



Heritage Hills Newsletter

JANUARY 2022



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 21

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

Activities Office..... activities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

Security 914-276-2592

Bus..... 914-276-2877

Society Office 914-276-2908

Library..... 914-276-7655

Activities Office..... 914-276-2636

Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building 9 am to 11 pm

Activities Office..... 9 am to 5 pm

Society Office..... 9 am to 1 pm

Fitness Center & Gym ... Daily 4:30 am to 11 pm

Fine Arts Center Group instruction and free time are scheduled
by the Activities Office at 914-276-2908

Library Monday thru Friday Noon to 3 pm

Bus Service – Weekdays Only (except holidays) – 914-276-2877

Goldens Bridge MetroNorth Station Trips

Morning to/from: 5:15, 5:45, 6:45, and 7:45 – **Reservation Required**

Evening **PICK-UPS ONLY**: 5:35, 6:35, 7:35, and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To Activities Center, Lake Lodge, Meadowlark Park, and off site

Outbound, hourly 8:45 am to 2:45 pm

Inbound, hourly 9 am to 3 pm; 3:45 pm

To Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 2:45 pm

Hourly from 11 am to 3 pm; 3:45 pm

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

NYSEG..... 800-572-1131

Water/Sewer (Suez)..... 877-426-8969

ConEd 800-752-6633

Verizon 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

- At Van Tassel House – **Free Transportation Available**
Monday thru Friday at noon
- Delivered to home-bound, Monday thru Friday
Meals leave Van Tassel House for delivery starting at 11:30 am
Suggested contribution: **\$3** per meal

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am

Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

MEDICARE - 800-633-4227 and medicare.gov

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

My Second Home - 914-241-0770

Geriatric Day Care Intergenerational Program

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305

Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654

Long- and short-term registered nurses.

Hospice - 914-666-4228 - 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 - 914-761-0600 - 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. 800-227-2345

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb
service. Fare \$5 each way. Medical pre-authorization required. For eligibility call
914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

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

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition
consultation

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MASKS COVERING BOTH THE NOSE AND MOUTH AND SAFE SOCIAL DISTANCING PRACTICES ARE REQUIRED AT ALL TIMES INSIDE ALL SOCIETY FACILITY BUILDINGS.



By Joyce Spector

THE MOVIE *USHPIZIN*

(Comedy/Drama In Hebrew with English subtitles,
Rated PG [adult language].)

**Sunday, January 16, at 1:30 pm in the Activities Center
(Snow date: Sunday, January 23) and on Zoom**

Moshe and Mali, an Orthodox Jewish couple in Jerusalem, are childless and without means to celebrate the weeklong holiday of Succoth. After much prayer, they receive unexpected money, and Moshe is told about an abandoned shack where he and Mali can properly celebrate the holiday. However, they are visited by two ex-convicts with an unexpected link to Moshe's past and the celebration becomes a series of emotional trials.

Bill Costanzo, Facilitator for the Independent and Foreign Film Club, will lead a discussion at the conclusion of this film.

Proof of vaccination is required. All attendees must wear masks. Admission is \$10 per person in the Activity Center and \$10 per family on Zoom, for which a link will be provided prior to the date of the program. Place checks payable to Club Shalom in our mailbox along with your name, phone number, and email address **no later than January 10**. Walk-ins as space allows. If you have any questions, call Alan Tepper at 914-670-8396.

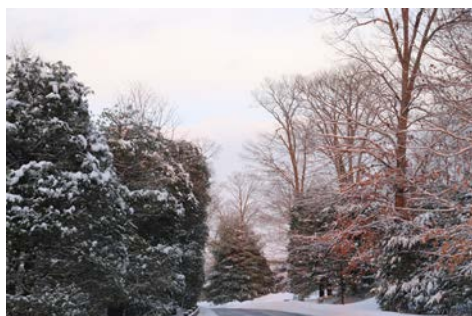
WE WILL NOT BE PRESENTING PROGRAMS DURING THE MONTHS OF FEBRUARY AND MARCH.

TAMAR HADASSAH

Sunday, April 3, at 1 pm in the Activities Center and on Zoom

The Advocacy Committee of Tamar Hadassah presents a panel of four activists, authors, and educators who will discuss the topic of religious hatred and give us some insight into how we can foster respect, and improve community relations, in a climate of bigotry.

Proof of vaccination is required. All attendees must wear masks. Admission is \$10 per person in the Activities Center and \$10 per family on Zoom, for which a link will be provided prior to the date of the program. Place checks payable to Club Shalom in our mailbox along with your name, name, phone number, and email address no later than March 27. Walk-ins as space allows. If you have questions, call Alan Tepper at 914-670-8396.



By Cheryl Milde

ON THE COVER

Old, Cold Bette? Last winter, resident Jimmy O'Connor captured this photo of an elephant icicle that formed on a rhododendron bush just outside the Woodcraft Shop at the Activities Center.

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item 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 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 if 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.

HERITAGE HILLS NEWSLETTER COMMITTEE

Editor in Chief: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen
Writers/Editors/Photographers: Phyllis Bradbury, Terry Clifford, Cindy Kennedy, Shirley Kesselman, Karl Milde, Stan Herz Pearlman, Elizabeth Royston, Keri Reitman Schnapper

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SOCIETY NEWS

SUMMARY OF PORTIONS OF THE NOVEMBER 17 BOARD OF DIRECTORS MEETING MINUTES

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

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Frances Cicogna, Bob Ettinger, Bill Harden, Ann Harper, Dorinda Haskel-Palladino, Jack Mattes, Mark Packer, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, Alan Tepper.

John Milligan and Dave Jacobsen were also in attendance

TREASURER'S REPORT – BILL HARDEN

• September Financials

Income	\$458,810
Expenses	(486,035)
Deficit	\$(27,225)

A number of large invoices are still outstanding and will be paid in the next few weeks.

- The Veteran's memorial bench and tree are now placed near the pickleball courts and with a view of the pond. A plaque will be placed on the bench.

ACTIVITIES REOPENING STATUS – GLORIA ANDERSON, CHAIR

Mask mandates will remain in place because COVID numbers have again begun to climb. Since we have no way of knowing who has or has not been vaccinated, we cannot take the risk of removing the mask mandate in Society facilities at this time.

FITNESS CENTER – ANNETTE BENSEN

- A couple of new pieces of equipment will be purchased in the new year.
- Now that the weather is changing, please bring a second pair of shoes to use at the gym; we must protect our equipment against snow and salt that can be tracked in by outdoor shoes.

SOMERS TOWN UPDATE – BRUCE PRINCE

The development at the Somers National Golf Club is in the planning stage; they are working to get final costs as well as permissions and approvals from a number of agencies and the Building Department. There is no public hearing planned at the moment, the earliest would be in January, and announcements will be made when a date is set. As a reminder, the changes include a miniature golf course, 24 additional parking spaces, areas for collecting storm water, an indoor golf range simulator, and a cigar bar with a small terrace.

LIBRARY — BRUCE PRINCE

By the end of this year we hope to have a Library Newsletter, describing new books, retro books, and Gold Star books, among others.

HEALTH & SAFETY COMMITTEE – FLO BRODLEY, CHAIR

The Visiting Nurse Service (VNS) of Westchester appeared on November 13th and spoke about their nonprofit nursing that's over 120 years old as well as their new adjuncts that offer home health

aides and assistance with Medicaid and other insurance issues. The question and answer period was quite lively and folks were given a great deal of information, some of which can be found in the mailroom.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Generator:** The Society was granted a variance for the installation of two additional 1,000 gallon buried propane tanks to fuel a new 125 kw generator. Four 1,000 gallon tanks have been put aside in the maintenance yard. The contract for installation of the generator has been awarded by the Town of Somers and the generator has been ordered – likely not ready for delivery until the spring. The Town of Somers Highway Department will provide excavation for new tanks. The goal is to have them installed by the end of December, this year.
- **Paving:** Paving work and repairs have been completed. Two new speed humps have been installed, one on East Hill Drive and one in front of the Activities Center. These humps are more gradual than others on the property, but still with the goal of slowing speeders down.
- **Drainage:** Drainage pipe replacement will be done in Condos 12 and 19 in the next few weeks.
- Most of our **pools** are covered for the winter but we are waiting delivery for a new cover for Pool 3, and until it is received there will be daily leaf removal at that pool.
- At the **Maintenance Yard** we need to repair the gas pump fire suppression system, and also make repairs to two lifts in the garage. Halstead Quinn is renting additional space. The loan is basically paid for by the three rental contracts we have.
- **SUEZ:** the company, including SUEZ NA, has been acquired by Veolia Environmental, a French company. Our SUEZ rep expects no real changes for at least 18 months. We should have a water quality report by June 1 if not sooner.
- **NYSEG** has completed their work on the East Hill and has ten Condos to do on the West Hill, which will take approximately two more years. At the end of their infrastructure replacement project they will have spent between \$15 and \$20 million.

NOVEMBER SECURITY CALL REPORT

By Dave Jacobsen, Prosecur Security

During the month of November our Security staff received and responded to a total of 205 calls regarding the following matters:

Medical	70
Security	32 (open garage doors, other security concerns)
Fire	10 (the majority of which were fire/CO ₂ alarms)
Service	72 (including 50 lift assists, 15 persons locked out, and 7 welfare checks)
Maintenance	8
Car Accidents	3
Parking Violations ..	10 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

COUNCIL OF CONDOS

By Terry Clifford

Insurance Presentation: Levitt-Fuirst Insurance President, Jason Schiciano, gave an in-depth presentation concerning the renewal of the December 1 coverage for most Condos in Heritage Hills. While premiums for most of the coverages were the same as those expiring, the coverage for the Umbrella Liability Policy was not only reduced from \$45,000,000 to \$40,000,000, but the premium also doubled. Umbrella policies cover liability for bodily injury, slips, falls, injury, and officers' liability. Many insurance companies will no longer write umbrella policies in New York State due to the 100-year-old scaffold law which benefits workers, unions, and attorneys.

Therefore, Jason recommends hiring contractors with insurance which **does not** exclude scaffold or ladder falls and names the Condo as an additionally insured for coverage of this type of claim. If they have such an exclusion, the loss will impact your Condo's ability to renew with a large premium increase for at least five years. For the Condo's safety, have roofing, leader and gutter contractors and other vendor insurance policies reviewed by your Levitt-Fuirst representative **before** signing contracts.

Proposed Mini Golf Course at Somers Point: Members in the know explained the proposed project to include an indoor golf simulator, a Cigar Bar, and a miniature golf course. Many Condos are concerned with the quality of life if this project should be approved by the Somers Town Planning Board. A public hearing date has not been established, but the Council of Condos is planning to respond to the Planning Board and the Somers Town Board with our concerns.

Suez Water/Waste Management Company Update: Council of Condos Vice President spoke to Suez and explained that each of the 30 Condos is responsible for the three foot of piping outside the units, not unit owners. Therefore, Suez is contacting the Condos and offering "Homeserve Insurance" to offset possible costs.

Veolia, another French waste and water management company has announced a merger with Suez. Stay tuned with further information on who to pay your water and sewer bill within the next few months.

City Carting is now Winn Waste: While Condos have been trying to find a new carting company to do business with, it seems Winn Waste owns the dump and other carting companies pay an extra fee to dump waste; therefore, their prices are higher than Winn Waste. Contracts have yet to be delivered to the Condos. Bin cleaning has been completed; however, they do not clean the pails. One Condo stated they have their landscaping company clean pails.

All Condo Presidents are invited to attend the Wednesday, January 19, meeting in the Activities Center.

The Council of Condos wish all a "Happy & Healthy New Year."

* * *

HEALTH & SAFETY COMMITTEE

By Flo Brodley

The Health & Safety Committee is introducing a new program of information about benefits available to seniors in Westchester County, such as Medicare choices, help with paying for prescriptions, home delivered lunch, free cell phone or caption phones, help with paying Medicare Part B monthly premiums, and other entitlements.

This free public service is called the Senior Entitlements Program – Westchester County and is offered here to Heritage Hills residents only. It will be offered monthly, covering a different topic each month.

The first session will be on Friday, February 11, from 1 to 2 pm and will be limited to the first 10 registrants. It will be directed by Jade V. Lew, Geriatric Case Manager.

Watch for future announcements as we approach the February 11 start date.

* * *

EAST HILL MEN'S GOLF GROUP

By Ken Freeman

The 2021 golf season, sadly, approached its end in early November, as our usual Tuesday and Thursday morning play was prevented by rain a couple of times, early morning temperatures plunged into the 30's, and fallen leaves made finding the golf ball difficult even when it landed in the middle of the fairway. While only a few of our heartiest polar bears made it far into November, it was indeed a fun 2021 season from April until early November for the club's 41 members.

As a first-year member and – at the start of the season – an inexperienced, self-conscious golfer, I am really glad I joined, as the group is lots of fun. Who can beat golf in your own backyard! The course is challenging yet "approachable" for golfers of all levels, and Somers National keeps its course in really good shape.

But the best part is the camaraderie. The group provides opportunity to make a diverse range of new friends. The competition is fun but always friendly. And the handicap system evens the playing field for golfers of all levels. Even beginners have a chance at winning as their game improves.

While the 2022 season won't start until April, planning for it, led by group president Ed Yee, is well under way. In addition to our regular Tuesday and Thursday morning play, a number of social events – a breakfast, a barbecue, and a couple of additional lunches – are planned.

If you golf at all, at any level, and would like the convenience of playing right here in Heritage Hills, as well as the fun of new golfing partners, reach out to the group's membership chair, Bob Kenney, at rlkret@aol.com or 914-617-9884. You'll be glad you did.

* * *

SINGLES CLUB

The Board hopes all our members are enjoying a warm and cozy winter.

We will not be having any events during January and February but are keeping our fingers crossed that we can go into March like a lion and get together under one roof for a “roaring” good time.

Stay well, stay safe.

Singles Club Board

* * *

COMMUNITY THEATER CLUB

By Diana Richter



Many, many thanks to the loyal supporters of the Heritage Hills Community Theater who attended the presentation of *Fireside Musings* on December 4 and 5. The program of readings, songs, and humorous quips was HHCT's holiday gift to the community.

The Theater Club wishes one and all a very Happy, and Healthy, New Year.

* * *

CULINARY GROUP

By Pat Headon

The Culinary Club is still up and running.

During the Autumn months, we met at the Activities Center for just dessert and socialization. In December we enjoyed appetizers and dessert in each other's homes, continuing to keep our group alive. January will take us to Bernards for a luncheon. February we skip, but will start up again in March, sharing a menu in each of three to four homes. This will keep our members in touch and give us a chance to practice our cooking skills until the Activities Center opens again.

We wish everyone a healthy New Year full of good memories.

* * *

TRAVEL GROUP

By Elaine Soliman

Here's to a bright healthy New Year and a fond farewell to the old.

Here's to the adventures yet to come and the memories that we hold.

And here's to making some new memories - please mark your calendars:

- On April 28 we will travel back to the time of Prohibition. Details to follow.
- On May 18 our plans are to see the show *Dancing Dream* a tribute to ABBA.
- In June (date to be announced) we will take a cruise around and have lunch overlooking the Hudson River.

- On September 14 we will be off to The City to visit the new MOMA museum.

This is just a preview of some of our day trips to come. Details will follow in upcoming newsletters.

We hope to see you all in the Spring. For now, we will take this time to rest up for our journeys.

* * *

Hlibrary COMMITTEE

By Larry Daitch

Life is a journey. Not a destination.

Ralph Waldo Emerson



NEW ADDITIONS TO OUR COLLECTION IN JANUARY

Newly Published Books

Biography

Gottlieb, Robert *Garbo*

Starred Reviews:

Publisher's Weekly, Kirkus, Booklist, Library Journal

Patchett, Ann. *These Precious Days*

New York Times 100 Notable Books List 2021

Starred Reviews:

Publisher's Weekly, Kirkus, Booklist

Fiction

Albom, Mitch *The Stranger in the Lifeboat*

Erdrich, Louise. *The Sentence*

New York Times 100 Notable Books List 2021

Starred Reviews:

Publishers Weekly, Kirkus Reviews, Book List

Jeffers. Honoree Fanonne . . *The Love Songs of W.E.B. Du Bois*

New York Times 10 Best Books List 2021,

Publishers Weekly Starred Review,

Oprah Book Club Selection

Shteyngart, Gary *Our Country Friends*

New York Times 100 Notable Books List 2021,

New York Times Editors Choice 2021

Starred Reviews:

Booklist, Kirkus Reviews

Spiotta, Dana. *Wayward*

New York Times 100 Notable Books List 2021

New York Times Editors Choice 2021

Starred Reviews:

Publishers Weekly, Kirkus Reviews, Library Journal

Mystery

Baldacci, David *Mercy*

Child, Lee *Better Off Dead: A Jack Reacher Novel*

Publishers Weekly Starred Review

Evanovich, Janet *Game On*

Booklist Starred Review

Newly Acquired Books

Biography

Sampson, Curt.Hogan

Fiction

Audrain, AshleyThe Push

Publishers Weekly Starred Review

Sparks, NicholasSafe Haven

Wiggs, Susan.The Lost and Found Bookshop

Library Journal Starred Review

Woodruff, LeeThose We Love Most

Mystery

Deaver, JeffreySolitude Creek

Publishers Weekly Starred Review

Flynn, Vince.Red War

Starred Reviews:

Publishers Weekly, Booklist

Haig, Brian.Private Sector

Jewell, LisaThen She Was Gone

Starred Reviews:

Booklist, Library Journal

Woods, StuartTreason

* * *

MASKS COVERING BOTH THE NOSE AND MOUTH AND SAFE SOCIAL DISTANCING PRACTICES ARE REQUIRED AT ALL TIMES INSIDE ALL SOCIETY FACILITY BUILDINGS.

GENERAL CLUB/CLASS INFORMATION AND

REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to activities@hhsociety.org

Advance registration is required. 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 914-276-2636.

ARTS & CRAFTS

I Love Art Class: After School ART in Heritage Hills for Children Ages K to 6. Hosted by Miss Judika, M.S. Let's Be Creative Together! For more info, call 914-438-6750 or email Judika266@gmail.com. Four classes for: \$80 / \$20 per class. 4 to 5 pm on Tuesdays in Art Room B in the Activities Center.

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 in the Game Room. All skill levels welcome. Must bring proof of Covid-19 vaccination. To register, call Linda at 914-277-2776.

Painting with Judika Class: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring your mask and your creative spirit! To register, call Judika at 914-438-6750.

Sketch Workshop Group: Wednesdays at 9:30 am in the Game Room. No fee. Beginner's welcome.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full 4-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evymusart@comcast.net.

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 914-276-0671 or 914-552-2303.

CONCERT SOCIETY CLUB

We sponsor four classical concerts each year in May, June, September, and October, each followed by a wine and cheese Meet-the-Artists reception. The annual subscription rate is \$80 per person. Forms are at the Activities Center. If you have any questions, call Arlene Brown at 914-277-4703.

CONTINUING EDUCATION CLUB

Our mission is to educate and *entertain*. We have monthly presentations by experts in the fields of art, literature, music, theatre, history, and politics on specified Tuesdays at 1:30 pm in the Heritage Room. See the **Coming Events** section of this Newsletter for more information or call Ann at 914-617-9434.

EXERCISE

15-15-15 Class: Great class to begin or continue your fitness journey. Light cardio, light weights, stretch and relaxation. Wednesdays at 10:30 am. Contact Theresa for more information at zumbawithme@aol.com.

Body Sculpting Class: Warmup low impact cardio, strength and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday to Thursday in Lake Lodge at 9 am and Thursday nights at 6 pm. \$10 per session or 3 classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

Building Better Bodies (BBB) Class: Monday 10:45 am via Zoom. Class focus is balance, core, and strength. There is no up/down from the ground in BBB. Contact Ingrid at 914-391-4046 or ingrid9597@gmail.com for more information.

Cardio/Strength/Stretch Class: with Lori Barr. Tuesdays and Thursdays from 9:30 to 10:30 a.m. All levels are welcome, and modifications will be demonstrated. Bring a resistance band to each class. Weights are available



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ACTIVITIES/CLASSES/CLUBS

for use or bring your own. Classes are \$8 each. Try the first for free!

Chair Yoga with Satish Class: Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind body connection. Live music. Practice every Tuesday from 10 to 11:15 am with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$8 per class.

Chair Zumba/Toning Class with Theresa: Zumba in the Chair is for anyone who prefers a seated workout. Choreographed total body, core, and strength workout done seated in the chair. Tuesdays at 11 am. Contact Theresa for more information at zumbawithme@aol.com.

Pilates Barre Class: Monday to Thursday in Lake Lodge at 10:15 am and Mondays at 6 pm. \$10 per session or 3 classes for \$20. Call or email to register at 718-541-0861 or Labzeiss@gmail.com.

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

Lyrical Arms Class: Friday at 10:50 am. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Rise and Shine Strength and Stretch Class with Theresa. Saturday mornings 8:45. Contact Theresa for more information at zumbawithme@aol.com.

Zumba Gold Class: Low impact dance fitness class. Fridays at 10 am. Contact Theresa for more information at zumbawithme@aol.com.

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 Club: Mondays and Thursdays at 12:30 pm in the Activities Center—vaccinated only. Tuesdays at 12:30 pm and Fridays at 10 am on [Bridgebase.com](https://www.bridgebase.com). For information, call Marie at 914-277-4266.

Bridge Lessons Class: Contact Marie at 914-277-4266.

Heritage Hills Scrabblers Group: Casual Scrabble game play on Thursdays starting at 1 pm in Room 2 of the Activities Center. All levels of play, including newbies, are welcome. Bring proof of Covid-19 vaccination. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

Mah Jongg Group: Mondays at noon in Lake Lodge Room 3. Space is available. Contact Susan Furino at 914-617-9110. Space is available on Tuesdays and Thursdays from 11 am until 1 pm in Room 2 at Lake Lodge. Everyone must wear a mask. For further information contact Rebecca Fierro at 914-669-5328.

Ping Pong Group: Thursdays at 10 am in the Game Room. Open to all residents. Come hang out and play!

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to hbgardenclubsecretary@gmail.com. If you would prefer to speak by phone, please contact Club President Joanne Meder at 914-318-5808 and leave a message.

HEALTH & SAFETY

Blood Pressure Screenings With a Smile: The second Friday of the month between 9 and 11 am. Your temperature may be taken. For more information, contact Nurse Ellie Eidam at elliebob1@gmail.com or 914-617-2109.

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 12:30 pm in Room 1 in Lake Lodge. To register, call 914-617-9328 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 the second Thursday of the month at noon in the Activities Center (8-person maximum). To register, call 914-617-9328 or email facilitator Linda Ludwig, Psy.D. at ludwiglr@aol.com.

LIBRARY

Open Monday thru Friday from noon to 3 pm, For information on the collection, visit the webpage at hhsociety.org / Heritage Hills Library or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Mondays from 9:30 to 11 am in the Activities Center or by Zoom with closed captioning. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION

Rainbow Connection is a group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

SHAKESPEARE GROUP

Meets in person, and on Zoom. See a film of a classic Shakespeare play, then read and join in lively discussions. We meet every Tuesday from 10 to 11:30 am in the Activities Center, Room 3. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SPORTS

Bocce Group: April through October: Wednesdays and Saturdays at 9:30 am.

Pickleball Group: Pickleball on the outdoor courts is open play, no reservations required. The gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email PickleballHH@gmail.com. See you on the courts!

Golf Group: Join the East Hill Men's Golf Association to enjoy weekly Thursday 9-hole casual competitions in a variety of formats, as well as Tuesday Stroke Play opportunities, from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or rlkret@aol.com.

Shuffleboard Group: October through March on Wednesdays, 1 to 3 pm, and on Saturdays, 9:30 am to noon in the gymnasium.

Tennis Group: 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 914-617-9259. For information about the Tennis Committee, call Jan at 914-276-2106.

TEN-A-MEN'S CLUB

Wednesday at 10 am in the Heritage Room. Continental breakfast available for \$2.

WOMEN'S CLUB

Traditionally, no meetings are held in January; therefore, please keep an eye out for communications about February 2022.

WRITERS WORKSHOP

Workshops on *Google Meet*! Mondays and Saturdays at 1 pm. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com.

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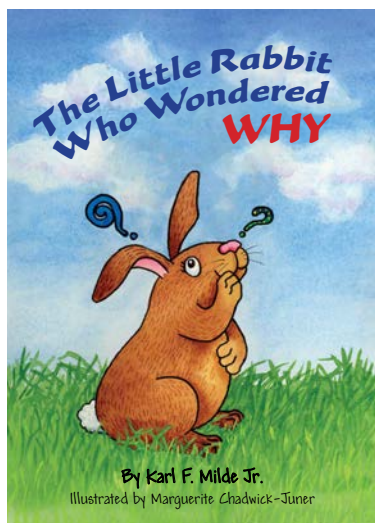
CANDY CANE RUN FUN

*Text by Keri Reitman Schnapper,
photo by Becky Weinsein*

Becky and Leo Weinstein and Santa Claus celebrated the holidays during the annual Somers Volunteer Fire Department's Candy Cane Run on December 18 at the Activities Center.



* * *



Part 1 of 2

There once was a little rabbit who was born on a farm. Her name was "Bonnie." She had dark brown eyes and brown fur, except for her "cottontail," which was pure white like a puff ball. She had a mother, a father, and five brothers and sisters.

Bonnie lived with her family on a bed of hay in a far corner of the cow barn. It was warm and cozy in the barn, even when it was freezing cold outside. When it was nice weather, Bonnie liked

to go out and play and to look for good things to eat.

The farmer was a kind man who brought food for Bonnie and her family when the weather was bad. In the summer time, he brought fresh vegetables from his own garden, and at other times he brought lettuce and carrots from the grocery store.

One day, Bonnie sat in a grassy field and looked upward. The sky was a deep blue and white puffy clouds floated slowly by. "I wonder

why there are clouds in the sky. I wonder where they came from, and where they are going," she asked herself. She thought and thought, but could not think of answers to her questions.

She saw some cows lying nearby in the grass, calmly chewing their cud. Now and then, one of the cows would get to her feet and move to a new spot where the grass was greener.

Further on, Bonnie saw several sheep grazing in the nearby field. Like the cows, they seemed quite content. But Bonnie did not feel content. She always had questions she could not answer. Like the question about the clouds.

As Bonnie grew older there was one question that bothered her more than any other. Her brothers and sisters didn't seem to worry about it, but she needed to know: "Why was I born?" She thought and thought about this question, but she could not think of the answer.

Bonnie hopped through the grass to one of the cows. "Hello," she said as politely as she could. "Could you answer a question for me?"

The cow looked at Bonnie with her big brown eyes and replied, "I will, if I know the answer."

"Do you know why you were born?" Bonnie asked.

To be continued next month.



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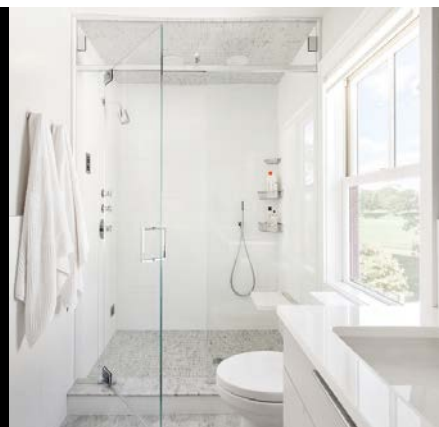
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On Wednesday, December 8, Toys-For-Tots representatives stopped by to pick up the numerous toys thus far generously donated by Heritage Hills residents. As seen here, the toys took up most of the space in the lobby. The deadline for toy donations was Friday, December 10.



Marine Sergeant Alexander Cordova joined by community volunteers, left to right, Arthur Dopman, team leader; resident Joe Manna; Society Community Affairs Chairperson Jack Mattes; and Rich Quinn, Marine Corps veteran who served from 1969 to 1972.

* * *

THE AQUA TURF CLUB WITH THE TRAVEL GROUP

Text and photo by Shirley Kesselman



Kudos to Elaine Soliman, President of our Travel Group, who hosted a highly successful trip to the Aqua Turf Club in Plantsville, Connecticut, on December 8. Thirty-seven Heritage Hills residents, including myself, listened to the Edwards twins impersonating superstar vocalists from the past. Eddie Edwards' rendition of Andrea Bocelli singing *Time to Say Goodbye* brought the audience to its feet. Anthony Edwards sang the songs of Barbara Streisand, the second favorite act that was loudly applauded.

Our trip began at Lake Lodge on a dark, cloudy morning. Participants boarded a comfortable tour bus for the 1-1/4 hour trip. During the drive, the hum of chatter was nonstop. Elaine assigned tables. Upon arrival at the Turf Club, we found our seats. There we greeted friends

and introduced ourselves to those we hadn't met before. Quickly we were served a sumptuous meal, beginning with a donut and coffee, followed by salad, pasta, chicken and scrod, potatoes, and green beans. Chocolate covered vanilla ice cream was dessert.

The Aqua Turf Club is a very, very large catering hall. It was decorated for the season with white Christmas-type lights. A very festive feeling prevailed. Light snow fell as we left to board the bus for home.

On our return ride Elaine talked of upcoming trips. These will begin in April, including a May return to the Aqua Turf Club for an ABBA Tribute show. Be on the lookout in this Newsletter for information about this and other opportunities to tour with the Travel Group.

* * *

WOMEN'S CLUB

By Phyllis Bradbury

In December, the Women's Club board members had the pleasure of decorating the Christmas Tree in the lobby of the Activities Center. Thank you to the maintenance crew who assisted us by putting up the tree and manger, and even helping with photo-ops!

We wish all a happy and healthy 2022 and are looking forward to once again offering programs that will bring members together.

If you would like to know more about our club, please call membership chairperson, Alfreda Savarese, at 914-617-2007. Please note that we are once again waiving membership fees for those who paid in 2020.

* * *

HEALTH & SAFETY COMMITTEE

By Flo Brodley

The Health & Safety Committee is introducing a new program of information about benefits available to seniors in Westchester County, such as Medicare choices, help with paying for prescriptions, home delivered lunch, free cell phone or caption phones, help with paying Medicare Part B monthly premiums, and other entitlements.

This free public service is called the Senior Entitlements Program – Westchester County and is offered here to Heritage Hills residents only. It will be offered monthly, covering a different topic each month.

The first session will be on **Friday, February 11, from 1 to 2 pm** and will be limited to the first 10 registrants. It will be directed by Jade V. Lew, Geriatric Case Manager.

Watch for future announcements as we approach the February 11 start date.



Barbara Gallo, Alfreda Savarese, Phyllis Bradbury, Rose O'Donnell, and Joan Jendras

MEET YOUR NEIGHBORS THOM AND BIANCA MITTAG

Text by Karl Milde, photo by Cheryl Milde

It was a long route from Cape Town, South Africa to Heritage Hills, for Thomas (“Thom”) and Bianca Mittag, with many stops and stays along the way. The couple met and married while they both studied and obtained advanced degrees at the University of Cape Town (his, a PhD in Organic Chemistry; hers, a BSc degree in Mathematics).



Before launching a career in chemistry, Thom took a deep breath and answered a call from Perdue in West Lafayette, Indiana, to do post-doctorate research in carbohydrates: woods and starches (pasta anyone?). He and Bianca bundled up their two young children, packed all their things, and headed west to become “boilermakers” at this land-grant university. Thom’s first research project was studying the effects of a chlorine bleach on raw cotton. His article about his discoveries, published in the Journal of the American Chemical Society, was signed-off by the University Dean Earl Butz, later appointed by then President Nixon as Secretary of Agriculture. Thom was 28 at the time.

After a year, Thom and Bianca knew it was time to “get out of Dodge.” Casting about, Thom accepted a research fellowship at the Worcester Foundation for Experimental Biology in Massachusetts. Bianca who had learned programming on one of the very first computers installed in South Africa, easily found a new job nearby, applying her knowledge of COBOL to an IBM 360 system.

Taking notice of Thom’s creativity while on a speaking visit to the Worcester Foundation., Professor Seymour Ehrenpreis of Georgetown University offered him an assistant professorship in Pharmacology. Thom accepted and moved his family to Silver Spring, Maryland. Shortly thereafter he followed Prof. Ehrenpreis to New York Medical College and eventually to Mount Sinai School of Medicine in Manhattan. Much in demand for her computer expertise, Bianca also made a job move to Philip Morris while raising their two children.

While at Mount Sinai, Thom applied for and received a grant from the National Eye Institute, a division of the National Institutes of Health, to study ophthalmic pharmacology, specifically the single cell type in the retina involved in the blindness of glaucoma that transmits images to the brain. This led to many further grants for his research on glaucoma until his eventual retirement from Mount Sinai as Emeritus Professor, some twenty years later.

Their children having grown, Thom and Bianca turned their attention to moving again, downsizing from their big house on a hill in Pleasantville. A beekeeper by avocation, Thom needed to remain close to his several beehives in the area, so they focused on Westchester. After many field trips, they settled into a delightful unit on the West Hill overlooking a pond.

If and when you meet Thom and Bianca, ask them about their goldenrod honey. They may treat you to a batch you can smear on

toasted, buttered whole-wheat English muffins. It tastes like it’s made in heaven but is actually made right here in Westchester County by Thom’s bees!

* * *

MY SNEAKY LOW-AIRFARE TECHNIQUE

By Susan Statkowski-Rivalsi

Did you know that sometimes a trip by air can be less costly if you purchase two one-way tickets instead of combining the flights on a single roundtrip ticket?

Using *Expedia.com* I actually made my “one-way-ticket” discovery while planning a multi-destination trip. That led me to try it on simpler trips, which has occasionally worked equally well. I’ve only done this for domestic travel.

So...what’s my technique?

First, know your criteria/preferences. Will you only fly out of a specific airport, only fly on non-stop flights, only fly midday, only fly on specific dates, etc.? Or are you flexible about any of those aspects?

Second, it’s important to purchase as far in advance as possible and be prepared to do so immediately, as fares can increase suddenly and/or there may be only one or two seats left at that amazingly cheap fare you just found.

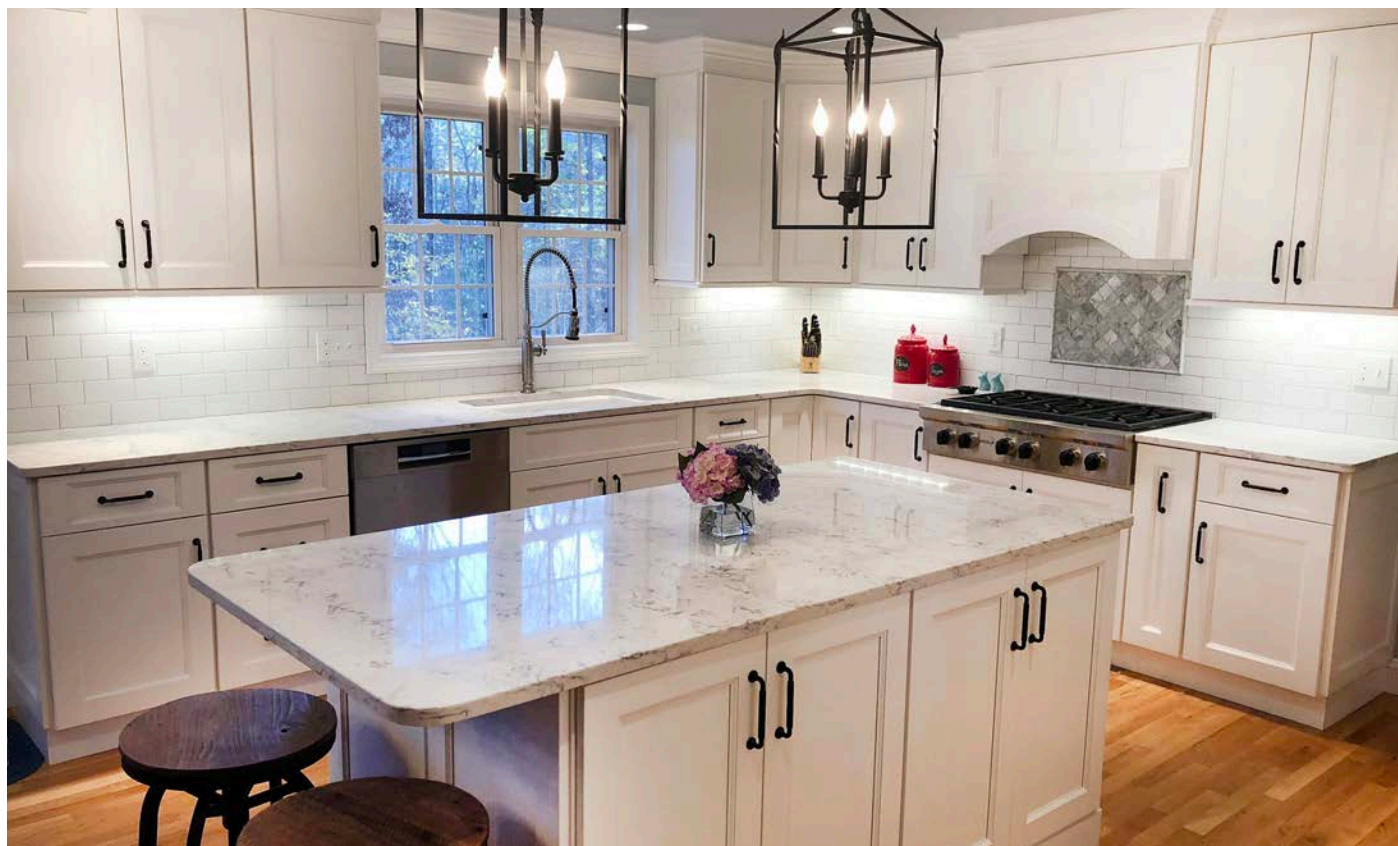
When you’re ready, have your credit card handy, and take the following steps having chosen to work a location where you can focus uninterrupted:

1. Make a list of the departure and arrival airports and travel dates.
2. Perform a search for all one-way flights on those dates and print each list.
3. Cross out the flights that don’t meet your criteria.
4. Using the remaining “okay” one-way flights, put together the least expensive combinations.
5. Now put those combinations together on the website as single round-trip tickets to see the fares that produces.
6. Compare those round-trip fares with their one-way counterparts.
7. Quickly book the least expensive.

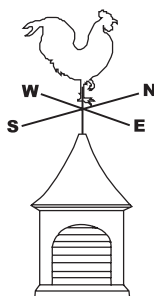
By using the above technique, I was able to reduce what would have been a \$1,600 fare to less than \$1,000, realizing a savings of more than \$600...almost 38% for my four-leg trip.

And my criteria are rather persnickety—I’ll only fly out of/into Westchester County Airport – two connecting flights are fine, and I allow approximately one-hour between flights (and in the winter make the transfer at warm-weather-area airports—Atlanta, yes, Chicago, no); I’ll only fly midday except when flying west to east, in which case I take overnight flights; and, finally, brand X airlines are not okay. Even being that picky, I realized that \$600 savings. What might the savings have been had I been more flexible?

The airlines count on folks not doing what I do. They know doing so requires a person have an organized mind, time, and patience...and be computer literate. Fortunately for me – and unfortunately for the airlines – I meet those criteria.



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NEEDLECRAFT GROUP'S BOUNTIFUL YEAR

Text by Cindy Kennedy, photos by Linda Neira

Our talented Heritage Hills Needlecraft Group produced a whopping 690 pieces of knitwear in 2021. The nearly three dozen members kept busy throughout the year, crafting a variety of knitted and crocheted items for community centers and hospitals in our area.

In the spring, Linda Neira, the Group's leader, presented 125 charming "preemie" hats to the Northern Westchester Hospital's neonatal intensive care unit (NICU). Since pandemic protocols restricted hospital visits from the public, Linda delivered the preemie hats to Annette Serrano at the Northern Westchester Hospital Foundation. Annette said the nurses would be delighted to receive the colorful caps for the tiny babies, as the NICU had depleted the Needlecraft Group's last batch. Linda then returned in September to deliver another 150 hats, which should suffice until the Group's next preemie-hat donation in the spring.



Blythedale Children's Hospital was pleased to accept the Group's cozy baby blankets, but strict conditions were required. The blankets had to be washed in all-natural laundry detergent, and each blanket had to be individually bagged. The group used scent-free detergent, and every knitter washed and bagged the blankets she had made. In July, Linda and Elizabeth Royston delivered 47 blankets to Debbie Sicari, Blythedale's Director of Therapeutic. Debbie, appreciative of the donation, suggested that the Needlecraft Group consider making scarves for teen patients who are often overlooked.

Always ready for a challenge, the Needlecraft Group members got busy creating long teen-centric scarves in a wide range of patterns and colors. Linda, along with Dorothy Cohen, returned to Blythedale in November to deliver 37 more baby blankets plus 20 festive scarves for the teens. Debbie Sicari later told Linda that the scarves were a big hit with the teens at the hospital. The Needlecraft Group also made and donated scarves and hats to the Somers Library Supplies Drive for the Putnam/Northern Westchester Women's Resource Center.

Every autumn, Needlecraft Group members craft knitwear for the "Share the Warmth" program at the Community Center of Northern Westchester (CCNW). At the beginning of December, Linda and Dorothy dropped off 13 large bags brimming with scarves, hats, headbands,



and shawls. CCNW Operations Manager Nicole Sorgi noted that some of the Needlecraft Group's donations would be given to senior-citizen clients as a holiday surprise. Warm scarves and hats are needed throughout the winter, and the Group will donate more to CCNW at the end of January.

The Needlecraft Group welcomes knitters of all skill levels. For information on joining this creative group, please call Linda at 914-277-2776.

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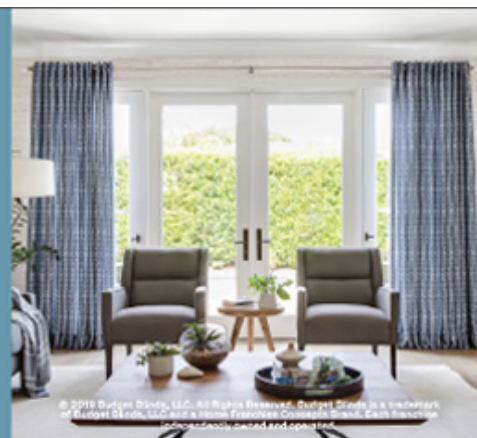
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MAPLE SYRUP— NATURE'S HEALTH FOOD

Text by Karl Milde, photos by Cheryl Milde

When I was a young boy, my mother would insist that I tag along as she picked wild blueberries on the hill behind our house. She gave me a separate bucket so I could pick too, but she filled her bucket long before I'd barely covered the bottom of mine. When we returned home, mother made blueberry jam and blueberry syrup. Delicious, right?

Maybe so, but even from that young age, I wanted *maple syrup* on my pancakes. Perhaps *because* my mother always served blueberry syrup, I've long had a craving for everything maple.



Today I buy maple syrup by the gallon and always keep a small carafe of it handy in the refrigerator. I add it to my pancakes, my oatmeal, and even my coffee as a sugar substitute. A gallon jug costs sixty dollars locally if you know where to find it. I recently snagged one in Vermont for only fifty-five dollars.

All available Grade A maple syrup is not the same. Depending upon the time the maple tree sap is harvested (mostly during March) and how the sap is reduced, the syrup may have either a golden color with a delicate taste, an amber color with a rich taste, a dark color with a robust taste, or a very dark color with the strongest taste of maple. I like all these varieties but, when pressed, I'd have to say the golden one with the delicate taste is as close to perfection as I can imagine.



While the *taste* of maple syrup is the main reason I buy it, there also exist certain health benefits of using maple syrup that one cannot obtain from corn syrup, cane sugar, or artificial sweeteners. Maple syrup has no artificial coloring, flavors, or preservatives, while being a natural source of manganese, riboflavin (B2), calcium, potassium, sodium, copper, and zinc. Studies have shown that maple syrup can contribute to one's health and well-being in a number of ways:

- **It is good for the liver:** A study from the University of Tokyo suggests that maple syrup may promote a healthy liver, since it seems to inhibit certain genes linked to the production of harmful ammonia.
- **It's rich in antioxidants:** Maple syrup contains 63 types of antioxidants, similar to fruits and vegetables. Because the syrup is unprocessed, it retains all the antioxidant molecules the maple tree produces to protect itself.
- **It's a good brain food:** Maple syrup is an excellent source of manganese, which improves not only brain, but also nerve function.
- **It has anti-inflammatory properties:** Maple syrup contains a combination of phenols and other compounds that can slow inflammation.

Not only can maple syrup add both great taste and nutrition to one's food or drink, it is also a good source of energy. There's a lot to like in this special gift from nature.

OUR DOG WOLF — Part 1

Text and photo by Stephen Bobolia

One of the recurring type stories featured in *Reader's Digest* was the "My Most Unforgettable Character" story, in which alternating writers would do a story about some interesting individual with quirky character traits. Along those lines I'm writing, here, about my most unforgettable character, our dog Wolf.

Although described by his former owner as a German Shepherd dog, Wolf was of doubtful pedigree and about half the size of a normal German Shepherd. He was intelligent and possessed an indomitable spirit and strong work ethic. He was also annoying, mischievous, and incorrigible. He would chase the neighborhood kids that teased him; he growled if anyone dared to stop brushing him after five minutes. Wolf would run like hell if he did something naughty but was always slinking back and sneaking a peek at you to see if all was forgiven. He was infamous for the general havoc he would create out in the yard.



One spring day I was outside depositing bags of mulch near the shrubs. Wolf stared at me as I struggled to open a bag with just my hands. I went inside and grabbed a box cutter. When I returned, I found Wolf in full whine mode as he frantically clawed at one of the bags. Two of the bags had already been reduced to shreds with mulch and pieces of bag scattered all over the lawn. I gave Wolf a treat and thanked him for his efforts (and brought him inside).

On another occasion I was outside by the woods at the edge of our lawn. A storm had knocked down some tree branches. Wolf studied me as I dragged the branches into the woods. Uh oh, I thought...he wants to help. I took him inside and began to watch TV. Sometime later my wife let him out to do his business. I eventually went outside to survey the cleanup. At the edge of the woods, there was Wolf with a large branch clenched between his teeth. He growled as he struggled to pull it towards our lawn and add it to his already substantial pile of branches.

Wolf's indomitable spirit was finally broken during the newspaper incident, which I'll share with you next month.

* * *

HAIKU FOR JANUARY

Verse and photo by Sue Shea

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Cold and snow and ice
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THE STONE WALLS OF MEADOWLARK PARK

By Karl Milde

One of the many things locked in my childhood memory is my father's obsession with building stone walls around our family home in Northwest Connecticut. The walls took several years to construct, but as section after section was completed, we'd stand back and admire it. For a moment we'd forget all our hard work because it looked so exceptional.

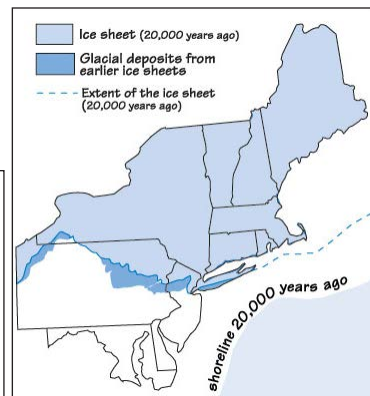
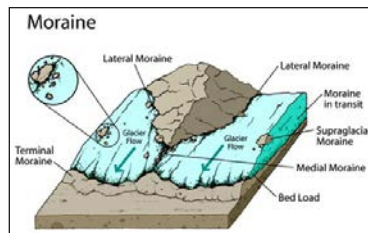


By Cheryl Milde

To build these walls we had to make repeated forays to the nearby fields of our farm to gather stones. At the time, I assumed all farm fields were like ours: surrounded by stone walls built by our forebears who removed rocks, like potatoes, when they tilled the earth. We had this same problem. Rocks would turn up whenever we plowed a field. This was normal, right?

Not really. It depended upon where you were. My father explained that a glacier had brought us the rocks some twenty-thousand years ago and dropped them in place at the end of the last Ice Age. Our farm was near the southernmost edge of that glacier.

As I learned later, the rocks were part of what is called "moraine," the residue left behind when a glacier recedes.



Fast forward to the present day in Meadowlark Park. On no matter which trail you wander, you'll come across old stone walls built of rocks that a farmer harvested long ago from a cornfield or hayfield. Sometimes he didn't just drop the rocks in a row, but he laid them carefully to form a wall: an elegant edge to the field. These walls sometimes served as permanent "fences" for grazing livestock. You may notice that the farmer left gaps in the walls to allow for entrance and egress of livestock and also machinery.

continued on next page



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By Bonnie Sue

Unfortunately, time has taken its toll, reducing even the best-built walls to a row of rubble. When farmers constructed walls of this type, the use of cement was not an option. Perhaps for that reason, my father refused to use cement in the walls around our home to bind the rocks together. Yet these walls are still standing today, having withstood some seventy-five years through New England winters of snow and ice.

The use of cement in stone walls is considered poor practice even to this day. In fact, a number of the stone walls here in Heritage Hills built recently by experienced stone masons are likewise solely of stone construction. The next time you walk by the remains of stone walls in Meadowlark Park, take a moment to admire the craftsmanship.

* * *

ROCKEFELLER STATE PARK PRESERVE A WIDE CHOICE OF WALKS

Text by Shirley Kesselman, photos by Judy Weber

Rockefeller State Park Preserve is a well-known park highly utilized by hikers and walkers. The last time I visited I met several people who had come north from Manhattan to enjoy its' beauty. In addition to splendid views, the park boasts crushed stone paths wide enough to accommodate groups and families. Trails are marked. Walking there is easy.

A word about the paths. They were built as carriage roads by John D. Rockefeller, Jr. whose family donated the land to New York State in order to protect its' natural beauty and wildlife. An occasional carriage can still be seen there.

There are 15.7 miles of named trails in this park. I usually start my hike by taking Brothers Trail which serves as a hub for other trails in this area. I can veer off to another named trail thereby adding variety and distance to my visit. *Walkable Westchester* lists 22 named trails there. Some are winding and interconnected. A trail map, available at the visitor's center, is strongly recommended.

Trails pass woods, fields, streams, and stone walls from colonial times. The terrain is hilly. In the preserve, oak, tulip poplar, maple, and beechwood trees predominate. Two hundred species of birds have been recorded. During the spring 100 species of bees frequent the wildflowers. Spring is also the time to view the copious peonies near the visitor's center.

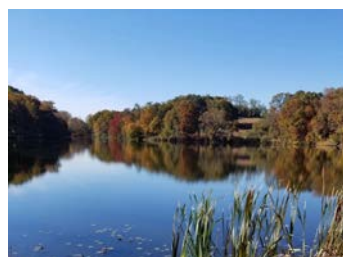
This preserve is designed for active folks. There are no picnic tables as picnicking is not permitted. I've seen only two benches, both on



the one-mile Brothers Trail circling Swan Lake. Hikers, joggers, walkers – some with leashed dogs – and birders are numerous. Horseback riders are welcome with a permit obtained at the park office. Pedestrians are advised to yield to carriages and equestrians. Bicycle riding is prohibited. Swan Lake and the Pocantico River are available to licensed fishermen. During the winter one can go cross country skiing and/or snow shoeing.



To reach Rockefeller State Park Preserve's main entrance from Heritage Hills, take the Saw Mill River Parkway off Route 684 (exit 5) to the Pleasantville exit and follow Route 117 east. Pass U.S. Route 9 and in about a mile look for the Preserve's main entrance on the left. Getting to the Preserve takes about 1/2 hour. Although there is a large parking lot, it fills up quickly on weekends despite the \$6 parking fee. You will see many cars parked on Route 117. Weekdays the fee is the same, although November 1 through March 31 weekday parking is free. The Preserve is open sunrise to sunset. Enjoy!!!



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THE SHUTTLE BUS REPURPOSED

By Stan Herz Pearlman

Is it time to look at new uses for the Heritage Hills Shuttle Bus?

Covid has taken its toll on ridership. Commuting is off, home delivery means fewer shopping trips, and doctor office hesitancy together with telemedicine means reduced nonessential trips for medical purposes.

A company in Hong Kong may have found the solution for boosting ridership.

According to a bus company executive, as reported in the *Hong Kong Standard* in October, "When we were brainstorming new tours, I saw a social media post from a friend saying that when he was stressed out he couldn't sleep at night," said the manager for Marketing and Business Development at bus tour organizer *Ulu Travel*. "But when he was traveling on a bus, he was able to sleep well. His post inspired us to create this tour that lets passengers just sleep on the bus."

Who at Heritage Hills – or anywhere for that matter these days – is not stressed out, between Covid and politics? According to the company in Hong Kong, the first "Sleeping Bus Tour" sold out. Some passengers came prepared, bringing their own blankets and changing their shoes to slippers, while others brought travel pillows.

The way it would work at Heritage Hills is it would just piggyback on the normal bus service. When a resident calls the dispatcher at Security, the rider would specify one or two sleep cycles on the bus. The trip to Acme is about 20 minutes, but with stops, waiting, and boarding, a roundtrip could take more than forty-five minutes. That is quite sufficient for a midday nap, unless the resident wants two sequential snooze trips.

Although the Society is expected to provide bus service for commuting and shopping, there is nothing in any document that prohibits trips for sleeping.

Is the Society Board ready to take this bold step? Hopefully they will sleep on it.

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Submitted by Barbara Taberer, Director

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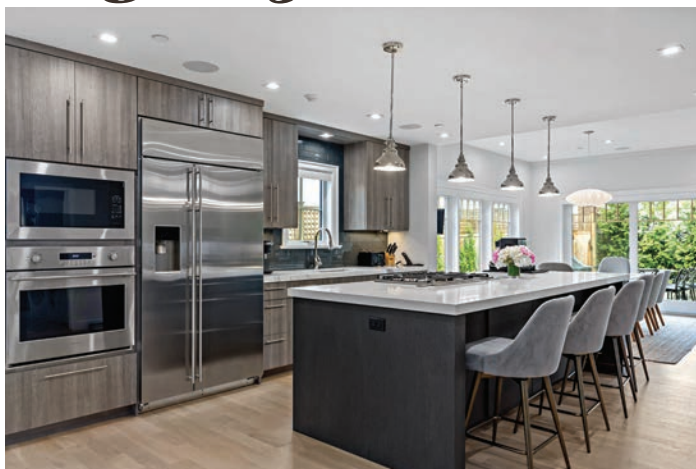
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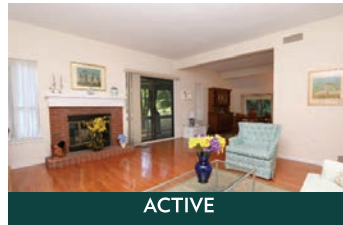
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HOULIHAN LAWRENCE • Jefferson Valley	<div></div>	\$5.1M
MANCINI REALTY INC. • Somers	<div></div>	\$5.0M

THE BOOK SHELF

By Cindy Kennedy

John Le Carré, the master of espionage fiction, was best known for writing *The Spy Who Came in from the Cold* and his *Tinker, Tailor, Soldier, Spy* trilogy. The esteemed late author's final novel, *Silverview*, was published posthumously this past fall.

Silverview begins in a contemporary West End London neighborhood. Lily, a young woman with her toddler son in tow, knocks at the door of a posh townhouse. She is adamant that she speaks only to a man named Proctor. When Proctor ("a stalky, bespectacled man in his mid-fifties") identifies himself, Lily hands him a white envelope containing a letter from her dying mother. After Proctor reads the message, he instructs Lily to give her mother a verbal reply: "Our immediate answer is yes to everything."

The next scene takes place in a seaside town in East Anglia where 33-year-old Julian Lawndsley is running a small bookstore. Julian, who had been a successful bond trader in London, forsook the high-pressure city for a quieter lifestyle.

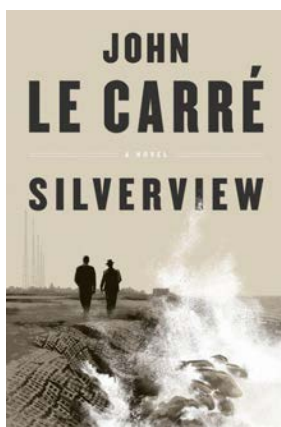
One afternoon, a new customer, with "a sixty-something face under a mop of white hair," pops into the bookstore. After the man introduces himself as Edward Avon, Julian wonders "Is the voice entirely English? It's rich, interesting, and compelling. But is there not a very slight foreign flavor to the cadence?" Edward explains that he is a "British mongrel, retired, a former academic of no merit, and one of life's odd-job men."

The next morning, the two men encounter one another at the village café. "A most amazing coincidence," Edward informs Julian, "I was a friend of your late lamented father." He goes on to explain that he and Henry Lawndsley had been schoolmates when they were boys. Julian, equally surprised and suspicious of Edward's claim, nevertheless is drawn into a friendship with the enigmatic gentleman.

Edward, with his vast knowledge of literature, offers to help Julian establish a classics book section in the bookstore's basement. Although Edward is reticent to discuss his private life, Julian discerns from locals that Edward lives in Silverview, "a big dark house on the other side of town" which his estranged wife Deborah had inherited from her father. The more Julian learns about Edward, the more intrigued he becomes.

The author deftly sets up his characters like pieces on a chessboard, each making a swift, unexpected move. *Silverview*, indeed, is vintage Le Carré—a worthy coda to a distinguished writer's stellar career.

(Note: *Silverview* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see pages 6 and 7.)



HOW DOES YOUR GARDEN GROW?

THE BURNING BUSHES OF HERITAGE HILLS

Text by Karl Milde, photos by Cheryl Milde

And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush; and he looked, and behold, the bush burned with fire and the bush was not consumed. Exodus 3:2.

Wait just a minute! A bush that's on fire and doesn't burn? Huh?

It turns out there is such a plant. Nursery growers call it "euonymus alatus," but most folks call it "burning bush" after that famous shrub that caught Moses' attention. We see it everywhere in and around Heritage Hills with its attractive foliage that turns fiery red in the fall.

Originally from the Far East — China, Japan, and Korea — this plant is particularly easy to grow in the Northeast, Midwest, and South. Nurseries and landscapers love it, so much so that its nursery sales exceed tens of millions of dollars each year. The downside is that it spreads aggressively and tends to dominate native species of shrubs. It is actually listed as an "invasive species" in twenty-one states and has been banned in Massachusetts and New Hampshire.



Burning bushes grow at a slow to moderate pace of one or two feet per year until they reach maturity at a height of ten to twelve feet. During the summer their leaves are a pleasant green. In autumn they turn and exhibit their dazzling red color. The leaves fall to the ground in winter but grow anew in the spring.

Red-orange berries of burning bushes drop and create unwanted seedlings that outcompete with other plants, as noted above. This is undesirable from a landscaper's standpoint, but the bushes are often purchased and planted in developments like Heritage Hills because they are robust and have attractive dense foliage. Fortunately, their spread is kept in check by landscapers here pruning them annually.



All parts of this shrub-like plant, if ingested, are toxic and/or purgative. The roots and seeds include cardiac glycosides, which affect cardiac rhythm, and the leaves are a strong laxative. Because of such effects, parts of the bush were once widely used as folk medicine by Native Americans.

Burning bushes are extremely low maintenance. They will grow in poor soil and tolerate drought. They are also deer resistant and attract birds and pollinators.

The next time you pass a burning bush here at Heritage Hills next Fall, stop and take notice of this unusual plant. Like Moses, you'll be glad you did.



SPICY SHRIMP & CASHEWS

Submitted by Elizabeth Royston

Here is a recommendation from a new member of the Culinary Group, Walter Heitner, to brighten up your winter palate.

INGREDIENTS

- 1 pound of medium size shrimp
- 4 ribs Celery, thinly sliced
- 3/4 cup roasted salted cashews
- 3 Scallions thinly sliced--separated white and green

Add these ingredients to make the dish SAUCY – vary depending on how saucy you prefer:

- 2 to 3 tbs. soy sauce
- 2 to 3 tbs. sherry (or rice cooking wine)
- 2 to 3 tbs. dark sesame oil

Add these ingredients to make the dish SPICY – vary depending on how spicy you prefer:

- 1 to 2 tbs. finely chopped fresh peeled ginger (or 1/2 to 3/4 tbs. powdered ginger)
- 3 to 4 cloves finely chopped fresh garlic (or 1/2 to 3/4 tbs. powdered garlic)
- 1/2 tsp. crushed red pepper flakes
- Salt & vegetable oil to taste

PREPARATION

1. Heat skillet to high, add some vegetable oil, add celery and cashews with a little salt, stir fry for 3 to 5 minutes, and transfer to a plate.
2. Add some more oil to the skillet, heat it, then add shrimp and perhaps a little salt, and stir fry 2 to 3 minutes.
3. Add spices and scallion whites and stir fry for 1 to 2 minutes.
4. Add cashews, celery, most of the scallion greens, and the sauce mixture, and stir fry for 1 to 2 minutes.
5. Serve after sprinkling the remaining scallion greens on top.

FIT-BITS NEW YEAR, NEW YOU!

Text by Mary Tedesco, photo by Elizabeth Royston

I thought it would be a great idea to share one of our resident's fitness journey. His name is Howard Robinson.

Howard said that when he was young, he was a chubby child but always active and loved sports. As a young adult Howard joined a fencing club and played a lot of tennis. He loved tennis because of the feeling of the rhythm one established in a rally – a feeling of control with your body and mindfulness it instilled.

Howard's workout at the Fitness Center – which varies most days between weightlifting, cardio and stretching – is more of a conversation he has with himself. He asks himself where am I feeling stress right now? Do I feel flexible? Is my heart rate increasing?

He concentrates on his form, standing up straight and thinking about his posture while he is exercising. When he is attentive to his form, he gets feedback from his body and gets so much more out of the exercise.

Howard loves cardio the best! Five years ago he had a heart attack. He was 64 and always active, but not aware of heart disease! After having a stent put in, his heart attack was helpful in a way because he became acutely aware of what he needed to do for heart health. His favorite machine is the elliptical, which monitors his heart rate as he works out. He likes the levels, the control, and that it feels non-invasive. He also is a big fan of the rowing machine. There is plenty of choice and he likes to mix it up. He loves the full body workout feeling.



He said the best part of the fitness center is the camaraderie, the social setting, and that you are able to ask questions and get professional answers. Howard loves that here in the Fitness Center there are people of all ages, and wishes he had this awareness earlier.

Exercise is a mood changer. Some days if Howard is feeling not so up but forces in a nice workout, he gets a mood lift. He feels he leaves the Fitness Center in a positive frame of mind, more prepared to meet the challenges of the day and with more self-respect...accomplished...and walks taller than when he walked in... more engaged with life! His positive energy after his workouts branches out to the everyday things, such as chores.

Howard credited Jonathan's consultation with him for helping target his weaknesses. He pointed out that Jonathan's knowledge of exercises and stretches to help him with ongoing sciatica and calf cramps was extremely important and helpful.

Howard eats mainly clean, fresh foods – simple fare of broiled chicken or fish with lemon and herbs accompanied by a salad of peppers, corn, onions, lettuces, just a ton of veggies.

Howard's benefits of exercising:

- 1) Health
- 2) Having hope in times of difficulty
- 3) Joy of living

Howard is an inspiration.

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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 OneKey/HGAR MLS agents from 1/1/2021 to 11/10/2021

	2021	2020	2019	2018
TOTAL SOLD	131 (\$275,000-\$750,000)	127 (\$227,500-\$829,500)	139 (\$245,000-\$835,000)	123 (\$225,000-\$739,000)

Various units sold by MLS agents from January 1 to December 10, 2021

1 BEDROOM

ADAMS	\$285,000	GUILFORD	\$360,000; \$380,000;	RADCLIFFE	\$410,000; \$429,000;
AMHERST	\$440,000		\$375,000; \$361,000;		\$480,000
FRANKLIN	\$305,000; \$375,000;		\$400,000; \$385,000;	SUFFOLK	\$335,000; \$360,000
	\$305,000; \$305,000		\$385,000; \$411,000	WHARTON	\$435,000

2 BEDROOM

ARMONK	\$453,500; \$405,000;	HAMPTON	\$365,000	RIDGEFIELD	\$434,000; \$420,000
	\$445,000; \$465,000;	HANCOCK	\$320,000; \$330,000;	ROCKLAND	\$359,000
	\$460,000; \$480,000;		\$370,000	SALEM	\$500,000; \$492,000;
	\$469,900; \$400,000;	HARVARD	\$690,000; \$665,000;		\$512,000; \$435,000;
	\$515,000; \$455,000;		\$676,250; \$699,900;		\$459,000; \$470,000
	\$470,100; \$459,000		\$710,000; \$749,000	SOMERS	\$471,000; \$450,000;
BEDFORD	\$535,000	JACKSON	\$425,000		\$450,000
BERKSHIRE	\$535,000; \$530,029	KATONAH	\$375,000; \$470,000;	STRATFORD	\$490,000; \$500,413;
CANAAN	\$395,000; \$485,000;		\$410,000; \$440,000		\$421,000; \$422,500;
	\$435,000; \$390,000;	KENT	\$460,000		\$469,000; \$400,000;
	\$455,000	LITCHFIELD	\$315,000		\$458,000; \$570,000
COLGATE	\$552,000; \$537,500	MONROE	\$342,000; \$350,000;	STRATFORD II	\$502,000
CONCORD	\$610,000; \$450,000		\$420,000; \$355,000;	SYRACUSE	\$650,000
CORTLAND	\$425,000		\$425,000	ROCKLAND	\$359,000
ETHAN ALLEN	\$395,000; \$340,000	PRINCETON	\$529,000; \$562,705;	WELLSLEY	\$505,000; \$643,000
FAIRVIEW	\$390,000; \$625,000		\$605,000; \$580,000;		
HAMILTON	\$360,000; \$374,000		\$600,000; \$601,000		

3 BEDROOM

ADAMS	\$285,000	GUILFORD	\$360,000; \$380,000;	RADCLIFFE	\$410,000; \$429,000;
AMHERST	\$440,000		\$375,000; \$361,000;		\$480,000
FRANKLIN	\$305,000; \$375,000;		\$400,000; \$385,000;	SUFFOLK	\$335,000; \$360,000
	\$305,000; \$305,000		\$385,000; \$411,000	WHARTON	\$435,000

HAPPY 2022

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