAST HILL GOLF COURSE MASTER PLAN COMMITTEE — PATRICIA PLOSS, CHAIR

[See *MASTER PLAN COMMITTEE* on page 10.]

ACTIVITIES — ANN HARPER, CHAIR

Due to the rise in Covid-19 cases, we have decided not to approve any new activities, clubs, or classes at this time. Stay safe.

FITNESS CENTER/GYMNASIUM — ANNETTE BENSEN, CHAIR

- The "no reservation" idea has been working very well. More residents use the facility due to this change.
- Today we reorganized the equipment to recycle use of the machines and opened up more equipment for use.
- There are one or two residents who refuse to wipe down machines before and after each use and to wear a mask. It is necessary that we follow the rules and continue to stay healthy. Mary and Jonathan are doing their best regarding compliance.
- We are placing two heaters and two benches outside for changing shoes.
- The Fitness Center is mostly used between 8 and 11 am. The rest of the day is light—the afternoons are very light, about 5 reservations per day. So far, we have had 0 to 5 people in the evenings on Mondays, Wednesdays, and Fridays.
- The Gym has been open since the second week of October, and we have had two pickleball groups.

WEBSITE STUDY UPDATE — ANNETTE BENSEN, CHAIR

- We are working hard to keep our website up to date. Please utilize our website and provide your email [address]. It is important so you can receive blast emails.
- We are hoping to purchase a new camera with capabilities for streaming on Channel 12 and will be presenting this idea to members of the Board in the near future.

SECURITY — DAVE JACOBSEN, HEAD OF SECURITY

- HH has ten positive COVID cases over a period of one week which is a cause for concern. There are sites nearby where you can be tested by appointment—CVS at Somers Town Centre, Rite-Aid, Walgreens, and local Urgent Care offices. In the future, Rick Morrissey will include HH statistics in his reports on the virus. With regard to contact tracing in HH, when exposure occurs Dave will contact the New York State Health Department with the information [and] will also contact HH residents who may have been exposed.
- While walking on our roadways, please remember to wear light colors and/or reflective gear and walk toward traffic in order to make eye contact with drivers.



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- Neighboring towns have had home break-ins. If you see something suspicious, please dial 911 and we will get the call at Security.

COMMUNITY AFFAIRS—JACK MATTES, CHAIR

- Toys for Tots: We will not have a live event in our Heritage Room however we will have collection boxes placed in the lobby in order to receive gifts that you would like to contribute for kids in need.
- Somers Telecommunications Committee: The Public Service Commission has begun the process of holding utilities companies accountable for failing to prepare for storm Isaias earlier this year. They haven't gotten to NYSEG yet, but today issued a total of \$137 million in fines to several local utility companies, and more to come.

NEW TELEPHONE DIRECTORY—BILL HARDEN

Every two years HH puts together a phone book of HH residents. A form will be in the January Newsletter so you can submit your name, email, and other information. The phone book will be put together early in the New Year. [SEE FORM ON PAGE 11.]

HEALTH & SAFETY COMMITTEE—FLO BRODLEY

The Committee offers programs and services with the intent of keeping residents up to date on the latest information and assisting their needs within the Community. We have been addressing community needs differently this year because of the pandemic.

- Nurses like Ellie Eidam have administered, will continue blood pressure screenings throughout the winter months, and will check home machines when asked.
- Our first outdoor flu clinic vaccinated 104 HH residents thanks to Northern Westchester Hospital nurses and staff who provided the tents and safe atmosphere. Thanks also to HH maintenance and Security staff for their assistance in this unusual endeavor, and to our resident volunteers for their help.
- Since the Medicare Open Enrollment period began on October 15, the Committee has sent updates on a variety of subjects to help inform residents on how to choose the most beneficial health plans for 2021, by reviewing brochures at home, online, at their leisure. Open enrollment ends December 7th.

- Our support groups for bereavement and Alzheimer dementia caretakers online and in person make it possible to continue supporting residents while staying sequestered. Many thanks to our professional leaders, Linda Ludwig [and] Monica Hobson.

- In addition, we have been transmitting information from hospitals, lawyers, and other authorities to offer residents the most up-to-date videos and webinars on a variety of topics to help them through this difficult period.

As always, we encourage those with health and safety backgrounds to contact us at flo613@comcast.net if they wish to join our Committee.

JOHN MILLIGAN – PROPERTY MANAGER

- Every major project planned for 2020 was completed at or under budget, and we rebuilt the walkway at the Activities Center and the steps to the overflow parking lot, two projects that were not in the budget. In the 2021 budget we incorporated \$200,000 worth of costs and still kept the increase to 2.9%. We will be doing the same amount of paving next year as we did this year, expect to replace storm water piping at a cost of approximately \$125,000, and plan to convert Tennis Court #3 to use as a pickleball court, for which we will be getting bids.
- Regarding infrastructure, Northern Construction has completed miscellaneous repairs on the property, in particular curbs that needed to be replaced. There are sections of road that need repaving to get us through the next few years, and some shingled roof replacement will be done at Lake Lodge. HH Waterworks started hydrant flushing again to make sure pressure and flow in the hydrants are working properly. They will soon finish on the West Hill and move to the East Hill.
- We are hoping to make technical improvements in the Activities Center and on the website...to make it easier to use. We also have plug in reservation modules that will make the website more functional and user friendly. We are changing how we broadcast on Channel 12—revamping audio and video to improve the quality of the broadcast, and acquiring the capacity to stream videos, etc.
- We are about 75-80% finished replacing new equipment at Pool #2 and will be done by the end of this month, with inspections in the Spring.
- The shuttle buses have been used very little since we brought them back in June, a total of 15 different residents have used the buses to the train station, early voting, and mid-day service, and for this reason, and because of the recent rise in COVID cases in HH, we will suspend bus service effective November 23rd. We hope to put buses back in service when [COVID] numbers go down.
- Dom Rubino received an email from the Tennis Committee who wanted to discuss the conversion of Tennis Court #3 to pickleball courts. Jan Thornley, Tennis Committee Chair, will be invited to meet with members of the Board via Zoom to discuss this matter.

Progressive Animal Hospital

Andrew Fishman, D.V.M

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914.248.6220



fax
914.470.4494

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continued on page 8



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continued from page 6

NOVEMBER SECURITY CALL REPORT

During the month of November our Security staff received and responded to a total of 257 calls regarding the following matters:

Medical	69
Security	124 (fire/carbon monoxide alarms, open garage doors, other security concerns)
Service	45 (including 36 lift assists, 6 persons locked out, and 3 welfare checks)
Maintenance	3 (water main breaks)
Car Accidents	0
Parking Violations	16 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

HOW OUR SOCIETY FEE INCREASES ARE CALCULATED

By Susan Statkowski-Rivalsi

As discussed at the November 19 Society Board Meeting and communicated by a blast email and a written letter from the Society Board, our Society Fees increase for 2021 is 2.9%. The blast email also indicated the total budget for 2021 is \$5,488,946. Society Board Member Past President Pat Ploss explained how our annual fee adjustments are calculated.

First, it's important to know that we realize income from non-Society-Fee sources, which reduces the total amount needed to cover expenses. For instance, for 2021, thanks to that projected income, below, the Society needs to collect \$5,404,362 instead of \$5,488,946.

Maintenance Yard Income	\$71,684
Late Fee Income	8,000
Bridge Club Donation	2,400
Legal Fees Reimbursement	1,000
Replacement ID Card Income	1,000
Owner NSF Fees Income	500
Total	\$84,584

Likewise, in 2020 income from similar sources was \$90,900. That reduced the amount of Society Fees needed from \$5,342,952 to \$5,252,052.

In 2020, Society Fees were \$5,252,052, and in 2021 the Fees increased to \$5,404,362. The difference is \$152,580, the 2.90% increase.

* * *

SHUTTLE BUS SERVICE SUSPENSION

The following blast email was transmitted on November 20, the content of which was announced at the November 19 Society Board meeting:

Nothing is more important to the Board than the health and well-being of our community. Therefore, due to the significant increase in COVID cases in recent days, the Society Board will suspend all shuttle bus operations effective Monday, November 23rd. This means that beginning Monday, November 23rd there will be no Heritage shuttle bus service. A date for resumption of service has not yet been determined.

Those who rely on the Heritage shuttle bus service will need to make alternate transportation arrangements. These may include a local taxi service such as AJ's Car Service located in Croton Falls; they can be reached at 914-277-4499. Ride-sharing services such as Uber and Lyft may be additional options, and most MetroNorth station parking lots now have many more available parking spaces.

Please stay safe and stay healthy.

* * *

2021 SOCIETY BOARD MEETING SCHEDULE

There will be no meeting in January. All meetings will take place in the Heritage Room. If that is not going to be the case, a blast email will be circulated regarding the alternative arrangement.

Date	Time
February 24	1:30 pm
March 31	7:30 pm
April 28	1:30 pm
May 26	1:30 pm
June 30	7:30 pm
July 28	1:30 pm
August 25	1:30 pm
September 29	7:30 pm
October 27	1:30 pm
November 17	1:30 pm
December 22	7:30 pm

* * *

WALKERS AND JOGGERS BEWARE!

For your own safety while walking or jogging when it's dark out on our roads—especially roads with yellow lines, which tend to see more vehicular traffic:

- For your own safety please wear something reflective and light-colored outerwear (jacket, hat, gloves).
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MASTER PLAN COMMITTEE FORMED FOR THE FORMER EAST HILL GOLF COURSE

By Susan Statkowski-Rivalsi

At the Society Board of Directors November 19 meeting, it was announced that Board member/Past President Patricia Ploss will chair the Master Plan Committee for development of the former East Hill Golf Course. In addition to Patricia Ploss, Board members Bill Harden (Treasurer), Bruce Prince, and Bill Ettinger will be on this new Committee. Finally, rounding out the Committee are Larry Daitch, Mike McBride, Alan Tepper, and Marti Lowenfeld, resident unit owners.

The Committee would like input on what to call the property. Chair Ploss advised "One suggestion I really like is 'The Park at Heritage Hills.' But there may be much better ones out there. So, if anyone wants to suggest a name, they can email it to society@hhsociety.org."

* * *

A MESSAGE FROM HERITAGE HILLS SEWAGE WORKS

The following was circulated via blast email from the Society Board on November 25:

This letter is for all customers that are connected to the Heritage Hills Sewer System and is intended to educate you, the homeowner, and anyone living in your home as to what should not be flushed down the toilets. We have been experiencing an alarming number of clogged pumps at our sewer pump stations recently because of foreign material being flushed down the toilets and poured down the drains. The pumps in these stations are designed to handle water, human waste, and tissue paper only.

Examples of what should not be flushed down the toilets or poured down the drains are as follows:

- Cloth rags or towels
- Baby wipes, toilet wipes, towelettes, disinfecting wipes, or cloth wipes of any kind (even if the container indicated that they are "flushable")
- Paper (other than toilet paper/tissue)
- Medications (prescription, or over-the counter)
- Feminine hygiene products of any kind
- Beauty products, Q-tips, dental floss
- Plastics of any kind
- Grease of any kind – especially cooking grease
- Garden supplies (such as pesticides, fertilizers)
- Paint, Varnish, and Paint remover
- Motor oil, Gasoline, or any Explosive material

All of the above items mentioned should be thrown out with the trash or disposed of properly. Remember...only water, human waste, and tissue paper should be flushed down the toilets. Clogged pumps lead to sewer backups which can back up into homes and are expensive to clean and repair. This cost is borne by you – the sewer rate payer.

Please share this information with all members of your household. If you have an outside contractor come in to clean your home, please be sure to pass this information on to them as well.

If you have any questions, please contact VRI at 845-677-3839.

Heritage Hills Sewage Works Corp.
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Fax 203-264-3352

* * *



By Joyce Spector

SYMBOLISM IN MARC CHAGALL'S PAINTINGS—ZOOM PRESENTATION

Friday, January 15, at 1 pm

In this Zoom meeting, Nancy Herbst, Club Shalom's Programming Chair, will present the symbolism and imagery in the work of Marc Chagall, an artist known for his vivid colors, dreamy images, and different schools of painting—Expressionism, Cubism, Abstraction—as well as his works in set design, sculpture, and works on canvas and glass. Nancy will explore the meaning behind some of his paintings.

To participate, email Alan Tepper by January 10 at HHClubShalom@gmail.com, providing your email address, name, unit number, and phone number. If you have any questions, call Alan at 342-3279.

* * *

HHLibrary MONTHLY EMAILS

We are sending monthly emails to all HHLibrary readers who have provided us with their contact information. The email includes advance information on the following month's New Books list so that readers can reserve books ahead of time. In the same email you will also find direct links to the Most Borrowed Books list from 2017 to 2020, all New Books from the present year, and the Book Search section of our web pages. This should give readers a broad range of books to choose from when they reserve books.

In order to receive these emails, you must provide us with your name, phone number, unit number, and email address. Please call 276-7655 any time with that information. If no one is in the library, simply leave the information on our voice mail.

HOW TO RESERVE A BOOK

Call 276-7655 and provide your name, phone number, unit number, email address, and the author and title of the book you would like to reserve.



INFORMATION ON CHANNEL 12

The HHLibrary is now showing book information on Channel 12, including the New Books for the coming month and web page instructions.

JANUARY NEW ADDITIONS TO OUR COLLECTION

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

Newly Published Books

Biography

Fox, Michael J. *No Time Like the Future*

Fiction

McConaghy, Charlotte. *Migrations*

O'Farrell, Maggie *Hamnet* (2020 *New York Times* 10 Best Books List)

Schaitkin, Alexis *Saint X* (2020 *New York Times* 100 Notable Books List)

Steel, Danielle. *All That Glitters*

Yu, Charles *Interior Chinatown* (2020 National Book Award Winner)

Mystery

Baldacci, David *Daylight*

Child, Lee *The Sentinel*

Connelly, Michael *The Law of Innocence*

Patterson, James *Deadly Cross*

Newly Acquired Books

Fiction

McBride, James *Deacon King Kong* (2020 *New York Times* 10 Best Books List)

Moyes, JoJo *The Giver of Stars*

Mystery

Carr, Caleb *The Angel of Darkness*

Clancy, Tom *Dead or Alive*

Goldenbaum, Sally *Murder at Lambswool Farm*

Patterson, James *2nd Chance*

Scottoline, Lisa *Exposed*

Swanson, Peter. *Eight Perfect Murders*

Wood, Stuart. *Choppy Water*

Non-Fiction

Bolton, John *The Room Where It Happened*

☐ **YES!** I would like to be listed in the **2021-22 Heritage Hills Telephone Book**

☐ **NO** Do **NOT** add my name to the Heritage Hills Telephone Book

NAME

UNIT #

HOME PHONE

CELL PHONE

EMAIL

IF YOU WANT YOUR LISTING TO BE THE SAME AS LAST YEAR, SIMPLY **PRINT YOUR NAME** AND WE WILL DO THE REST.

MAIL TO: HERITAGE NEWSLETTERS | P.O. BOX 185 | SOMERS, NY 10589
or DROP IN BOX AT ACTIVITY CENTER BY **JANUARY 31, 2021**

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CANDY CANE RUN

Submitted by Heritage Hills Family Network

The families of Heritage Hills were visited by Santa Claus thanks to the annual Candy Cane Run organized by the Somers Volunteer Fire Department. We all felt the joy, and shared the joy, of the holidays at this moment – capturing photos, seeing neighbors and supporting those in need by donating food and toys for children of northern Westchester. All food and toys were immediately delivered to the Community Center of Northern Westchester in Katonah.

Thank you to all who joined us – it was lovely to see the children of all ages! We look forward to a Candy Cane Run '21 when we can take a group photo.

A Happy and Healthy New Year to all, from the families of the Heritage Hills Family Network.



By Terry Clifford



By Doug Hager



The collection boxes at the Activities Center were overstuffed thanks to our generous residents. And, despite limited access to the Woodcraft Shop due to Covid-19, Doug Hager and his Woodcraft Club Elves were able to create and donate 53 wooden toys.



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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.

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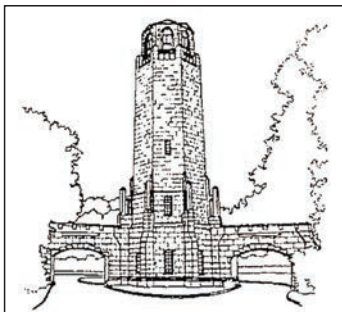
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UPCOMING ACTIVITIES & EVENTS

Produced by the Activities Office

Phone: 276-2636 or go to 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 or by phone at 276-2636.

ARTS & CRAFTS

Painting with Judika: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! Thursday, January 21, and Thursday, February 18 at 5 pm in the Activities Center. \$40 per class includes all supplies. Bring your mask and your creative spirit! To register, call Judika at 438-6750.

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

EXERCISE

Hikers & Walkers: Weekly hikes from September to June. Information and our schedule are available at hhsociety.org / Activities / All Activities / Hikers and Walkers.

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.

FUN & GAMES

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

GARDEN CLUB

For information about the club, including arranging for the use of garden squares in our Community Garden, contact Club President Karl Milde by phone at 342-3068 or email at karlmilde@aol.com.

HEALTH & SAFETY

Blood Pressure Screenings With a Smile: The second Friday of the month (January 8) at 9, 9:20, 9:40, 10, 10:20, and 10:40 am. Your temperature will be taken. To register, contact Nurse Ellie Edam at elliebob1@gmail.com or 617-210.

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 617-9328 or email facilitator Linda Ludwig, Psy.D. at ludwiglr@aol.com.

Spousal/Partner Bereavement Group. A support group that provides an opportunity to be with others who have lost a spouse or partner. Meets every other Thursday at noon in the Activities Center (8-person maximum). To register, call 617-9328 or email facilitator Linda Ludwig, Psy.D. at ludwiglr@aol.com.

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 / 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 or call 617-9817.

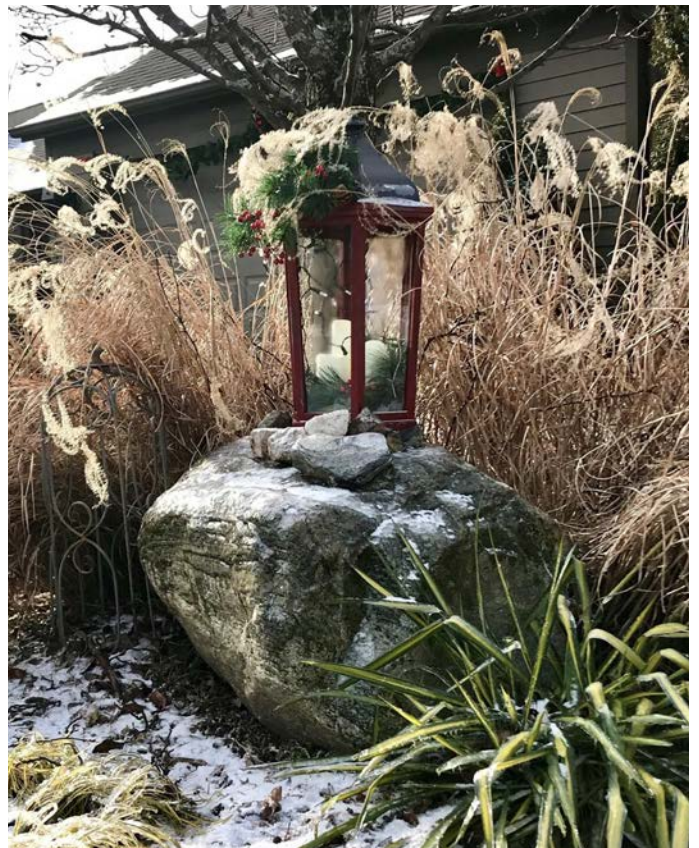
SPORTS

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

Tennis: All tennis reservations are made via the Committee webpage under Activities at hhsociety.org. For general information, at 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.

WRITERS WORKSHOP

Workshops on Google Meet! Beginning on Monday, January 4, and Saturday, January 9, at 1 pm. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com



By Susan Grace

Yorktown Funeral Home

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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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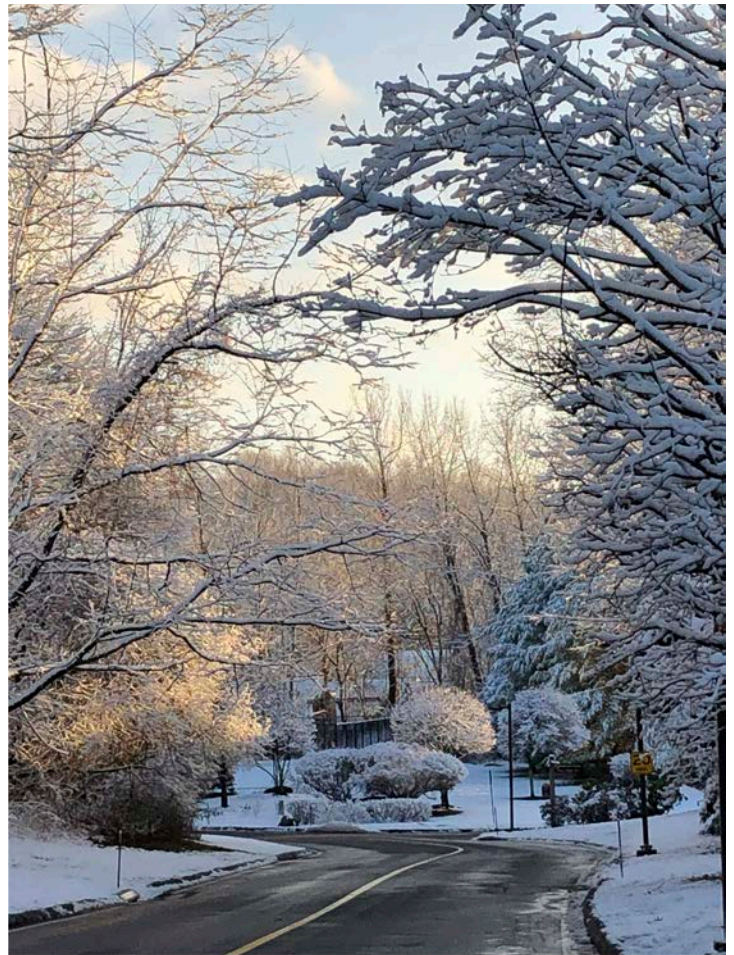
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By Cheryl Milde

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THE HOLIDAY LIGHTS OF HERITAGE HILLS

By Karl Milde

Since moving here from Putnam County two years ago, my wife, Cheryl, and I have seen nary a holiday light in Heritage Hills. In contrast, Putnam County celebrates the joyous, festive season by lighting up the landscape.

As you drive through Carmel and Mahopac you see home after home adorned with colored or white lights. Some residents in Putnam go all out, with amazing light displays on their houses, garages, and front lawns. Santa can often be seen flying high over a roof, ensconced in a red sleigh pulled by eight tiny reindeer. Many houses are outlined with lights, and some lawns are filled with illuminated icons of the season. One of my favorites is a lighted choo-choo train with wheels that appear to revolve. Although striped candy canes and toy soldiers with red coats have been quite the fashion for years, these have given way to all manner of illuminated characters: Santa and Mrs. Claus, Frosty the Snowman, Snoopy, and the Grinch Who Stole Christmas. Giving meaning to the holiday, many homes have angels with trumpets announcing the birth of Jesus or a creche with the nativity scene, complete with a star like the one that guided the Three Wise Men.

Not so in Heritage Hills—that is, until this December. Whereas in the past holiday lights were pretty much limited to a wreath or an evergreen tree in front of a unit, or window drapes were left open to reveal a Christmas tree or menorah, one can now find many more elaborate displays. Perhaps due to the pandemic, previous restrictions appear to have been lifted somewhat. In early December our East and West Hills began to glow a bit brighter at night, so if you took a little road trip here after dark you'd be pleasantly surprised.

Most of these photos here were taken by Cheryl. The snowman one is one of many submitted in response to a Heritage Hills Family Network Facebook page request. Others can be seen on page 29. The displays were appropriately tastefully done and surely put a smile on many faces, adding to the joy of the season.



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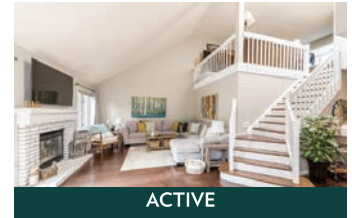
JEFFERSON

One level living at its best. Numerous updates including central air in 2017.
WEB# HL2787952 | \$439,000



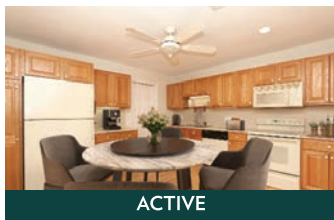
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This Condo features gas heat, and a very pretty backyard.
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MONROE

A beautiful and private location for this one level, no steps, end unit.
\$379,000



RADCLIFFE

Fabulous one level floor plan featuring one bedroom, a den/office/guest room.
\$400,000



YORK

Beautifully updated 3 bedroom townhome, on a quiet cul-de-sac.
\$472,500



ADAMS

Excellent, move-in-condition featuring wood floors, updated eat-in-kitchen.
\$287,500



ARMONK

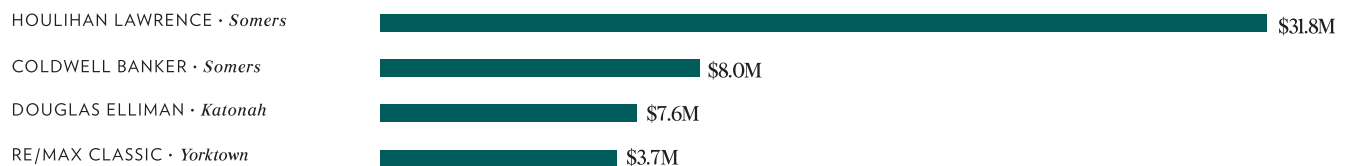
Two bedrooms, one level, eat-in kitchen with stainless steel appliances.
\$419,000



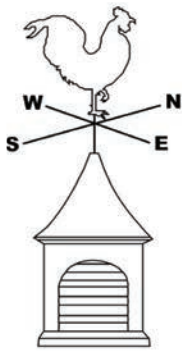
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2020 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD



Source: HGMLS, 1/1/2020 – 12/01/2020, Condominiums, total volume sold by office, city/town Somers



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SHIRLEY KIPNIS INDUCTED INTO THE WESTCHESTER COUNTY SENIOR HALL OF FAME

Text by Terry Clifford, photo by Ronni Schwartz

On December 4, 2020 Shirley was added to the long list of Seniors who contributed to the betterment of Westchester County over the years.

Shirley enjoys working and staying active. She volunteers at Northern Westchester Hospital in their administration department three days a week, provides lunch at the very successful "Lunch and Learn" monthly speaker program at Temple Shaaray Tefilia, and conducted Friday religious services at Somers Manor Nursing Home.

Before retiring Shirley worked for many years as Office Manager for a well-known furrier in lower Manhattan, and when living on Long Island took charge of leasing cars for a Chrysler dealership. On Sundays Shirley assisted in the family notions business in lower Manhattan.

While owning her unit in Heritage Hills for the past 21 years, early on she enjoyed sharing her time between her home in Manhattan, close to her workplace, and Heritage Hills. Currently living here fulltime, she not only volunteers but enjoys the many social opportunities available to residents.

Congratulations Shirley! We wish you many more years of enjoyment.

* * *

SCRAPBOOKING, A CREATIVE HOBBY

Text by Shirley Kesselman, photos by Melissa D'Angelo



During Heritage Hills resident Melissa D'Angelo's first year at Wheelock College, she and her two roommates decided they each wanted to find a craft to pursue. Melissa had never taken up a craft, as her previous interests were with athletics. Upon visiting a nearby craft store the three roommates wandered up and down the aisles. When Melissa came to the section on scrapbooking, she was intrigued. She elaborates, "My eyes lit up. The materials just drew me in." One of her roommates was also attracted to scrapbooking. Together the two designed scrapbooks throughout their four college years.

Today's scrapbooking evolved from the 15th century's commonplace books which were popular in England. These usually contained recipes, quotations, letters, and poems. As the years passed scrapbooks were created to illustrate more completely aspects of one's life and might include items such as a ticket stub, class schedule, party guest list, or even a small trinket. Photographs were added in the mid-1800s.

Melissa has been scrapbooking for 22 years. "The possibilities are endless. It's amazing," she enthusiastically exclaims. Over the years she has completed approximately 50 scrapbooks. She owns crafting scissors and buys materials either at a store that sells craft supplies or online. In addition to the album itself and paper relating to her project, she might purchase three-dimensional decals, sequins, ribbons, lace, beads, and other embellishments. "If you saw how many boxes of supplies I have you would be in shock," Melissa admits.

The motivation for Melissa to begin a new scrapbook is the desire to preserve the memories of an upcoming event. It might be Christmas, a birthday or anniversary, a trip to the zoo. She then envisions a page. Once she has procured both pertinent materials and relevant pictures, she designs the page. Each page takes her about two hours. Her albums include approximately 25 pages. In addition to time, "you need space," she says. Occasionally Melissa works on several scrapbooks at once.

Melissa never took lessons in scrapbooking. She explains that she figured out how things were done by herself. Nor has Melissa ever joined a scrapbooking group, although such groups exist. She does sometimes bring in her boys, 10-year-old Luca and 5-year-old Leo, to help glue pictures and embellishments onto a page. And scrapbooking is a hobby that the very young can do.

The scrapbooks Melissa produces are often given as gifts. Following her wedding, both her parents and her husband's parents received an album entitled "Our Wedding Day." She believes that recipients—relatives and friends—appreciate that they are homemade and from her heart. Although Melissa is aware that scrapbooks can now be done digitally, she wants her gifts to show her effort and prefers paper scrapbooking.



Melissa believes she is not artistic. However, I believe her scrapbooks belie that impression. She does realize that scrapbooking requires creativity, and that creativity can take many forms.

* * *

HELP...I'VE FALLEN AND I CAN'T GET UP!!!

By Susan Statkowski-Rivalsi

One has to be of a certain age to recognize the above advertising slogan; but one does *not* have to be of that age to experience what it refers to—the fall from which you cannot get up.

Here in Heritage Hills, during the twelve months ending September 30, 2020, 561 “lift-assists” were provided by our Security staff. 94 occurred in a single month! The majority of them were fall-related.

The single most common contributing factor to falls in the home is the use of throw rugs and mats, usually placed in bathrooms and kitchens, and also inside doors leading to the exterior or garage.

If you'd like to avoid having to make one of those lift-assist calls, consider the following:

Rugs and Mats in Bathrooms

When not in use, hang them over the side of the tub or on the shower rail. Added advantages are that they'll dry more quickly; and, in the winter, doing so will add needed humidity to the dry indoor air caused by heating systems.

Rugs and Mats in Kitchens

Usually placed in front of the sink and used throughout the day, it's best to spend a few extra dollars to obtain a good quality non-skid type and one with an edge that slopes to the floor, like this, to minimize the possibility of your shoe's tip catching on the edge.



Rugs and Mats by doors to the exterior or garage

Yes, there's a need to wipe your feet when entering the home, especially during wet weather, and also to remove salt in the winter. But, having done that, if the rug or mat is in an area that sees foot traffic throughout the day, once you're inside it's best to move it aside—out of the traffic lane.

Two significant suggestions

Just inside exterior doors have a chair on which you can sit while removing and replacing wet footwear.

Never walk around the house barefoot or just wearing socks—always wear shoes or slippers.



By Rob D'Angelo

SUPER EASY BANANA MUFFINS

By Ami Stokhamer

Craving something sweet and homemade that's easy to make and is just the right serving size? If you have just one overripe banana, I have a recipe for you! Here's how to make six perfect banana muffins in less than half an hour.

Ingredients:

- 1 ripe banana
- 1 egg
- 1 teaspoon vanilla extract
- 3 tablespoons olive oil
(you may substitute vegetable oil)
- 1/2 cup and one tablespoon all-purpose flour
- 1/4 cup granulated sugar (white)
- 1/4 cup brown sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts (optional)
- Fun add ins: a handful of chocolate chips or berries



Instructions:

Preheat oven to 325 degrees.

Grease a regular size muffin tin (six muffins).

In a medium sized bowl, mash the banana. Then stir in the egg, vanilla extract, and oil until combined. Then add all at once the flour, sugars, baking soda, and salt. Fold until combined. Then stir in the optional ingredients (chopped walnuts, chocolate chips, berries).

Spoon into your prepared muffin pan and bake for 14 to 15 minutes.

Cool for 5 to 10 minutes before sliding a knife around each muffin to remove from pan.

Dig in (sharing is optional)!

* * *

HAIKU FOR JANUARY

Photo and verse by Sue Shea

Snow and a lot more

A month of Northeast cold days

Cheer up by fireside!



90TH ANNIVERSARY OF THE EVACUATION OF ST KILDA

Text and photos by Sheelagh Kaplan

In June of 2017, while on a cruise around the western islands of Scotland, I fulfilled a life-long ambition and had the privilege of visiting the island of St Kilda (yes, it's spelled with no period after "St"). St Kilda is a double UNESCO heritage site in recognition of both its natural beauty and cultural history (it was inhabited for thousands of years). It is one of the most remote islands in the world, located in the Atlantic Ocean about 40 miles off the most westerly of Scotland's outer Hebrides Islands. My husband—prone to seasickness—made the supreme marital sacrifice and accompanied me on this adventure.

This past August marked the 90th anniversary of the evacuation of the island—the last remaining 36 inhabitants were evacuated on August 29, 1930. Life had just become too hard for the remaining islanders, whose numbers had increasingly been depleted by emigration and infant mortality.

The islanders were not fisherman, but instead survived by harvesting sea birds, mainly fulmars and gannets, which lived in abundance on the sheer cliffs of the island. This required great skill and agility. The islanders many times almost starved as they were often isolated from contact with the mainland of Scotland by the atrocious weather and the difficulty for supply ships to land in Village Bay, the island harbor. In, fact, a system was developed called the "St Kilda Mail" whereby small wooden boats were fashioned large enough to contain a plea for help and launched into the sea to be hopefully picked up on another island.



Village Bay The sheltering harbor



Minister's House

The remoteness of the island group encouraged the development of a unique culture that made survival a joint effort, and every morning the Parliament of village men would meet in the Main Street to decide on the tasks to be done that day. Ironically, the islanders came under the sway of the strict Presbyterian ministers from mainland Scotland who imposed rigorous prohibitions on working on the Sabbath and other restrictive practices that did a lot to destroy the traditional island customs.

During the 19th century the outside world became more aware of St Kilda, and tourist boats would go to gawk at the islanders.

Consequently, the islanders became more aware of and dependent on the outside world and the luxuries it provided, and many islanders emigrated. There is now a large suburb of Melbourne in Australia called St Kilda.



The island's strategic importance in World War I also exposed the islanders to the modern way of life, so by 1930 most of the young people had left, and the traditional centuries-old ways of life could not be sustained. At

the time of the evacuation that year, the British government seized the islanders' cattle as payment for the process. Their sheep—mainly a unique breed called Soay—were left to roam unattended and are still there today in profusion. The government did provide jobs for the few able-bodied men, many with the Forestry Commission in Scotland even though most of the islanders had never seen a tree, as trees could not grow on the wind-torn island.

The island is notoriously hard to land on. In fact, one lady on our cruise had tried on 22 occasions to land but had been disappointed *every time*. So, my husband and I were quite lucky to succeed our first time, and we spent several hours on the island, the beauty of which fulfilled my every expectation. We did get stranded for a few hours, as the tides refused to cooperate to allow our vessel to leave, so in some ways we had the complete St Kilda experience.

For those interested in reading more, there is a classic book *The Life and Death of St Kilda*, by Tom Steele which is well worth reading.

* * *



Winter Bloom Paper Collage by Robin Lurie

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AN AWE-INSPIRING NEARBY WALK

Text by Shirley Kesselman, photos by Judy Weber

It's hard to believe that it took me so long to discover Croton Gorge Park. Located in Croton-on-Hudson, the park is a half-hour drive from Heritage Hills and is the site of the New Croton Dam. According to the organization Scenic Hudson, at 297 feet tall, 266 feet wide, and stretching 2,188 feet from end to end, it is the third largest hand-hewn stone structure in the world! An adjacent bridge spans the Croton River and affords an excellent view of a waterfall.



Winter is a good time to visit Croton Gorge Park. Firstly, it is not crowded and secondly, there is no parking fee. It is a popular place for cross-country skiing and for sledding. My frequent walking companion, Heritage Hills resident Judy Weber, and I chose to hike.

The park offers a variety of trails, some short, others longer, and one that traverses 26 miles from the park all the way to Yonkers. Judy and I took the wide, dirt trail that winds gradually uphill to the top of the dam. As we walked, I was impressed by the number of parents holding the hand of a toddler who was also walking on the trail. Occasionally a biker passed us. Once at the top of the dam we crossed it on a walkway to the bridge over the river. There were beautiful views all around us. Often, we snapped pictures. Somewhat tired from our uphill climb, I was glad the return to the parking lot was downhill. Roundtrip the excursion took us just over an hour.

At the base of the dam is an ample parking lot and a giant, grassy field where some picnic tables are available. I've read that the lot does fill up in the summer months despite a parking fee of \$5 with a Westchester County park pass and \$10 without a park pass. There is a small playground by the parking area, fishing is permitted, and leashed dogs are welcome. The park is open year-round from 8 am to dusk,

I recommend Croton Gorge Park for folks of all ages. It is a place of natural beauty as well as the site of the impressive dam. Walkable Westchester describes a river trail of 1.2 miles there which I'll try next time I go.

To reach Croton Gorge Park from Heritage Hills take Route 100 south to Route 118 east. Follow Route 118, which turns into Route 129. Stay straight and look for the poorly marked park entrance in about 7 miles from Route 100. A GPS would help. The scenery along the roads adds to a most enjoyable trip.

HOMESICK FOR THE STACKS

By Susan Statkowski-Rivalsi

As mentioned in last month's issue of this Newsletter, those on the Heritage Hills Library's email list receive, each month, an email containing information on the Newly Added Books.

But if you're a bibliophile like me, you love strolling through the stacks at libraries and book stores ("stacks" is another word for bookshelves). We bibliophiles find downright irresistible the magnetic pull of all those colorful book covers calling to us as we stroll about. Being able to do that would be the ideal distraction from the pandemic; but, alas, it has not been safely doable *because* of the pandemic.

Perusing the "old familiars" of my meager personal library at home is, to put it mildly, a lackluster substitute; and I found the above-mentioned monthly email a tease. So I was delighted to discover that, thanks to the efforts of our HHLibrary's Managing Members, I can, from the safety and comfort of my home, take a virtual visit to our library's stacks and see many actual colorful covers (not just unexciting lists) of a whole bunch of books waiting to seduce me.

Doing so does require that one have an electronic device and be registered on the Society website, hhsociety.org; but, once registered, you can thereafter "go to the library" by simply going to the site and clicking on *Heritage Hills Library* (without having to log in). Having clicked on that, then, on the dropdown list, if you click on one of the following pages, you can start strolling:

Newly Added Books

Here you'll see the covers of all purchased and donated books that have been added to our library's collection since November 2019—more than 150 of them—with more being added each month.

Most Borrowed Books

Here you'll see images of the books most popular with your neighbors from 2018 and 2019—more than 80 (there's also a link to the 2017 list, but that list lacks the colorful book cover images).

Cindy's Book Reviews

This collection currently contains more than 70 of this Newsletter's *Book Shelf* reviews that were published from 2014 to the present. Although at first, you'll just see a list of books, when you click on a title, you'll open a page revealing the book's cover beneath which is the review. All of the books found there are part of our library's collection, and a new one is added each month.

So, even though exploring book store or library stacks may not be doable for us at this time, it's nice to know we can go to our Society website and take a 'virtual stroll' among our HHLibrary stacks.



THE SOUNDS OF SLEEP

By Stan Herz Pearlman

When I was a child growing up in New York City's boroughs during the 1950's, my parents bought a two-family house on a tree-lined avenue in the Gravesend section of Brooklyn. The choice of house, the inspections, and all the closing work was performed in daylight. It was only after we moved in that we discovered that—unseen at the end of the avenue, far off in a distant neighborhood—there was a sanitation garage. Trucks rumbled past our residence at all hours throughout the night. And that is how I grew up, with rumbling from dusk to dawn.

Some twenty years later, now recently married and expecting, after a brief stopover in The Bronx, in April 1970 we bought our first house, in Mahopac New York. We were excited to have our own abode, with ample property overlooking a distant mountain range, room for children to play, and a deck on which to eat alfresco.

But I had a problem. I could not sleep a wink. It was too damn quiet!

Of course, I heard the crickets, the house itself reacting to changes in temperature, and even the plopping of fruit falling off an apple tree outside our bedroom window. And when the oil burner quietly kicked in two levels below our bedroom, it sounded like an explosion in the stillness of the night. But I required real noise in order to slumber.

I bought a "sleep sound generator" that promised a good night's rest. There were settings for ocean surf, birds flying, a babbling brook, and so on. But hard as I searched, I could not find a setting for sanitation trucks.

Steve Jobs came to the rescue when Apple invented the iPod. I could now download sounds to play at night through an earbud. Avoiding politics or news that would actually keep me awake, I decided on 1940's era old detective shows that predated television. Boston Blackie, Dragnet, and Dick Tracy are some of the programs I listen to. I often can select the same show repeatedly, since, if it is cacophonous enough, I am asleep before the end (www.greatdetectives.net).

However, I have not given up on my ideal. I am still waiting for someone to do a podcast of rumbling sanitation trucks.

* * *

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ESPERANTO

By Karl Milde

"Cu vi parolas Esperanton?" Do you speak Esperanto?

Wouldn't it be great if there were a single international language spoken all around the world, so you didn't have to learn a different language in every country you visit? In fact, if you travel in Switzerland, you need to know *three* languages: German, French, and Italian.

Well, there is such a universal language, sort of. It's called "Esperanto," which translates into English as "One who hopes."

When I was in junior high school—a really long time ago—my eighth-grade teacher, Mrs. Kelly, got us started on "Esperanto." Esperanto was all the rage back then. It was inserted into school lesson plans all around the country. The language was supposed to be easy to learn. The rules of grammar were said to be simple but, truth be told, they didn't seem all that simple to me. What I *did* like was that I wouldn't have to learn any other language. The whole concept of Esperanto seemed incredibly logical to me.

This all took place in the fifties, when, except for a far-away problem called the "Korean War," we were in a time of peace and prosperity. The United States was leading the way, and the world was finally coming to its senses. We had the atomic bomb—the weapon to end all wars—and other countries didn't. And life was improving day by day. Just look at our cars! They kept getting bigger and better-looking every year.

I was really sold on learning Esperanto at first. I was determined to master this language, so I didn't have to learn French, German, Italian, and Spanish; never mind Japanese and Mandarin. I was a believer, although I remember being disappointed that Esperanto sounded a lot like Spanish. The language was supposed to be entirely new, yet it tracked Spanish?

But for me Esperanto wasn't all that easy to learn. After I struggled with it for a year, the whole Esperanto movement kind of fizzled and then disappeared, like a mist in the morning. After graduating from eighth grade, I didn't hear anything more about it until only recently.

As it turns out, the Internet has given Esperanto a boost. It can now be found on social networks, including Facebook, Twitter, and YouTube. Major websites, such as Google and Wikipedia, are also now available in this language.

After enough people learn Esperanto to make it worthwhile, maybe I'll get around to learning it. In the meantime, my money is on English becoming the universal language, as it's a part of many countries' basic primary school curriculum.

* * *



Mirror Pond Behind the Activities Center, by Ewa Rutkowski



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By Anonymous



By Cheryl Milde

THE BOOK SHELF

By Cindy Kennedy

Prolific historical novelist Ken Follett perhaps is best known for writing *The Pillars of the Earth*, the first book in his Kingsbridge medieval trilogy. The engrossing multi-layered epic subsequently was adapted into two popular TV mini-series.

The Evening and the Morning, Ken Follett's newest installment to the Kingsbridge saga, is a prequel to *The Pillars of the Earth*. This 900-page tome moves backward in time to the Dark Ages. Its plot hinges on the parallel storylines of two characters: Edgar, an English boatbuilder, and Lady Ragna, a French Norman noblewoman.

The story begins in 997 with a ferocious Viking raid of the coastal British village of Combe. Eighteen-year-old Edgar was forced to flee with his widowed mother and brothers to a rural backwater known as Dreng's Ferry, a tiny settlement with "half a dozen houses and a church." Edgar endeavored to use his carpentry skills to construct sturdy new buildings and expand the hamlet.

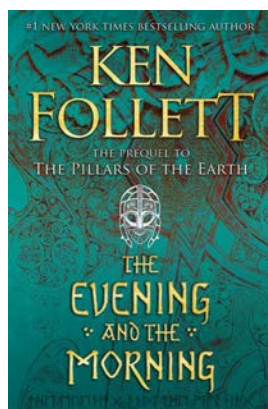
Across the English Channel, meanwhile, Count Hubert of Cherbourg pressed his daughter Lady Ragna to marry an insipid Viscount from Reims. Proud and willful, Lady Ragna was determined to choose her own husband. She set her sights on Wilwulf, the lusty English alderman of Shiring, whom she met when he traveled to Cherbourg to do business with her father.

After their betrothal, Lady Ragna sailed to Shiring, a town near Dreng's Ferry, to marry Wilwulf. Upon her arrival, Lady Ragna was dismayed to discover how rustic and primitive Shiring was compared to her father's castle in Cherbourg: "On the top of the hill, dominating the town, was a stockaded compound, enclosed by a stout fence. It had no stone buildings; she would undoubtedly be a little less safe here."

Edgar forged a partnership with Aldred, a sensitive and intellectual monk. Together they strived to transform Dreng's Ferry into a bustling hub of commerce as well as a center of spiritual learning. Their efforts continually are thwarted, however, by the malicious, power-hungry Bishop Wynstan, a younger half-brother of Wilwulf. Despite the many obstacles they faced, Edgar and Aldred will build a bridge that will give the town renewed purpose and ultimately a new name.

The Evening and the Morning is replete with authentic period details, including vivid scenes depicting peasant life in lowly hovels and festive banquets in a lord's great hall. Many characters, however, are one-dimensional, and their dialogue at times is more akin with modern, rather than medieval, vernacular. Nevertheless, for Ken Follett's loyal fanbase, *The Evening and the Morning* would be a welcomed addition to the Kingsbridge canon.

(Note: *The Evening and the Morning* 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 NEWEST ADDITION TO HERITAGE HILLS

Text by Karl Milde, Photos by Lydia Petrizzelli and Joanne Meder

As promised in this column in the November issue, on December 2 a pickup truck with a crew of four, towing a trailer loaded with building materials, drove into the main entrance to Heritage Hills and headed for the Community Garden. So began a day-long construction project that had been in the making for nearly a year.

At the end of the day the crew departed, having built the newest addition to Heritage Hills: a handsome "tiny house" that will become the new home for implements and tools used for gardening.

What follows are a series of photos showing how this project unfolded.



FIT-BITS

By Mary Tedesco

THE RISKS OF A WINTER OF REDUCED PHYSICAL ACTIVITY

As we embark on the winter months full of a chill in the air and occasional snow, during COVID 19 and the flu season, if you have not made a plan to stay physically active, at any age it will surely affect your health.

The couch and computer are not your friend!

We are all aware of both the mental and physical benefits of exercising such as:

- a lower risk of death
- increased immune system
- increased muscle and strength
- increased circulation
- better quality of life
- better quality sleep

Unless you have been injured or ill, make a plan today—write it down—to stay fit and well during the winter months. Developing a plan now to be physically active is sure to help you stay healthy and happy during the long winter months. It also allows you to appreciate the times when you just want to be cozy and relax inside.

Being sedentary and inactive for even two weeks can have serious health consequences, such as:

- poor sleep
- reduction in muscle mass
- increased body fat
- Insulin resistance
- mood swings

Try these if you are in your home:

- Climb stairs.
- Walk outside if it's not slippery.
- Use resistance bands in your home.
- Do body weight exercises, such as wall squats, wall push-ups, planks, crunches, seated or standing leg lifts, jumping jacks, marching or jogging in place.

GET GOING, MAKE A HEALTHY PLAN NOW!



ROVING PHOTOGRAPHER

Shirley Kesselman captured this image at Towne Centre at Somers.



* * *

DISPATCH FROM THE PROVINCES

Drawing by Eric Felderman

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- 45 Day Risk-Free Trial**
- Over 70 Years of Hearing Care Experience



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Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or miracle-ear.com/warranty for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.



MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

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

Total units sold by Hudson Gateway MLS agents from 1/1/2020 to 12/10/2020

	2020	2019	2018	2017
TOTAL SOLD	127 (\$227,500-\$829,000)	139 (\$245,000-\$835,000)	123 (\$225,000-\$739,000)	118 (\$245,000-\$880,000)

Units sold by MLS agents from January 1 to December 10, 2020 (20 NEW SALES)

1 BEDROOM

ADAMS	\$227,500; \$246,000; \$287,500	FRANKLIN	\$249,500; \$250,000; \$295,000	RADCLIFFE	\$420,000; \$437,000; \$419,000; \$445,000
AMHERST	\$380,000	GUILFORD	\$282,500; \$321,652; \$319,200		

2 BEDROOM

ARMONK	\$375,000; \$460,000; \$415,000; \$375,000; \$325,000; \$370,000; \$407,000; \$424,000; \$464,000; \$365,000; \$405,000; \$459,000; \$470,000; \$383,000; \$395,000; \$465,000; \$419,000; \$445,000; \$465,000	HAMILTON	\$255,000; \$340,000; \$320,000	ROCKLAND	\$365,000
CAANAN	\$404,000	HANCOCK	\$325,000	SALEM	\$455,000; \$447,000; \$430,000; \$460,000; \$475,000
CONCORD	\$424,000; \$375,000	HANOVER	\$394,500; \$485,000; \$420,000; \$424,500	SOMERS	\$425,000; \$430,000
DARTMOUTH	\$452,500	HARVARD	\$550,000; \$650,000; \$670,000; \$660,000	STRATFORD	\$510,000; \$449,000; \$525,000; \$435,000; \$395,000; \$505,000; \$573,000; \$435,000; \$435,000; \$569,000; \$449,000; \$450,000; \$389,000; \$390,000; \$429,000
FAIRVIEW	\$418,750; \$420,000; \$455,000; \$418,000; \$440,000; \$485,000; \$421,500; \$480,000	JACKSON	\$337,000	STRATFORD II	\$495,000; \$546,000
		KATONAH	\$345,000	SYRACUSE	\$526,000; \$614,000
		KENT	\$410,000	WELLSLEY	\$497,999
		LEXINGTON	\$435,100; \$374,500		
		MADISON	\$302,000		
		MONROE	\$318,000; \$322,000; \$389,000; \$360,000; \$359,000; \$255,000		
		PRINCETON	\$470,000; \$538,000		
		RIDGEFIELD	\$439,000		

3 BEDROOM

COLUMBIA	\$722,500; \$829,000	SHERMAN	\$512,500; \$574,000; \$555,000; \$505,000; \$475,000; \$630,000; \$495,000; \$619,900; \$599,000	SHERMAN II	\$552,500; \$545,000; \$600,000; \$570,000; \$620,000; \$710,000
JEFFERSON	\$340,000; \$365,000; \$315,000; \$410,000; \$390,000; \$399,000; \$435,000			YORK	\$425,000; \$485,000 \$460,000

HAPPY NEW YEAR

I wish everyone a healthy, safe and very happy 2021.

Good thoughts and best wishes,

Marti

My cell phone is 914-420-1850 or email mlowenfeld@houlihanlawrence.com

★ **HAPPY HOLIDAYS!** ★

~~~FROM OUR FAMILY TO YOURS~~~

*WE WISH YOU A JOYOUS AND SAFE HOLIDAY SEASON WITH FAMILY AND FRIENDS.  
ESPECIALLY THIS YEAR, IN THE MIDST OF ALL OUR CHALLENGES, WE ARE SO GREATFUL TO  
OUR LOYAL CLIENTS AND CUSTOMERS FOR YOUR CONTINUED SUPPORT.*

~~~WE LOOK FORWARD TO HELPING YOU WITH ALL YOUR REAL ESTATE NEEDS IN THE COMING YEAR~~~

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