



Heritage Hills Newsletter

MARCH 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

Medicare Rights Center – 800-333-4114

EPIC - 800-332-3742

New York State 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 ARE STRONGLY RECOMMENDED BUT ARE OPTIONAL FOR RESIDENTS AND THEIR GUESTS IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF OF VACCINATION.

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

WESTCHESTER COUNTY

SENIOR ENTITLEMENTS PROGRAM

Friday, March 11, from 1 to 2 pm in Lake Lodge, Room 2 –

By Appointment*

Hosted by Jade Lew, Geriatric Case Manager, we continue our free monthly public service offered to Heritage Hills residents. This month, the following two topics will be covered:

- MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD ENDS MARCH 31

During this period, individuals enrolled in Medicare Advantage (MA) plans can drop their MA coverage and choose original Medicare with a Prescription Drug Plan, or change from one MA plan to another, with or without prescription drug coverage.

- CAPTION PHONES FREE TO HEARING IMPAIRED INDIVIDUALS

In compliance with the Americans With Disabilities Act, persons with hearing impairment may be provided with a phone which has a readout of the conversation. Phone and installation are free.

* **Limited to first 10 requests, which should be sent to jadewonglew@gmail.com.**

* * *



JOIN US FOR THE MOVIE **USHPIZIN**

Submitted by Joyce Spector

Sunday, March 20, at 1:30 pm in the Activities Center and on Zoom

In this comedy/drama film rated PG (adult language) – in Hebrew with English subtitles – 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.

Admission is \$10 per person in the Activities Center and \$10 per family on Zoom. Payment is due by March 20. Checks payable to Club Shalom should be placed in our mailbox along with your name, phone

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

number, and email address. A Zoom link will be transmitted by March 20. Walk-ins are welcome as space allows. **Proof of vaccination and masks are required.**

If you have any questions, call Alan Tepper at 914-670-8396.

TAMAR HADASSAH PROGRAM

EXPERIENCING & COMBATING HATRED: A PANEL DISCUSSION

By Jane Elisofon and Harriet Leib

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

There is growing concern about an escalating climate of hate and bigotry in the United States. Our diversity was understood as one of our Country's strengths. Today many ethnic and religious groups feel increasingly targeted as "the other" and therefore unsafe. The Advocacy Committee of Tamar Hadassah has recognized these concerns and brought together this diverse panel of experts:

Patricia Adams, MBA, Heritage Hills resident, activist, author on race relations

Heidi Cambareri, President, Somers Board of Education; Chair, Somers Equity Education Committee

Michael Cohen, Eastern Regional Director, Simon Wiesenthal Center

Bhavana Pahwa, MSW, leadership roles in Asian/Indian-American organizations

A question-and-answer period will follow the discussion.

Admission is free, as space allows. **Proof of vaccination and masks are required.** To register to participate via Zoom, by March 27 place the following information in the Club Shalom mailbox: name, phone number, and email address. A Zoom link will be sent to you prior to the event.

If you have questions, call Alan Tepper at 914 670-8396.

ON THE COVER

This Great Blue Heron was seen by Susan Stempler Bloom on Saturday afternoon, January 22, at the pond to the left of the entrance to the Activities Center parking lot.

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COMING EVENTS

CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. Masks must be worn and proof of COVID vaccinations is required.



TWO LECTURES BY RICHARD CLINCHY

Richard Clinchy is a Councilman for the town of Somers and teacher emeritus: Government and Law, John Jay High School,

HISTORICAL PARALLEL: 2020s to 1850s?

Tuesday, March 22, at 1:30 pm

Is the United States headed for another Civil War? Is this question hyperbole or justified concern?

This lecture will focus on the dramatic decade leading up to 1861. Are there lessons to be learned? How did the United States slide into a war that seemed unimaginable to almost everyone in 1850? Why did attempts to avoid war instead add fuel to the fire?

Among those who see the possibility of a split in our nation on the horizon, what actions to avert such a fate are being offered?

CONTEMPORARY U.S. ECONOMICS 101

Tuesday, March 29, at 1:30 pm

What's going on in America's economy? What do the economic decisions America makes today mean for the future?

This session will examine the existing fiscal and monetary policies of the federal government; consider the opinions of political and economic pundits regarding what the future may hold and the choices they believe President Joe Biden has before him.

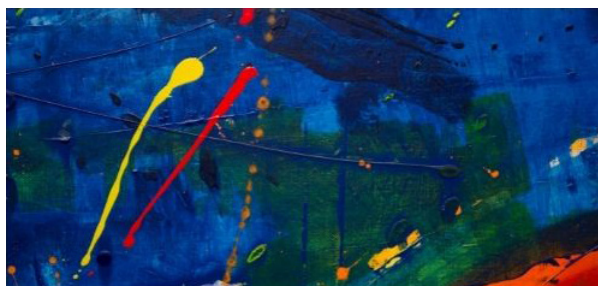
Admission: \$10 per lecture per person (pay at the door). If you have any questions, call Ann at 914-617-9434.

ART LECTURE BY HEATHER COTTER

Heather Cotter is a frequent lecturer at The Museum of Modern Art in New York City.

INVENTING ABSTRACT ART

Tuesday, April 5, at 1:30 pm



Blue, Green, Orange & Yellow Abstract Painting by Steve Johnson, (CANVA)

Abstract art has become so central to our concept of modern art it is difficult to consider a time when it did not exist. However, it was right around 1910, when several artists in Europe and America began experimenting with non-representational imagery, that what became known as Abstract Art came as a shock to the public who had never seen anything like it before. In this lecture, Ms. Cotter will consider several pioneers of abstract art including Pablo Picasso, Wassily Kandinsky, and Hilma af Klint, and discuss what led these different artists, from diverse backgrounds, onto a similar path.

Admission: \$10 per person (pay at the door). If you have any questions, call Ann at 914-617-9434.

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.

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SOCIETY BOARD MONTHLY MEETING

Thursday, March 24, at 7:30 pm in the Heritage Room or on Zoom

As the time draws near it will be decided whether the meeting will be live in the Heritage Room or on

Zoom. Watch for email blasts.

All owners are welcome to attend the live meeting. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs.

Owners are welcome to raise matters of concern either in person, if it's a live meeting, and can submit such concerns by email to society@hhsociety.org or by regular mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number on written correspondence or when speaking at the meeting.

* * *



ORGANIZATIONAL MEETING

By Diane Purr, Commissioner

Wednesday, April 6, at 3 pm in the Heritage Room

It's time to think about spring! Enough snow, enough cold, let's move forward on a positive note. This meeting is for anyone interested in joining in the fun and camaraderie that is the Bocce League.

League play is on Thursday mornings beginning at 9 am and will start in May and run through October. There also will be open play on Wednesday and Saturday mornings at 9:30 am.

Please contact me at 914-617-9338 or purrfam@aol.com prior to the meeting if you would like to be the captain or co-captain of a team, or if you have any questions.

* * *

THE TRAVEL GROUP

By Elaine Soliman

At last, at last!! Winter is starting to hold back, and Spring is pulling forward. Brighter days are on their way and The Travel Group hopes to make your days even BRIGHTER! We hope you will join us for the following trips for which flyers are available in the Activities Center:

BOOTLEGGING, BUNKERS, AND BARN

Thursday, April 28, 10 am to 5:30 pm

Our first trip this year will be to Pine Plains New York. We will take you back in time with a guided tour to the era of prohibition. The "Bunker," reportedly built by the notorious mobster Dutch Schultz, consists of underground tunnels built to escape the "Feds." Included is lunch at the Boathouse in Lakeville, Connecticut.

The bus will leave Lake Lodge at 10 am. Cost is \$139 per person. Checks made payable to the Heritage Hills Travel Club should include unit and phone numbers and be placed in the Group's mail slot at the Activities Center.

TRIBUTE TO ABBA

AT THE AQUA TURF CLUB

Wednesday, May 18, 10 am to 5 pm

We have had many requests to return to the Aqua Turf Club, so we have planned to do so for this show that will take us back to the days when ABBA ruled the music world with their great pop hits. If you liked the play or movie *Mamma Mia!*, you will love this show!

Our bus will depart the Lake Lodge parking lot at 10 am and return around 5 pm. The cost is \$120 per person. Donuts and coffee will be served upon arrival, followed by a family-style lunch. Checks made payable to the Heritage Travel Club should include your unit and telephone numbers and be placed in the groups mail slot at the Activities Center. For reservation information call Pam at 914-276-4295.

* * *

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SOCIETY NEWS

Compiled by Susan Statkowski-Rivalsi

SOCIETY BOARD MONTHLY MEETINGS

There was no Society Board monthly meeting in January, and the February 23 meeting occurred after this issue of the Newsletter went to press. A summary of that meeting will appear in the April issue. Meanwhile, that meeting is being rebroadcast on Channel 21 daily at 2 and 7 pm until the next meeting takes place on March 24.

* * *

COVID RULES UPDATE

Effective Wednesday, February 16, the Society's Covid rules were updated as follows:

- Masks are strongly recommended but are optional for residents and their guests in all Society buildings.
- Food may be served and consumed in Society buildings.
- Masks and proof of vaccination are required for all Society employees and all non-resident instructors in all Society buildings.
- The capacity limit in the Heritage Room remains at 90.
- The capacity limit in the Wood Shop is increased to 9.
- Individual clubs/groups may require masks and/or proof of vaccination to attend their respective events. If so, they are responsible for checking attendees' proof of vaccination.
- Mask are required on shuttle buses.

The rules are subject to change depending on circumstances.

* * *

POOL COMMITTEE

The Pool Committee is looking for a few new members. If interested, please email your name, phone number, and email address to HHpoolcommittee@gmail.com. A plus would be if you frequent pools 2 and/or 5.

* * *

JANUARY SECURITY CALL REPORT

Dave Jacobsen, Prosecur Security

During the month of January our Security staff received and responded to a total of 223 calls regarding the following matters:

Medical	79
Security	30 (open garage doors, other security concerns)
Fire	11 (the majority of which were fire alarms)
Service	74 (including 46 lift assists, 7 persons locked out, and 9 welfare checks)
Maintenance	16 (2 water main breaks)
Car Accidents	6
Parking Violations	4 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

ONE ALTERNATIVE TO NYSEG

By Deica Ruiz

Westchester Power (also known as Sustainable Westchester) is a non-profit program that provides residents an alternative to environmentally harmful fossil fuel sources. They recently hosted a ZOOM presentation during which its representatives discussed a program in which 23 Westchester communities are currently participating; Somers is one of these communities. Westchester Power is not an Energy Services Company (ESCO), which are for profit.

I participated in the ZOOM presentation, and following is my recap:

- The program begins on March 1, 2022, and continues until November 30, 2023, at which time it should automatically renew, although it didn't automatically renew when the prior period expired last year.
- The 100% renewable energy charge is \$.1017 per kWh, the standard charge is \$.8736 per kWh; these charges are for electricity supply only. During the upcoming period, Westchester Power will get their electricity from Constellation New Energy.
- There is no day/night rate, the rate is the same 24/7. The meters will be read as usual by NYSEG. (If you receive estimated charges during some months of the year and prefer to have an actual monthly reading, you can arrange to send NYSEG a picture of your meter reading or email or phone in the meter reading.)
- NYSEG will still deliver your electricity at whatever the prevailing delivery rate is, and will also maintain wires, etc.
- Your monthly NYSEG bill will include the Westchester Power charges, and any credits from participating in the Community Solar program (see below).
- Keep in mind that at any time the cost of natural gas can go down, and your NYSEG charges for electricity would likely also be reduced; the Westchester Power charge for renewable and standard will remain the same for the next 21 months (March 2022 through Nov 2023) regardless of market fluctuations, up or down.
- You can also consider joining Community Solar, which gives you a small credit on your entire bill (from 1% to as much as 10%). There is no charge to opt in to the Community Solar program, and it can be added on to either the standard or renewable energy option of the Westchester Power program.
- You can opt out of these program at any time.

There is much more information on the program at sustainablewestchester.org.

* * *

COUNCIL OF CONDOS

By Terry Clifford

The Council's Zoom meeting held on Wednesday, January 19, at 7 pm focused on how we could counteract the proposed Somers National Golf Club's petition to the Somers Town Board and the Somers Planning Board of adding a Mini Golf Course, Cigar Bar, and Golf Simulator Center on their property in Heritage Hills.

Condo Presidents and/or their representatives in attendance agreed to have petitions or letters sent to the members of the Somers Town Board and the Planning Board objecting to this plan. The Heritage Hills Society Board attorney will review the documents before distribution to the Condo Presidents. The Council of Condominiums is coordinating the petition/letter writing campaign.

A member of the Somers Planning Board in attendance at the meeting suggested the Council wait until the Somers Town Building Department Director reviews the official 1970s DRD (Design Residential Development) which outlines the buildout of our beautiful community and the Golf Course. The Planning Board will meet on Wednesday, February 9, and we may have answers at that time.

Hope to see your Condo President or their representative on Wednesday, March 16, 2022, at 7 pm either on Zoom or in person at the Activities Center.

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY

By Teddi Meltzer

The best classical music value in Westchester and beyond!

If music indeed be the food of love, let's take a big bite; let's play or listen to the music we love, love life, and hold it together until the spring when the Heritage Hills Concert Society presents our 2022 season, with four excellent concerts.

Meanwhile, become a member! Subscription forms are available at the Activities Center. If you have any questions, call Arlene Brown at 914-277-4703.



As you enjoy huddling around the fire, wearing ugly Christmas gift sweaters and woolies (ask someone what they are), here's a question to ponder: Why are there three foot pedals on the piano, and what do they do?

See you at the May concert, when we will answer the question.

Stay warm, stay well, and keep washing your hands.

* * *

FITNESS CENTER FREE CONSULTATION

All residents are eligible for a free 30-minute Fitness Consultation – by the Fitness Center's Mary or Jonathan – at which you will receive a workout plan customized just for you. Call 914-669-5028 to schedule an appointment.

* * *



By Michael Lanotte

MEMBERSHIP NOTICE

Dues are waived for 2022 if you paid your membership for 2020-2021. If you wish to become a New Member, dues are \$12 per person for 2022. Membership forms are available outside the Activities Office. You can also print a copy (at home) from an email blast.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

The Independent and Foreign Film Club 2022 program begins in April. There will be nine monthly films from that month through December, with a charge of twenty dollars for the series, paid by check in advance or at the door. Watch for the announcement of April's film plus a schedule for the rest of the year in the April newsletter.

Proof of vaccination required.

* * *

EAST HILL MEN'S GOLF GROUP

By Ken Freeman

Finally, spring is right around the corner. And that means the golf season starts next month!

If you're a golfer, check out Somers National, a beautiful course that's a fun challenge for all skill levels and right in your backyard. Tough to beat.

And Heritage Hills' East Hill Men's Golf Group is even tougher to beat. I joined last year and am really glad I did. It's a fun group of guys, the banter is always lively, the competition is low key and friendly, and the handicap system levels the playing field even for beginners.

If you're interested, contact the group's Membership Chair, Bob Kenney, at rlkret@aol.com or 914-617-9884. Don't wait. The 2022 season start is just weeks away.

* * *



COMMUNITY THEATER GROUP

By Diana Richter

March brings the beautiful beginning of Spring. And with it, we all hope, the long awaited end of Covid.

In anticipation of that, the cast of *An Inspector Calls* is rehearsing for the Heritage Hills Community Theater production of J.B. Priestley's play in June. The show will be presented on the Heritage Room stage on three consecutive dates. Watch for more information via email, TV, and flyers.

* * *

THE WOMEN'S CLUB

Submitted by Phyllis Bradbury

As you probably know, the restrictions are still the norm as of the beginning of February. This makes it very difficult to plan any event since the cancellation is almost as much work as the planning. We will continue to monitor the Society regulations and will gladly put in place the events we've had on hold for some time. We wish everyone good health and be safe.

If you would like to know more about our club, 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.

* * *

THE SINGLES CLUB

By the Club Board

The Singles Club is still here and biding our time until we can plan an event with games, food, and drink for all our members to enjoy together. We hope you are weathering the weather as we look forward to Spring.

Stay safe.

* * *



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Library COMMITTEE



BOOK RETURN POLICY

All books are circulated for two weeks. Thank you for returning your books on time. Borrowers of books overdue by more than two weeks will have borrowing privileges suspended until the books are returned and the accrued fines are paid.

NEW ADDITIONS TO OUR COLLECTION IN MARCH

Newly Published Books

Fiction

Allende, Isabel *Violetta*
Davis, Fiona *The Magnolia Palace*
Guterson, David *The Final Case*
Lipstein, Andrew *Last Resort*
Yanagihara, Hanya *To Paradise*

Mystery

Foley, Lucy *The Paris Apartment*
Gardner, Lisa *One Step Too Far*
Harris, Joanne *A Narrow Door*
Kellerman, Jonathan *City of the Dead*

Non-Fiction

Goodall, Jane, and
Abrams, Douglas *The Book of Hope*
Raskin, Jaime *Unthinkable*
Sullivan, Rosemary *The Betrayal of Anne Frank*

Newly Acquired Books

Fiction

Carlyle, Rose *The Girl in the Mirror*
Hoffman, Alice *Magic Lessons*
Le Carre, John *Single & Single*
McCann, Colum *Apeirogon*

Mystery

Cook, Robin *Viral*
George, Elizabeth *Believing the Lie*
Nesbo, Jo *The Thirst*
Patterson, James *12th of Never*

Non-Fiction

Cheney, Lynne *James Madison*
Gladwell, Malcolm *The Bomber Mafia*
Kershaw, Alex *The First Wave*

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**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! Four classes for: \$80 / \$20 per class. 4 to 5 pm on Tuesdays in Art Room B in the Activities Center. For more info, call 914-438-6750 or email Judika266@gmail.com.

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

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am. at the Fitness Center and Zoom. Light cardio and balance, functional strength and stretch, restorative breathing and relaxation. Great class to begin or continue your fitness journey. 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 thru Thursday at 9 am and Thursday at 6 pm at Lake Lodge. \$10 per session or 3 classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

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 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 in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over twenty years of experience. \$8 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Chair Zumba/Toning with Theresa. Monday 9:45am. Zoom Only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.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.

Move and Groove with Theresa: Tuesday at 11am at the Fitness Center and Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

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

Zumba Gold with Theresa. Friday at 10 am at the Fitness Center and on Zoom, and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. 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. 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 up-to-date Covid-19 vaccination. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

Mah Jongg Group: - Space is available on Mondays at noon in Lake Lodge Room 3.

- Wednesdays at noon in Rooms 2/3 in the Activities Center. Contact Susan Furino 914-617-9110. Everyone must wear a mask.

- Tuesdays and Thursdays from 11 am until 1 pm in Room 2 at Lake Lodge.

- Fridays at 1 pm in Rooms 2/3 of the Activities Center. Contact Olga LaBoy at 276-2646.

For further information contact Rebecca Fierro at 914-669-5328. If you are not a member now, please call me as we are at capacity and we are taking a waiting list.

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: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month, 9 to 11 am in the Game Room of the Activities Center. Your temperature may be taken. A mask is required at all times. Please do not come to the Activities Center for your Blood Pressure Screening if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or travelled to areas that have experienced high levels of the virus. Contact Ellie at elliebob1@gmail.com or 914-617-2109 for more information.

continued on page 11

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*"Hope Mazzola is an amazing agent! I am an Executor of an Estate and live over 400 miles from the home we were selling in Katonah. Hope arranged for all local service providers we needed to get the house on the market and to close timely. I cannot say enough good things about her, and recommend her without any reservations."
(EW, Executrix, Somers, 2021)*

Thinking of Selling Your Condo?

(Nope it's Not Like Selling a House)

No matter how much you love your condo, there might come a point when you want to move on—which means you may need to know the ins and outs of how to sell a condo. And as I referenced above, No, it's not just like selling a house!

Condos, and especially Heritage Hills units, have their own unique selling points and challenges that are important to know before you put yours on the market. The agent with the most condo listings isn't necessarily interested in selling yours before all others or getting you the highest possible price - he/she will tend to be subjective, forgetting all the unique and special features that make your condo your home.

Getting the right advice on how to pinpoint the right time, price, marketing tactics, and more makes all the difference. Let's get together and discuss your unique requirements and how I can help you move forward with the best outcome and highest price.

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"Hope was wonderful! She was supportive, smart, helpful, funny and knew everything about selling our Heritage Hills condo. She is truly different than all the rest - I cannot recommend Hope enough!" (FS, HH Seller, 2021)



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Alzheimer's/Dementia Caregivers Support Group: Caring for someone with dementia is a difficult and painful challenge. A support group can help those caring for someone with Alzheimer's/Dementia. Meetings will be held on the first Thursday of the month at 12:30 pm in Lake Lodge. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email 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. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email ludwiglr@aol.com.

Senior Entitlements Program: See the COMING EVENTS.

LIBRARY

Open Monday thru Friday from noon to 3 pm, For information on the collection, visit the webpage at hhsociety.org 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 it 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 Dena at 914-589-3560.

TEN-A-MEN'S CLUB

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

TRAVEL CLUB

Our mission was designed for those who enjoy traveling on trips weather they are near or far. All details are handled by the Travel Club. Buses leave from and return to Heritage Hills. Information on our trips are available on flyers in the Activities Center, on TV Channel 21, and in the Newsletter.

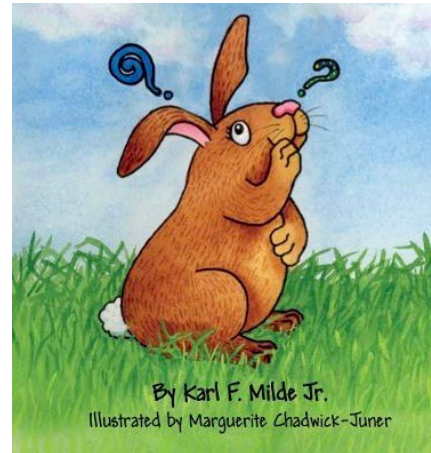
WOMEN'S CLUB

Please keep an eye out for communications about Spring 2022 meetings.

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.

ROBBIE RABBIT – PART 1



There once was a farmer who had a herd of dairy cows, a drove of pigs, a flock of sheep, and a brood of hens. He also had of rabbit family living on a nest of soft hay in a warm corner of his cow barn. There was a mother rabbit and her two little ones, Bonnie and Robbie, who were both the same age because they were born on the same day.

The farmer was a kind man who liked having the rabbit family on his farm. In the summer, he brought them fresh vegetables from his own garden, and at other times he brought lettuce and carrots from the grocery store. He loved his rabbits and wished he could spend more time with them, but there was always some pressing farm work to do. He mostly left them alone to enjoy the farm with his other animals.

One fine morning Bonnie and Robbie said "goodbye" to their mother and scampered out into the barnyard. Bonnie wanted to show Robbie the chickens so she led him over to a small, unpainted building with a chicken wire fence around it. "This is the coop where our farmer keeps chickens," Bonnie told him as they walked up to the fence. "It has little cubbies so each chicken has a place to sit and lay her eggs."

Bonnie recognized one of the hens she saw inside the fence and called out, "Henrietta!"

Henrietta looked up, startled at first, but when she saw Bonnie she quickly walked up and said cheerily, "Bonnie! I'm glad to see you again. I've been thinking about what we talked about yesterday."

Bonnie wanted to hear what Henrietta had to say, but she suddenly remembered her manners and introduced her companion. "This is my brother Robbie."

Robbie smiled at Henrietta and said "Hi."

"Nice to meet you, Robbie. You two sure look a lot alike." Both he and Bonnie had dark brown eyes and brown fur, except for their "cottontails," which were pure white like a puff ball.

"We're twins!" replied Robbie, beaming broadly.

"I know that you're a boy and Bonnie's a girl, but I can hardly tell you apart," remarked Henrietta returning the smile, but she then turned her attention back to Bonnie. "Remember yesterday when you asked me why you were born?"

To be continued...



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NEW YORK STATE OFFICE OF MENTAL HEALTH

By Terry Clifford

New York Project Hope funded by FEMA offers the following confidential, anonymous, and free programs to help us cope with the stresses of life and COVID.

- Emotional Support Helpline
- Online Support Groups
- Website Resources

If you, a friend, or a loved one is having issues, please have them contact NY PROJECT HOPE at 1-844-863-9314 or NYProjectHope.org.

NOW YOU KNOW!



THE BOOK BARN AT MAHOPAC LIBRARY

By Sheelagh Kaplan

For those of you who enjoy browsing in second hand book stores or picking up books to have on hand for the dark winter months, there is an exciting destination only about ten minutes away from Heritage Hills – the Mahopac Library's used book store, the *Book Barn*, also offering DVDs, CDs, and children's materials.

Formerly an actual barn on the grounds of the old library, the *Book Barn* is now located in the basement of the building and is open, thanks to volunteer staffing, eleven hours a week: Tuesdays from 11 am to 2 pm, Wednesdays from 10 am to noon, Thursdays from 4 to 6.45 pm, and Saturdays from 11 am to 2 pm. It is run by the Friends of Mahopac Library, and donations of gently used materials are accepted by appointment only. To arrange a donation call 845-628-2009 ext. 143.

Also, when the Library is open, you'll find books for sale in the lobby.

Most items are \$1 or less and all proceeds are returned to the library to be used for programming or extra collection development.

Mahopac Library is located at 668 Route 6 at the junction of Mount Hope Road and Route 6 in Mahopac. While there check out the magnificent views of Lake Mahopac from the library windows.

NOW YOU KNOW!

TOWN OF SOMERS SENIOR TRANSPORTATION SERVICES

Submitted by Barbara Taberer, Director

Driver provides assistance onto and off of the bus using a step stool and handling your mobility devices or using the wheelchair lift. An aide may accompany the rider. To register / book, call 914-232-0807.

MEDICAL TRIPS

Trips, between 10 am and 3 pm, Tuesday through Thursday, can be arranged for medical appointments anywhere in Somers; in the Putnam Hospital area; Katonah, Yorktown, and as far south as the Northern Westchester Hospital area. A donation of \$10 per trip is recommended.

MARCH SHOPPING TRIPS

Four trips per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Pick-ups start at 10 am, with 1-1/2 hours shopping time, and you return home early-to-midafternoon.

MONDAY

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March 14 Target
March 21 Danbury Fair Mall
March 28 Walmart

FRIDAY

March 4 Tops
March 11 DeCicco's
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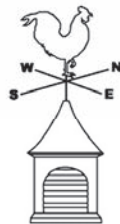
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DUPLICATE BRIDGE CLUB SILVER LIFE MASTER

Text and photo by Shirley Kesselman



Congratulations to Marie Sugar who has been awarded the rank of Silver Life Master by the American Contract Bridge League. Marie has earned over 1,000 points competing at bridge in Heritage Hills, as well as at Sectional and Regional tournaments in New Jersey, Connecticut, and Massachusetts. Since Covid she has earned points playing on line. Harvey, her husband, is a frequent partner.

Marie began playing bridge as a teenager. She often played bridge with her parents, filling in when they needed a "fourth." Now she teaches bridge. She is very enthusiastic about duplicate bridge and finds it stimulating. "Each hand is different" she exclaims. Further, Marie has become a Director at Heritage Hills duplicate bridge games. Recently she assumed the role of President at the Heritage Hills Duplicate Bridge Club.

Although Covid precipitated the cessation of in-person bridge lessons here, Marie hopes to be able to resume them in March. These lessons are for beginners and those who played bridge at one time but desire a "refresher." Currently Marie is teaching on line. To learn about her lessons either here or on-line, contact Marie at 914-277-4266.

Residents who are already bridge players and are looking for challenging games are welcome at the Duplicate Bridge Club which meets on Monday and Thursday afternoons in the Heritage Room at 12:30. Marie and the other Directors ensure that it is a friendly place to play.

* * *

NEEDLECRAFT GROUP'S WINTER WARMTH

Text by Cindy Kennedy, photos by Linda Neira

Our Heritage Hills Needlecraft Group has participated in the Community Center of Northern Westchester's annual "Share the Warmth" program for many years. In December, the Group delivered more than a dozen large bags full of hats, scarves, and headbands.

This snowy winter has been an especially frigid one. Anticipating that more warm knitwear might be needed for the Center, the Needlecraft Group continued to knit and crochet throughout the holiday season. When Linda Neira, Needlecraft Group's leader, called the Center mid-January to schedule a drop-off date, Nicole Sorgi, CCNW Operations Manager, said it was "perfect timing." The Center was running very low on much needed warm accessories.



On January 27, Linda, along with Needlecraft member Marge Davis, delivered 11 bags brimming with warm knitwear. There were 131 items in total, including hats, scarves, gloves, headbands, lap robes, and a baby sweater. Nicole and CCNW Client Services Manager Noya Guerrero were thrilled with the Needlecraft Group's warm bounty.

Spring is in the air, and the Needlecraft Group is busy with other projects. For example, the women are now crafting baby blankets for Blythedale Children's Hospital and knitting "preemie" hats for the neonatal intensive care unit of Northern Westchester Hospital Center.

Knitters and crocheters, from beginners to advanced, are welcome to join the Needlecraft Group. For more information, please call Linda at 914-277-2776.

* * *

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Anthony Guarino
Funeral Director

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AN OPPORTUNITY FOR RESIDENTS – THE MOON’S THE LIMIT

By Stan Herz Pearlman

Don’t laugh! This is serious business.

Let’s start with William Shatner. At age 90 he flew into space. I don’t think his experience as the captain of the Starship Enterprise really qualified him. Besides, that was back in the 1960s, and technology has changed on the flight deck.

Jeff Bezos and Richard Branson both flew into space, but other than being billionaires, they had no other qualifications, not even as assistant crew members on a Star Wars Federation Starship.

That brings us to the issue at hand. In January NASA issued a statement that with a growing number of vehicles capable of launching humans into space, the agency will have to reconsider what new skill sets those astronauts will need.

NASA further commented that “the earliest astronauts were all test pilots, but over the years they expanded the corps to include scientists, medical doctors, engineers and others with specialized talents. The agency is working now to identify the abilities astronauts will need for the upcoming Artemis moon missions.”

That presents an opportunity to the residents of Heritage Hills. As evidenced by Captain Kirk – excuse me, I mean William Shatner – age is not a factor. Among our some four thousand residents we have a far younger pool of candidate astronauts in their 60s, 70s, and 80s. And if NASA is looking for proficiency, we have no shortage of doctors, engineers, and scientists. Those long trips can even require teachers, massage therapists, and maybe some accountants to keep track of cost overruns.

Recruiting has not yet started, but it would not be a bad idea for residents to keep their eyes on the newspapers.

* * *

HAIKU FOR MARCH

Verse and photo by Sue Shea

Neither here nor there,
With Winter chills and Spring wafts
A hint of springtime to come

* * *



BAGELS, THE BREAD WITH A HOLE IN THE MIDDLE

By Shirley Kesselman

Bagels have become a staple in American households.

As I child in Youngstown, Ohio, I ate bagels. Inside the circular, crisp, brown crust was a cake-like bread. These bagels were sliced sideways and filled for Sunday supper with salami and corned beef. Imagine my shock on moving to New York and buying a bagel here. Inside the crust was a dense, doughy, chewy bread. “This is a real bagel,” I was told.

It is generally believed that bagels originated in Poland in the 1600s. Traditionally they were shaped by hand into the form of a ring and made from yeasted wheat dough. Approximately hand sized, they were first boiled in water for a short time before being baked. They are the only bread boiled before baking. Vendors used the bread’s hole to thread the bread onto poles and hawk them on street corners. Bagels were often given as gifts to women in labor. In the 1800s immigrant Polish Jews brought this bread to the United States. By the 1960s they were being sold nationwide.

There seems to be no end to the type of bagel one can purchase. In addition to the traditional plain, sesame, and poppy seed bagels there are cinnamon raisin bagels, onion bagels, pumpernickel bagels, pretzel bagels, iced bagels, toasted garlic bagels, and the “everything” bagel, to name some choices. Bagel bakeries offer their own selection.

A bagel’s taste varies slightly from one area to another because our States receive water from different sources. New Yorkers’ bagel bakers tout New York bagels claiming our water contains the perfect ratio of calcium to magnesium.

Montrealers favor the “Montreal Bagel” which is quite different from the “New York” bagel. It is smaller and thinner with a larger hole. While New York bagels are made using salt and malt, Montreal bagels are boiled in water that contains honey and sugar. Friends living in Montreal claim, “We don’t need fancy flavors or toppings. Our bagels taste good on their own.”

Wonderful when fresh, bagels can quickly turn tough and leathery. Microwaving makes them tough. Left over bagels are best stored in a tightly sealed plastic bag with all the air sucked out. Don’t refrigerate. Bagels should be kept on the counter in a cool place.

Inviting friends over for a bagel breakfast, brunch, or lunch is a quick and easy way to entertain. One can offer several types of bagels, cream cheese, butter, lox, capers, tomatoes and onions. I also put out a fruit salad and sometimes tuna or chicken salad. Although a few of my friends scoop out the inside of their bagels to save calories, most bagels have a calorie count of only 71.

Nowadays bagels are mass produced and sold packaged in supermarkets as well as convenience stores. We must decide for ourselves what is the real bagel.

* * *

THE FORMER CANINE COMPANIONS CLUB

Text by Karl Milde, photos by Patricia Adams and Cheryl Milde

"The Dogs of Heritage Hills," an article which appeared in the December Newsletter, elicited a lot of comments, including several from dog owners who wished we had included photos of their dogs. The end of the article noted that, "as of now, there is no Activity or Affinity Group in Heritage Hills devoted to the care and keeping, not to mention the companionship and enjoyment, of dogs."

Well not too long ago, there *was* one. It was called "Canine Companions" and back in 2014 it had ninety-nine members. But I'm getting ahead of myself. Here's the story:

The year was 2010 and Heritage Hills resident Patricia Adams, a jazz musician and journalist for the *Westchester County Press*, took home a Cocker Spaniel rescue from the ASPCA shelter in Manhattan. She named her dog "Taffeta Elizabeth Anne," or "Taffy" for short.



Soon after adopting Taffy, Patricia realized there was no place in the area for Taffy to run free and play with other dogs. Speaking with the dog owners she met while on her daily walks with Taffy, a core group quickly coalesced around the idea to create a fenced-in "dog park" somewhere in Somers – a place where they could let their dogs go, free of a leash, to socialize with other dogs and to gain some much-needed exercise.

The group quickly learned what was required to form an officially-sanctioned club at Heritage Hills at that time – they needed to enroll at least fifty members, create a set of bylaws, and elect a president, vice president, treasurer, and secretary. To accomplish this, they announced an initial meeting of all interested Heritage Hills residents and, to their surprise, the conference room at the Somers Library overflowed. After choosing the name, "Canine Companions," and electing officers, the new club was off and running.

To make a long and very interesting story short, Canine Companions Club submitted a petition to the Somers Town Council to create a dog park. Club members obtained over five hundred Somers residents' signatures to support the petition and, once it was approved, they worked hard to make the park a reality. The Town of Somers donated a plot of land on Route 100, and the club held both a tag sale at St. Luke's and a "Swingin' Soiree" jazz concert at Lake Lodge to obtain necessary funds. In the end they raised an amazing \$19,277 to contribute toward the "Somers Dog Park" which opened in 2013.

Their initial objective – the Somers dog park – achieved, the Canine Companions Club turned inward to Heritage Hills. As discussed above, they had obtained club certification by the Society, so they met once a month in the Activities Center to exchange information on dog diet and grooming, and hear local veterinarians speak about



dog health issues and Somers Dog Warden, Helga Stanton, discuss the Somers dog regulations and licensing.

Most importantly, the Club members found friends of like interest who knew the joys of dog ownership.

The Canine Companions Club eventually disbanded in 2018, although it is fondly remembered by many dog owners.

* * *

HEALTH & SAFETY COMMITTEE AMERICAN HEART HEALTH

Submitted by Rosemary Glassman

While living with COVID and uncertain times, we may have ignored many of our basic health needs including emotional and physical assessments. Now is the time to step up and tend to our bodies, especially with regard to heart health.

Heart disease is the leading cause of death in America. High cholesterol, hypertension, diabetes, obesity, and family history are all potential risk factors which may initiate cardiac problems.

Our best defense against developing heart issues is prevention. Maintaining an appropriate weight through routine exercise, and making wise dietary decisions, such as adding more "colorful" veggies to our diets, can help avoid obesity and lower cholesterol and blood pressure.

Did you know that poor sleeping habits, along with sleep apnea, affects oxygen levels and can increase the probability of cardiovascular disease? Fortunately, specialists in "sleep medicine" can offer excellent solutions to help decrease that risk.

If you are experiencing problems that can negatively affect your heart, steps can be taken to reduce the strain. First and foremost is visiting a cardiologist who will monitor your heart health and provide interventions to reduce any symptoms, including appropriate medication(s) to prevent a coronary event.

Changing one's lifestyle with healthy diet choices, along with appropriate physical and mental exercise, can positively affect one's body and mind. We can empower ourselves to make these changes which will significantly lead to more productive and happy years and prolong our lives.

Be well!



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THE FREE LUNCH

By Susan Statkowski-Rivalsi

I wanted to take a Heritage Hills friend out for her birthday, especially since in 2021, like me, she had had a landmark birthday that, due to Covid, did *not* get the usual celebration that such an event would normally precipitate. So I felt that *this* year, thanks to us both wisely being vaccinated and boosted, we could go out to celebrate her special day if strategically planned.

Luckily, her birthday was midweek and fell on a miserable, rainy January day when folks would avoid going out. We had chosen to go to lunch so there would be no dinner crowd and arrived at 2 pm – **after** the usual lunch hour, and she had chosen her favorite local – and safely out-of-town – restaurant, Le Fontane. So there, Covid!

There were very few cars in the lot when we arrived. In fact, so few that we speculated perhaps only the cook and staff were there. When we entered the restaurant, we saw two fully masked staff members and only two occupied tables, safely distant in opposite corners – one with a single gentleman, another with two women, none of whom we recognized. We were escorted to our table, in one of the remaining corners – safely-distanced from the others.

We “did dinner” for lunch – both of us enjoying a wonderful seafood special entree preceded by a lovely salad and accompanied by a glass

of wine. Then we had coffee and a dessert, candle-lit, for which all in the room sang “Happy Birthday.”

When we were ready to leave, I asked for our check and we were told, “The gentleman over there paid your bill.” Flabbergasted, knowing ours was *not* inexpensive lunch fare, we most graciously expressed our gratitude. Easy conversation ensued during which we learned that a little over a year ago “Joe” and his wife had moved to Somers – in fact to Heritage Hills – and he loved living here.

As we walked together to our cars and went our separate ways, all three of us were aglow, having been part of a very special experience.



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THE GARDEN RAILWAY REVISITED

Text by Karl Milde, photos by Cheryl Milde

Appearing in the April 2019 issue of this Newsletter was a spoof called, "The Secret Garden Railway of Heritage Hills." It described a model train that ran secretly through a garden behind one of the Condo units here. I was happy to learn some folks were indeed fooled by that article and, for all I know, they are still looking for this clandestine railway.

Now that the secret is finally revealed (sorry folks, there was no such railway!), I can tell you another secret: a garden railway will be coming to Heritage Hills. There *will* be no announcement, so you'll have to look for it; and it may appear for a short time and then disappear, only to reappear at another time and maybe at another place. But it will be *real* this time. Here's a hint: No Condo permission will be required. Another hint: One of the model locomotives is described elsewhere in this Newsletter. It will partner with a second, more up-to-date, locomotive to lug freight cars around the garden track layout.

To make it more interesting, the layout may change over time. All I can say is that you're in for surprises – that is, if you can find the railway at all!

You may think that model trains are for children alone, but I suggest you think again. The Christmas Train Shows at the New York Botanical Garden and the Lasdon Park Arboretum have been huge hits with children of all ages. People are naturally fascinated with model trains, watching them snake through the model countryside.

The G-gauge tracks the trains here will run on are sized to create a "garden railway" for a reason. The trains are designed to run *outside* in a garden. The garden may contain some model buildings – a railroad station, for example – but, above all, the garden will have live *plants*: small trees and shrubs perhaps, to set the scene in miniature, and most assuredly *flowers*. A flower garden with trains! What could be nicer?

Operating a model railway can be even more fascinating than watching it. You can play both engineer and route dispatcher, setting track



New York Botanical Garden Display.



Lasdon Park Display.

switches and controlling the motion of the different trains.

Most fun of all, however, is landscaping your railway garden, planting the flowers, trees, and shrubs, and watching them grow. You can change them through the seasons – spring, summer, and fall – while modifying and growing your railroad layout at the same time.

Good luck in finding the *real* garden railway here at Heritage Hills!

* * *



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IT TAKES A VILLAGE

By Susan Statkowski-Rivalsi

LOST AND FOUND

In late January, resident Brian found the gadget pictured here in front of the Houlihan-Lawrence storefront in Somers Towne Center. He posted the photo on the Family Network Facebook page indicating where it was found, and wrote, "I went into a few stores to see if anyone lost it. Not even sure what it is. Does anyone know of someone who lost it?"



He received a response from Nora indicating, "This is an emergency call button. If you push the button, it will go directly to [a] Great Call Attendant. You could let them know it is not an emergency but to contact [the] owner with info so that it can be returned."

Brian did just that, and then wrote, "Thank you that worked. Security should be dropping off Dorothy's emergency call button soon."

IT TAKES A VILLAGE.

* * *

LEGO CELEBRATES THE SWISS CROCODILE LOCOMOTIVE

Text by Karl Milde, LEGO photos by Cheryl Milde

The Gotthard Pass through the Swiss Alps is the principal route between northern Europe and Italy. When the nine-mile Gotthard Railway Tunnel under the Pass opened in 1882, it was the longest tunnel in the world. A succession of further tunnels followed, culminating in 2016 with the thirty-five mile "Gotthard Base Tunnel," which is now the world's longest tunnel.

The original tunnel, a miraculous technical achievement though it was, posed a significant problem at the outset. Steam engines, the prime movers at the time, created smoke, soot, and cinders that could not be completely ventilated. It took forty years, but Swiss engineers eventually developed an electric locomotive strong enough to take the place of the steam version.



This distinctive looking locomotive, called the "Crocodile" because of its long "snouts" at both ends, comprised three sections which articulated to allow the machine to negotiate the tight curves through the mountains.

With the electrification of the Gotthard Railway Tunnel in 1920, Crocodiles quickly replaced all the steam engines on this route. They were eventually assigned to haul freight all over Switzerland. Many were renovated to increase their speed, and they remained in operation for fifty years, until 1976 when all, except one, were retired.

This one legendary locomotive, No. 14253, was completely refurbished and then donated to the Swiss Railway Historical Society or "SBB Historic." On August 2, 2019, SBB Historic feted the engine's 100th birthday at the north portal of the Gotthard Base Tunnel.

This celebratory event did not go unnoticed by the folks at LEGO. In 2020 LEGO added an 18-inch Crocodile locomotive replica (1271 pieces) to its "Creator Expert" line of LEGO sets. A special 20-inch section of track was included in the set for display purposes, but the locomotive could also be operated remotely on regular LEGO track, using a free smartphone app.



Intrigued by the historic significance of the Crocodile and always up for a challenge, I bought the LEGO set and began building the engine. The step-by-step instructions were amazingly easy to follow and not a single piece was missing.

In case you're interested in buying and building one too, you'd better hurry because LEGO discontinued making them on December 31, 2021. Like the historic Swiss locomotive itself, the LEGO Crocodile will soon be history.

* * *



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THE BOOK SHELF

By Cindy Kennedy

Bill Clinton had teamed up with James Patterson to write two blockbuster novels, *The President Is Missing* and *The President's Daughter*. Not to be outdone, Hillary Rodham Clinton co-authored her own espionage thriller, *State of Terror*, with mystery writer Louise Penny last fall.

State of Terror begins with Secretary of State Ellen Adams returning from South Korea on her first diplomatic mission. She had been appointed to head up the State Department by President Douglas Williams soon after his inauguration. The two are long-time rivals. Ellen and her media company had opposed Williams' candidacy, and now President Williams is setting her up for failure.

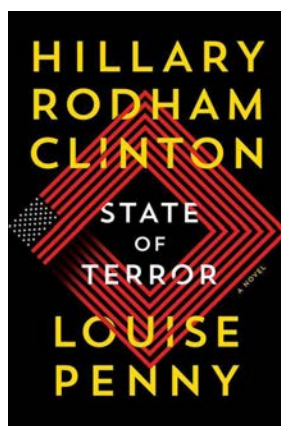
Aside from Betsy Jameson, her best friend and State Department counselor, Ellen is mistrustful of the new administration's staff members. Ellen, however, must spring into action quickly when an international calamity arises. In rapid succession, bombs go off in three European cities. Bashir Shah, a devious Pakistani arms dealer, is thought to be the mastermind behind the terrorist plot.

As the global crisis intensifies, Ellen consolidates support with international allies to stop Bashir Shah before he strikes again. Her daughter Katherine, now head of their family's media company, goes on a secret mission to the Middle East, while her son Gil, an investigative reporter with a questionable past, gets caught up in the fray. Amid it all, there appears to be a mole in the White House, and everyone is deemed a suspect.

A disclaimer on *State of Terror's* copyright page declares: "This is a work of fiction. All of the characters and events portrayed in this novel are fictional." Nevertheless, some characters, particularly one-term former President Eric Dunn, are thinly disguised. In one absorbing scene, Ellen flies to Florida to interview Dunn about his relationship with Bashir Shah. Arriving at Dunn's ostentatious mansion, Ellen muses that it "would have been splendid had it been an actual palace and not a monument to overcompensation. She'd had her media outlets do profiles on Dunn as his empire had grown, then crumbled, then rose again. Each time more audacious. More bloated. More fragile."

Back at the Capitol, Ellen devises a clever plan to expose the traitor within President Williams' administration. With its twists and turns, *State of Terror* is a plot-driven novel. Secretary Clinton's debut novel, indeed, will appeal to readers who are fascinated with political intrigue.

(Note: *State of Terror*, *The President Is Missing*, and *The President's Daughter* are part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 8.)



HOW DOES YOUR GARDEN GROW? ABOUT MARIGOLDS

Text by Karl Milde, photos by Cheryl Milde



When I was a kid, I saw my mother plant marigolds in her vegetable garden. No other flowers – just marigolds – so I asked her why. To this day I remember her saying, "They keep the bugs away." I didn't doubt for a minute that what she said was true (at that age

I believed whatever my mother told me) but do remember wondering how those marigolds could do that.

Last spring my wife, Cheryl, and I planted a single row of marigolds in my community garden square, not to keep the bugs away, but because their colors were pretty and they were, well... inexpensive.



As the summer went on, I received an extra benefit from doing so: The marigolds multiplied and expanded to fill in the area, making them eye candy when you walked past the garden. They popped!



These are just a few of the benefits of choosing these yellow, orange, and gold-colored flowers. Another is their ability to bloom brightly all summer and into the fall if you snip off the blossoms when they fade.

Marigolds have carnation-like flowerheads produced singly or in clusters. Although there are some fifty species of marigolds, you'll normally see one of the following:

American marigolds (*Tagetes erecta*): These are the tallest of marigolds, reaching about two feet in height and producing large flowers. They thrive even under drought conditions.

French marigolds (*Tagetes patula*): French marigolds are smaller and bushier than the American – usually growing only up to a foot tall. They tolerate wet conditions better than the other species.

Signet marigolds (*Tagetes tenuifolia*): These petite marigolds do well in hot, dry places and make a nice edging plant.

English marigolds (*Calendula officinalis*): This plant is actually not a true marigold. Its bright flowers are edible, having a tangy, peppery taste, so it is often grown as an herb in kitchen gardens.

The American and French marigolds are generally aromatic, hence that folklore that the bugs don't like them and stay away.

Young French and Signet marigolds can be planted from late spring through midsummer, but the taller American marigolds should be planted as early as possible because they are slower to mature.

All marigolds usually sprout within a week in warm weather and typically produce blooms within about eight weeks. They thrive in full sunshine and can often withstand very hot, dry weather. They do best in moderately fertile, well-drained soil.

So if you're considering what annual flowers to plant this year, add marigolds to the mix. They're eye-catching and they're easy-peasy to care for.

* * *



Thought for Food

MUSHROOM BOURGUIGNON

Submitted by Elizabeth Royston

Many of us are eating a more plant-based diet today, and with this in mind, here is a lovely dish, inspired by the classic French dish of Beef Bourguignon, served over wide noodles. This dish tastes like a very rich, savory stew, especially if made with the mushroom broth.

INGREDIENTS

- 2 tbsp. olive oil
- 2 pounds mixed mushrooms – such as cremini, shitake – trimmed, quartered or sliced thickly
- 3 tbsp. unsalted butter
- 3 medium carrots, cut on the bias, in about 3/4-inch thick slices
- 2 medium parsnips, cut on the bias, about 1/2-inch thick slices
- 1 large onion, thinly sliced

- 3 tbsp. tomato paste
- 2 tsp. thyme leaves, fresh if possible
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper
- 1 cup dry red wine
- 2 cups vegetable or mushroom broth
- 3 bay leaves
- 2 tbsp. flour
- Wide egg noodles
- Chopped fresh parsley

DIRECTIONS

1. Heat 1 tbsp. of the olive oil in a large pot or Dutch Oven over medium high heat. Once the oil is very hot and shimmering, add half the mushrooms in an even layer and cook, undisturbed until the undersides are well browned, 3 to 4 minutes. Stir the mushrooms and continue to cook until just tender, about 3 minutes more. Remove with a slotted spoon to a plate. Add the remaining 1 tbsp. olive oil and remaining mushrooms. Repeat the same method of browning the mushrooms and remove to the same plate.
2. Melt 2 tbsp. of butter in the same pot, then add the carrots, parsnips, and onion. Cook, stirring occasionally, until the onions are translucent, and the parsnips start to brown in spots, about 6 minutes. Stir in the tomato paste, thyme, garlic, 1 tsp. of salt, and several grinds of black pepper. Cook until the garlic is tender and the tomato paste turns brick red, about 2 minutes more. Stir in the wine, then simmer until reduced by half, 2 to 3 minutes.
3. Return the mushrooms to the pot and stir in the broth, bay leaves, a good pinch of salt, and a couple of grinds of black pepper. Bring to a boil, then reduce the heat to medium low and simmer uncovered until the mushrooms are very tender and the sauce has reduced slightly, 20 to 25 minutes.
4. Meanwhile, stir together the flour and remaining 1 tbsp. butter in a small bowl until a thick paste forms. Stir the flour mixture into the sauce until completely absorbed, then continue to simmer until the sauce has thickened to a gravy-like consistency, about 10 minutes. Discard the bay leaves, taste and adjust the seasoning with more salt and pepper. Serve over cooked wide egg noodles with a sprinkle of chopped parsley.





Red Tail Hawk by Patty Heyes

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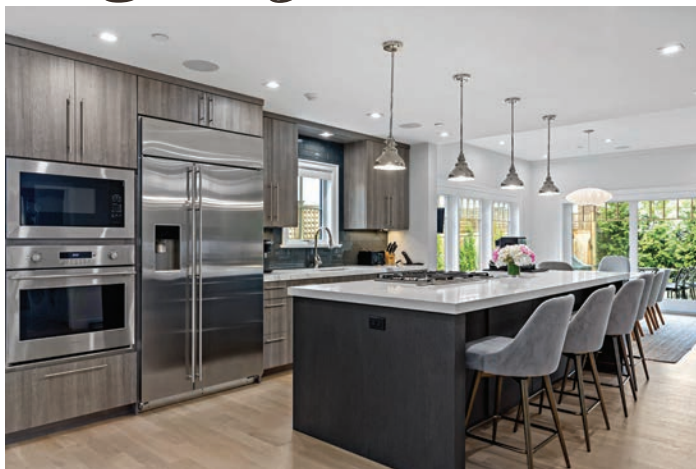
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Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. 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 OneKey/HGAR MLS agents from 1/1/2022 to 2/10/2022

	2022	2021	2020	2019
TOTAL SOLD	21 (\$280,000-\$785,000)	11 (\$342,000-\$690,000)	11 (\$249,500-\$670,000)	11 (\$285,000-\$610,000)

Various units sold by MLS agents from January 1 to February 10, 2022

1 BEDROOM

ADAMS	\$280,000; \$316,000	GUILFORD	\$412,500	SUFFOLK	\$359,000
FRANKLIN	\$295,000	RADCLIFFE	\$525,000		

2 BEDROOM

ARMONK	\$465,000; \$479,000;	COLGATE	\$525,000	SALEM	\$497,500
	\$495,000	CONCORD	\$512,500	SOMERS	\$450,000
CANAAN	\$472,500	LITCHFIELD	\$393,025		

3 BEDROOM

COLUMBIA	\$785,000
SHERMAN I	\$560,000; \$660,000
	\$710,000
SHERMAN II	\$740,000
YORK	\$470,000

Thank You to the Society Board

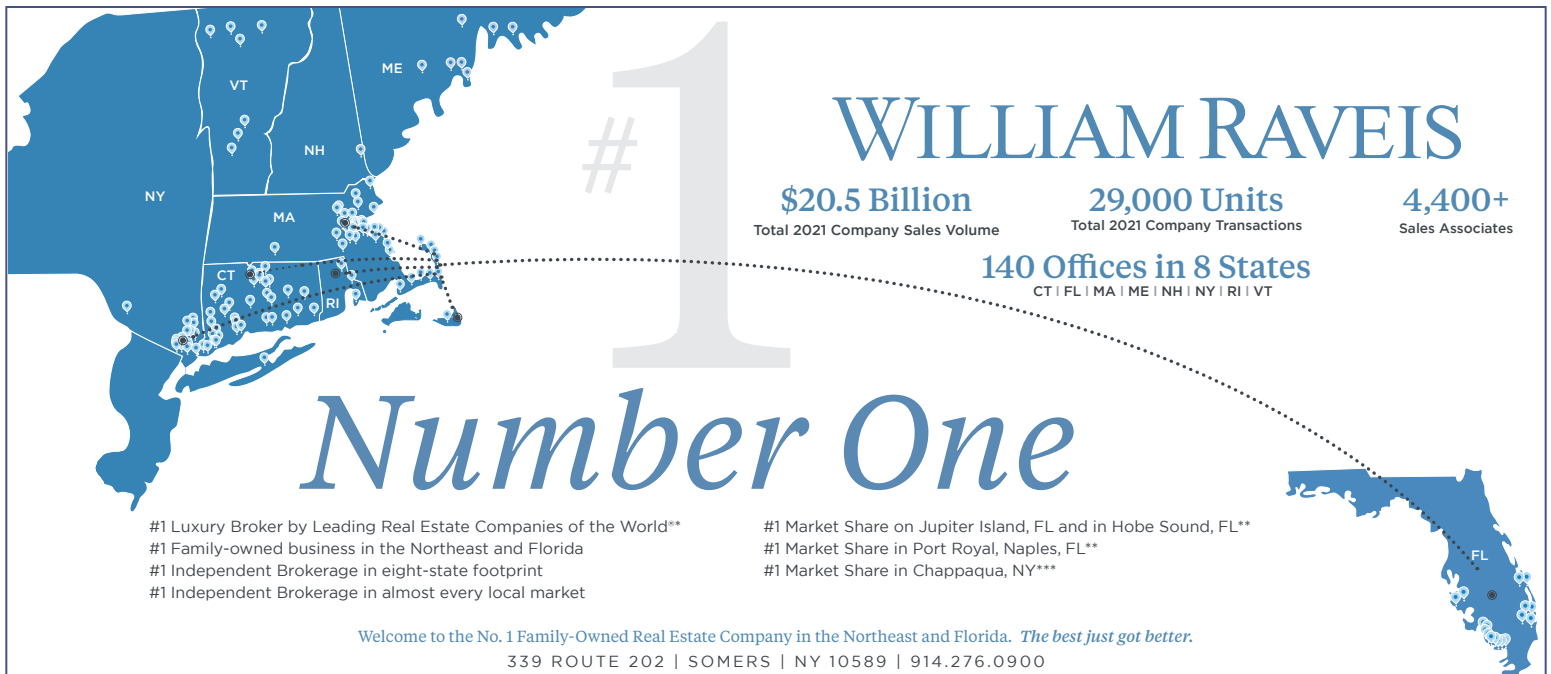
Thank you to the members of the Board for caring enough about the residents in Heritage and letting us know what we can do to oppose the plans for the miniature golf course and other quick profit ideas that primarily benefit the owners of the golf course. Hopefully enough people will let the Town know that this will not enhance the quality of life of the people who live in our community.

I also want to thank the Board for your email concerning the outrageous bills we received from NYSEG and what we can do to address this issue. There is definitely something wrong when a public utility can double or even triple the bills in one month no matter what they say is the cause. This has happened to people who keep their thermostats in the 60's as well as to those who are away for the winter....

Thank you also to all the volunteers who serve on various committees, their Condo Boards and the Society for you have helped to make this a wonderful place to live and I appreciate what you do!

Please do not hesitate to contact me: Cell: 914-420-1850 or send an email to
mlowenfeld@houlihanlawrence.com

Thank you, Marti



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