



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

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

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

Lake Lodge.....9 am to 11 pm

Meadowlark ParkDawn to Dusk

Park Place.....Dawn to Dusk

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**

Middy Trips – Reservations Required

To Activities Center, Lake Lodge, Meadowlark Park, and off site, including
Goldens Bridge MetroNorth Station

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 (Veolia)..... 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 COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF OF VACCINATION.

TWO GUESTS PER UNIT LIMIT, IF GUESTS ARE WELCOME

HEALTH & SAFETY COMMITTEE

PAIN – A SYMPTOM OR A CONDITION?

By Flo Brodley

Thursday, July 7, at 7 pm in the Heritage Room

Dr. Nigel Knox, of the Knox Pain Management Clinic in Somers, will focus on how to maintain effective, efficient patient care, patient education, and individual pharmacologic therapy for each patient leading to best outcomes.

His comprehensive, compassionate approach is the standard of care available for each individual's variety of conditions.

- What is pain management?
- What is meant by a multidisciplinary approach?
- Non-opioids based interventional techniques...what are they?
- Neuromodulation – what is it and how does it help?
- Does Covid have an effect on pain?

For answers to these and other questions, please join us.

Considering the uptick in Covid cases, masks are required at this program.

MANY PATHS LEAD TO WELLNESS INTEGRATIVE WELLNESS FAIR

By Patty Gallin and Flo Brodley

Saturday, September 17, from 1 to 4 pm in the Activities Center

The intimate connection we share with one another, both personally and virtually, affords us unlimited opportunities to enrich our lives by improving our health. This objective can often be achieved simply by establishing a greater physical, mental, and emotional balance in our daily life. In the spirit of working toward this goal, Here are just a few of the modalities by speakers and at booths at this year's free Integrative Wellness Fair:

Blood Detective - This therapy provides customized food and/or nutritional supplements, based upon each individual's personal biochemistry.

ON THE COVER

Barbara Pollack captured this image of a peaceful summer day at Pond View's large pond.

HERITAGE HILLS NEWSLETTER COMMITTEE

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

Ayurvedic Medicine – Originating in India more than 3,000 years ago focusing on mind-body balance, it includes herbal compounds and special diets.

Naturopathic Medicine – A primary health care profession, incorporating Eastern and Western healing methods and promotes self-healing.

Reiki – The administering therapist channels energy by means of light touch to activate the natural healing processes and restore physical and emotional well-being.

Thermography – A radiation-free, state-of-the-art screening procedure that can potentially detect pathologies years before conventional testing.

Homeopathy – Established over 200 years ago, utilizes minute doses of a variety of substances in an effort to heal.

And more...

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MORNING DISCUSSION GROUP

By Ken Benjamin

STATE SENATOR PETER HARCKHAM TO APPEAR IN-PERSON

**Monday, July 11, from 9:30 to 11 am in
Rooms 2-3 in the Activities Center and via Zoom**



Second term State Senator Peter Harckham will be dropping by the Morning Discussion Group to address the group and answer any questions the audience may have. **Proof of being boosted for Covid and wearing a mask is required to attend.** The Zoom meeting ID is 854 7966 4454. For help with Zoom or if you have any questions, please email kenbenja1@gmail.com or call 914-617-9817 and leave your name and phone number.

The Morning Discussion Group is open to all Heritage Hills residents and meets every Monday in-person and via Zoom from 9:30 to 11 am.

Table of Contents

Activities/Classes/Clubs	10–11
Columns.	28–29
Coming Events	3–5
Community News	6–8
Did You Know?.	14
Family Focus	9
Features.	17–22
Sports.	13

INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

COCO

Sunday, July 17, at 7 pm in the Heritage Room

A Pixar (animated) film. Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician. Toward this end, he enters the Land of the Dead to find his great-great-grandfather, a legendary singer.

There will be a post-film discussion led by Bill Costanzo, retired film studies instructor. The cost is \$20 for the nine-film series, April through December. Payment by check made payable to IFFC can be left in the club's box in the Activities Center. Payment only by check can also be made at the door.

We are a vulnerable group. Proof of vaccination required. Masks must be worn during the screening.

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SINGLES CLUB

By Diane Purr

IT'S SUMMERTIME! LET'S HAVE A BBQ!

Thursday, July 21, at 5:30 pm in the Heritage Room

Our barbecue will be catered by Ledley. BYOB. Entertainment will be provided by singer/songwriter Christine Chanel for your listening pleasure.

\$42 per member. RSVP by July 14. Leave your checks in the mail slot at the Activities Center.

* * *



By Joyce Spector

WALKABOUT CLEARWATER CHORUS

Sunday, July 24, at 1 pm in the Activities Center and on ZOOM

Founded in 1984 by folk music legend Pete Seeger, the Walkabout Clearwater Chorus is known not only as a singing group, but as a group that is first and foremost activist in the tradition of its founder. Their songs focus on the Jewish tradition of Tikkun Olan (repairing the world). The group is dedicated to promoting environmental awareness and social action through song, education, and other activities. It is known for its seven-foot-tall model of the sloop Clearwater which sails in the Hudson River. Come sing along or just enjoy the music.

Light refreshments will be served. Admission is \$15 per person in the Activities Center – **proof of vaccination and boosters is mandatory** – and \$15 per family on Zoom. Place your checks in our mailbox along

with your name, phone number, and email address no later than July 17. If you have any questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

JEWISH HARLEM: THE WORLD'S THIRD LARGEST JEWISH COMMUNITY – 1870-1930 – Illustrated Armchair Tour with Justin Ferate

Sunday, August 14, at 1 pm in the Activities Center, on Zoom, or available by link on your home computer

From the 1880s until World War I, Harlem was the third largest Jewish community on planet Earth. Join New York Urban Historian Justin Ferate on this colorfully illustrated armchair tour of Jewish Harlem, viewing important landmarks and legendary people of this often-forgotten, but critical, aspect of Jewish history. Discover impressive reminders of Harlem's tremendous Jewish cultural heritage. Numerous national and international press organizations and publications, such as the *New York Times* and the British Broadcasting Company have extensively written or broadcast stories about Mr. Ferate and his New York City tours. He will be making this presentation remotely via Zoom.

Admission is \$10 per person in the Activities Center – **proof of vaccination and boosters is mandatory** – and \$10 per family by Zoom link. Place your checks in our mailbox along with your name, phone number, and email address no later than August 7. If you have any questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

* * *



SOCIETY BOARD MONTHLY MEETING

Wednesday, July 27, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend the meeting in person. 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. It can also be viewed on the Society website at hhsociety.org; go to Heritage Hills Society, then choose Board Meetings & Documents

Owners are welcome to raise matters of concern in person in the Heritage Room 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 when speaking at the meeting and on written correspondence.

* * *

THE TRAVEL GROUP

By Elaine Soliman

THE JERSEY TENORS – A MUSICAL TRIBUTE TO FRANKIE VALLI AND THE FOUR SEASONS.

Wednesday, August 10, at the Aqua Turf Club

The show consists of four young hot Broadway veterans recreating the music and stories of the era. Remember *Sherry*, *Big Girls Don't Cry*, *Walk Like A Man* – all the songs we love? Let's all enjoy traveling back to a wonderful time!!

Upon arrival at the Aqua Turf Club, enjoy coffee and donuts followed by a family style lunch before the show. Menu includes salad, pasta, chicken parmesan or broiled scrod, vegetable, potato, dessert, and a beverage. Our bus will depart the Lake Lodge parking lot at 10 am and return at pm. Flyers are available in the Activities Center.

Cost is \$120 per person. For reservations, call Pam Arena at 914-276-4295. Make checks payable to the Heritage Hills Travel Club and place them in the Travel Club mail slot in the Activities Center; include your unit number and phone number on the check and indicate with whom you want to sit.

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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.

WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE IF IN A GROUP HUG THE CURB • WEAR BRIGHT CLOTHING



SOCIETY NEWS

SOCIETY BOARD MEMBER ELECTION RESULTS

By Election Committee Co-Chairs

Alan Tepper and Dorinda Haskel Paladino

On June 10, Election Counting Committee Chair Harvey Kreidberg, and Committee members Diane Purr, Marty Mehl, Ginny Oronzio, Steve Klepner, and Susan Wildstrom counted the votes on the 1,240 of the 1,227 ballots received by June 8 (37 were invalid). There were a total of 5,709 votes cast (not all ballots returned contained five votes).

At the July 23 Annual Meeting, the following four incumbents and one new individual were elected:

Jack Mattes, incumbent
Dom Rubino, incumbent
Deica Ruiz, incumbent
Arthur Singer, incumbent
Karl Milde, new

Immediately after the Annual Meeting, the Society Board went into executive session and chose the following officers for 2022-2023:

President – Dom Rubino
1st Vice President – Bruce Prince
2nd Vice President – Gloria Anderson
Treasurer – Bill Harden
Secretary – Deica Ruiz

* * *

SUMMARY OF PORTIONS OF THE MAY 25 SOCIETY BOARD OF DIRECTORS MEETING

By Susan Statkowski-Rivalsi

NOTE: The full transcript of this meeting's Minutes can be found on the Society website. Each meeting video can be viewed on Comcast's Channel 21 daily at 2 and 7 pm, and 24/7 on the website hhsociety.org; choose Heritage Hills Society, then Meetings & Documents.

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Bill Harden, Ann Harper, Dorinda Haskel-Palladino, Jack Mattes, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, Art Singer, and Alan Tepper

Board members absent: Frances Cicogna, Mark Packer

Also attending: John Milligan

DAY VERSUS NIGHT SOCIETY BOARD MEETINGS – DOM RUBINO

Our last night meeting was in March. I think there were three people there. It's difficult to have the night meetings both for the Board members themselves plus Property Manager John Milligan, and there's overtime pay for staffing. Perhaps one of the reasons residents feel it's no longer necessary to attend the meetings is because these meetings can be watched all month long on Channel 21 and on the

Society website, and because inquiries can be sent by email and are addressed that way.

If it's something really needed by the residents, we would certainly continue doing it. So, if you feel that you want the night meetings/can't get here to the day meetings, let us know, and we'll revisit the matter.

TREASURER'S REPORT – BILL HARDEN

• April Financials

Income	\$ 477, 656
Expenses	(385,482)
Surplus	\$ 42,174

REOPENING COMMITTEE – GLORIA ANDERSON, CHAIR

Westchester County has been categorized as a High Risk area, and therefore New York State and the CDC are strongly recommending mask-wearing when indoors where the public gathers; you're strongly urged to wear a medical-grade mask.

ACTIVITIES COMMITTEE – ANN HARPER, CO-CHAIR

In addition to the current 90-person capacity limit in the Heritage Room, we also have a limit on guests – two guests per unit are allowed; that is to ensure that residents come first.

COMMUNICATIONS COMMITTEE – ANNETTE BENSEN, CHAIR

• Website

- We've transitioned to a new host. If you find anything that's not working as it should, send an email – don't call – to activities@hhsociety.org.
- Tennis – For reservations, go to playtomic.io or through the website or through the playtomic app, which we recommend. Non-residents cannot reserve a court.
- Library – Its page is still being modified.
- To view Society meetings, go to Heritage Hills Society, then Board Meetings & Documents.

• **Newsletter** – Readers will find a lot more Coming Events and Activities/Classes/Clubs, which are up-to-date and listed on the website as well. The Newsletter is filled with Community News and Features written by the members of the Newsletter Committee and you. Please contact Susan Statkowski-Rivalsi at HHillsNewsletter@gmail.com or 914-617-9228 if you want to write an article, so she can explain the guidelines.

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- **Trails:** We have more funds for more trail work and repairs than anticipated.
- **Native Pollinator Natural Species Garden.** See the display in the Reception area of the Activities Center. This will be similar to the plantings replaced at the main entrance a year ago.

COMMUNITY AFFAIRS COMMITTEE – JACK MATTES, CHAIR

- **Elections:** [First primary election occurred June 28] The second Primary election will occur in the Activities Center on August 8 and general elections will be held there on November 8.
- **NYSEG:** One-on-one meetings may be a quarterly event.

- **Red Cross Smoke Alarm Lake Lodge Event summary:** Six teams of volunteers replaced/supplemented smoke alarms in 61 units. Since 2018, the Red Cross has provided this free service to almost 1,000 units here. They have found non-functioning detectors in homes they visited.
- **Emergency Preparedness Committee:** If you'd like to volunteer, please let me know.

SOMERS TOWN UPDATE – BRUCE PRINCE

• Somers National Golf Course

- They will be removing the debris.
- They will be installing a catch basin for storm water; we'll be following this to ensure it's adequate to handle the water.

ELECTRIC CAR STATIONS AD HOC COMMITTEE – GENE ARCHER

I'm still looking for money that might be trickling down in the infrastructure monies that might be available. Most of it is commercial monies that are allocated for charging stations on major highways. So I'm doing research on getting Federal funds. To be updated.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

• Security:

- Please limit calls for genuine security/medical-related matters.
- All security personnel now wear photo name badges with numbers.

• **Maintenance Yard:** A leaking roof needs to be replaced.

• **Activities Center Generator:** Will arrive soon but we then need to await the transfer switch.

• **Meadowlark Park:** In addition to what Pat Ploss mentioned, we are looking at the possibility of putting in some horseshoe pits.

• **Veolia:** We hope to meet with them mid-June

• Tennis:

- We blow debris off the courts once a day first thing every morning.
- The practice wall has been installed on Court 5.

• **Society Fees and Payments:** Contact Rosina Coligiovanni at 914-276-2509 if you have any questions or concerns.

• **Sidewalks:** See separate *SIDEWALKS* article on page 7.

After the meeting was adjourned, one resident from the audience made a suggestion that consideration be given to installation of solar panels on the Society buildings that don't have nearby old-growth trees.

MAY SECURITY CALL REPORT

Dave Jacobsen, Prosecur Security

During the month of May our Security staff received and responded to a total of 306 calls regarding the following matters:

Medical.....	79
Security	47 (open garage doors, other security concerns)
Fire.....	6 (the majority of which were fire alarms)
Service	141 (including 93 lift assists, 12 persons locked out, and 10 welfare checks)
Maintenance.....	14 (2 water main breaks)
Car Accidents	0
Parking Violations	10 (in handicapped spaces, fire lanes, A roads, or B roads)

SIDEWALKS

Compiled by Susan Statkowski-Rivalsi

At the request of Society Board President Dom Rubino, the following presentation was made by Property Manager John Milligan at the May 25 Society Board Meeting concerning sidewalks in Heritage Hills:

There are still a lot of folks who walk on the streets. Our widest streets are only 24 feet wide – that's the main roads – the B roads are only 22 feet wide, and the C roads are 20 feet wide, all of which means they're barely wide enough for walkers and cars to coexist safely. So, we have Meadowlark Park with some beautiful trails which we're going to be expanding. [See Shirley Kesselman's FEATURE article *THE TRAILS OF MEADOWLARK PARK* on page 21.]

Everyone has asked, for years, why don't we put in sidewalks? Well, Heritage Hills was never designed to have sidewalks. It just was never part of the original concept in Heritage Hills. Even when we were still building here, people asked about sidewalks. We did a little estimate back in 2005 of sidewalks, a loop around mainly the A road on the West Hill, and back then it was \$1.5 million to put in a sidewalk.

There are a lot of problems with putting sidewalks in Heritage Hills:

- Regulatory, legal, logistical, financial, and insurance-related.
- One of the big problems is most of the land along the roads belongs to the Condos, not the Society. We *maintain* the roads, but we don't *own* them. So, you'd have to get the Condos to agree. [Pat Ploss later interjected, "Society does not own the roads, and I know that's something people don't even think about. They assume that all of the open property you see belongs to the Society. We don't own the roads...the adjacent Condo's property [line] goes to the mid-point of the road or [includes] both sides.
- There's a problem because since it's an impervious surface; you'd probably have to prepare site plans, submit them to the Town of Somers, and you might have to go to the Planning Board.
- You'd probably need handicapped accessible curb cuts everywhere the sidewalk meets a roadway.
- All of you know there's an awful lot of stuff along the side of the road – bushes, shrubs, boulders, signs, utility boxes, mailboxes, you name it. All of that stuff would have to be moved.
- And then, of course, there's the question of who's going to maintain those sidewalks, particularly in the winter. Would that fall on the Condos? Would that fall on the Society?

It's just a real logistical challenge.

I think it sounds good – why can't it be done? I don't think it's likely to happen for a whole host of reasons, even though it's something that people are asked about. I think it was one of the driving factors in purchasing Meadowlark Park, because we knew we had the possibility of doing some walking trails there.

So, I know it's very convenient to leave your house, go for a walk, and end up back at your front door. Just keep in mind – be alert when you're on our roads; they are a little narrow. I think sidewalks are probably not likely to happen any time in the near future.

According to New York State law and Heritage Hills rules, when walking on our roads always walk facing oncoming traffic. Walk close to the curb, and single-file if in a group; that includes pets.

* * *

COUNCIL OF CONDOS

By Terry Clifford

Attendance at the Wednesday, May 18 meeting included the following Condo representatives and/or presidents: 1, 2, 3, 4, 5, 7, 8, 11, 12, 15, 16, 17, 18, 19, 20, 27, 28, and 30.

Guest Speaker: Somers Town Supervisor Robert Scorrano presented a "State of Somers" report to those in attendance.

- Somers Covid count is rising. Everyone should follow health protocols.
- Infrastructure issues in Somers include:
 1. Road paving of both Town and State roadways.
 2. The environmental impact of the breakdown of PFAS, a group of chemicals used to make fluoropolymer coatings on products that resist heat, oil, stains, grease, and water, which move may contaminate drinking water sources.
 3. The residents of other areas of Somers such as Purdys, Deans Bridge, and Butlerville Road have expressed an interest in connecting to a sewer system.
 4. Building renovations for the Library in Reiss Park, the Van Tassel House, and Town Hall are being reviewed. The Town Board refused New York State's offer of a 1.8-million-dollar grant for infrastructure projects which would have assisted in accomplishing these projects. Scorrano explained the grant would take away "Home Rule" and impact the expansion of "Affordable Housing" and the allotted time to complete the work was unclear.
 5. The Highway Department is enlarging the salt shed.
- The Town Police Department needs a larger headquarters. Scorrano was asked about combining the Town of Somers' emergency services including the State Police into one facility. The State Police must have their own facility.
- While developers are seeking vacant land on Routes 100, 202, and 35, Scorrano reported we are holding fast to Zoning Codes.
- The Town's Telecommunications Task Force is working with NYSEG, Altice, and Verizon to remove double poles in the area.
- The Town is intent on preserving the charm of Baily Park. Two trees will be removed as they are in danger of falling.
- Town Hall has adopted the STRETCH code, a New York State Code for jurisdictions to meet energy and climate goals.
- One Electrical Vehicle Charger was installed at Reiss Park and one at the Van Tassel House.
- Code enforcement is about safety first, therefore Town Building Codes will be enforced regarding garage pulldown stairs.
- Lincoln Hall's director answered many questions concerning the children who reside at the facility.
 1. It is a Federally run program for vetted immigrant minors awaiting reunification with family members. Each group remains

in residence for no more than two weeks. The Federal Program protects information about the children.

2. Other residents are from Long Island and the Hudson Valley through the criminal justice system. (No major felons are in the program.)
3. Lincoln Hall accommodates 60 to 75 children and has 220 staff members.
4. A recent New York State Police helicopter chase was due to a Somers teenager (not a Lincoln Hall resident) who allegedly pitched a brick through the New York State police Station window on Route 100.

Mr. Scorrano ended his talk by promising to make the Town one Community and not "Heritage on the Hill" and the rest of Somers.

Grounding and Bonding Wires: The Town's electricians are working on universal guidelines so all electricians in Heritage Hills would have conformity.

All Condo Presidents or their representatives are invited to the Wednesday, July 21 meeting.

* * *



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Library COMMITTEE

BOOK RENEWALS

Now that summer has officially started, many of our readers may be traveling. HLibrary books have a two-week lending period, but they can be renewed if you need them longer. The only exception would be books that have a waiting list, which are usually newly published books. If you need more time, please give the Library a call at 914-276-7655 to renew.



NEW ADDITIONS TO OUR COLLECTION IN JULY

Fiction

Bayard, Louis	<i>Jackie & Me</i>
Brooks, Geraldine	<i>Horse</i>
Fu, Melissa	<i>Peach Blossom Spring</i>
Hilderbrand, Elin	<i>The Hotel Nantucket</i>
Leary, Ann	<i>The Foundling</i>
Straub, Emma	<i>This Time Tomorrow</i>

Mystery

Corbett, Ron	<i>The Sweet Goodbye</i>
Herron, Mick	<i>Bad Actors</i>
Patterson, James	<i>22 Seconds</i>
Peguero, Robin	<i>With Prejudice</i>
Woods, Caroline	<i>The Lunar Housewife</i>

Non-Fiction

Ephron, Delia	<i>Left on Tenth</i>
Hood, Ann	<i>Fly Girl: A Memoir</i>
Millard, Candice	<i>River of the Gods</i>

* * *



COMMUNITY THEATER GROUP

By Helen Berman

The Heritage Hills Community Theatre Group would like to thank our supporters for becoming members and attending one of the performances of *An Inspector Calls*. We are grateful to the cast and crew for dedicating many months of rehearsal to this production. They were delighted to see you in the audience. We look forward to finding more entertaining plays for your enjoyment.

Chuck Rinka
Security Professional

Chuck@StratagemSecurity.net
www.stratagemsecurity.net



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Karl demonstrates remote control to resident Alex Schnapper



A GARDEN RAILWAY COMES TO LAKE LODGE

Photos by Cheryl Milde and Terri Clifford

In mid-June, families came to enjoy Karle Milde's Lego Garden Railway.



Briar and Hunter Clarke, grandchildren of residents Margie and Bob Clarke



One of our young residents studying the layout





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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.

TWO GUESTS PER UNIT LIMIT, IF GUESTS ARE WELCOME

ARTS & CRAFTS

I Love Art Class: After School ART in Heritage Hills for Children Ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750.

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 in the Game Room. All skill levels welcome. \$10 annual dues. Bring proof of up-to-date Covid-19 vaccination. For questions, or 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 Studio A. 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.

CHORAL GROUP

Wanted: singers for "The Meadowlarks," the newly formed Heritage Hills Choral Group directed by Peter Muir. Preference for those who can harmonize. If interested, contact: Janice Malett at 914-715-8247.

CIAO ITALIA CLUB

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.

CLUB SHALOM Watch for communications about upcoming club events.

CONCERT SOCIETY CLUB

We sponsor four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Heritage Room. Each is followed by a wine and cheese and Meet-the-Artists reception. The annual subscription rate is \$80 per person or \$23 at the door. Forms are at the Activities Center. If you have any questions, call Arlene Brown, 914-277-4703.

CONTINUING EDUCATION CLUB

Our mission is to educate and *entertain* with 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 the 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 on 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 nights at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

Cardio/Strength/Stretch Class with Lori Barr: Tuesday and Thursday from 9:30 to 10:30 am in the gym. 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 class 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 at 9:45 am. Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.com.

Gentle Yoga with Lisa Thomas: Monday at 1 pm and Friday at 10 am. \$12 for a 75 minute class. Lisaathomas@optonline.net or 914-497-0243.

Lyrical Arms Class with Theresa: Friday at 10:50 am at the Fitness Center and on Zoom. 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 11 am at the Fitness Center and on 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, Wednesday, Thursday at 10:15 am and Monday at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or Labzeiss@gmail.com.

Zumba Gold with Theresa. Friday at 10 am in 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.

FRIDAY NIGHT SOCIAL DANCE

Friday, July 1, from 7 to 10 pm in the Activities Center. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677. Next Dance: Friday, August 5.

FUN & GAMES

Bridge—Duplicate Club: Monday and Thursday at 12:30 pm in the Activities Center—vaccinated only. For information, call Marie at 914-277-4266.

Bridge Lessons Class: Mini Review of Common Bridge Conventions – Thursday Morning from 10 am to noon at the Activities Center. June, July, and August – \$5 per class payable at time of lesson. Contact: Marie Sugar at msugar156@gmail.com or 914-277-4266.

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

Mah Jongg Group: Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available—contact Sue Furino 914-617-9110). Friday at 1 pm in Lake Lodge (contact Olga LaBoy at 914-

276-2646). Tuesday and Thursday from 11 am to 1 pm in Lake Lodge. We now have room for a few new members – Thursday preferred. Contact Rebecca Fierro at 914-669-5328.

Ping Pong Group: Thursday 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 COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 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.

Alzheimer's/Dementia Caregivers Support Group: Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place 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 12:30 pm in the Activities Center. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email ludwiglr@aol.com.

Senior Entitlements Program – Westchester County: Watch for communications about our upcoming monthly session.

HIKERS & WALKERS GROUP

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

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!

East Hill Men's 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 Wednesday, 1 to 3 pm, and on Saturdays, 9:30 am to noon in the gymnasium.

Tennis Group: All Tennis reservations are now made via www.playtomic.io, or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group call Barry at 914-617-9259 or Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

TEN-A-MEN'S CLUB

Come at 9 am and have continental breakfast for \$2. Meeting starts at 10 am in the Heritage Room.

HERITAGE HILLS TRAVEL CLUB

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

WOMEN'S CLUB

The Women's Club meets the second Wednesday of the month at 1:30 pm with the exception of January, July, and August. Our regular meetings will resume in September. Enjoy your summer! Information about the Fall events will be in the August Newsletter. For more information, please call our membership chair, Alfreda Savarese at 914 617-2007.

WRITERS WORKSHOP CLASS

Workshops on *Google Meet*! Mondays at 1 pm and Saturdays at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com.

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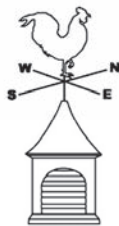
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SPORTS

EAST HILL MEN'S GOLF GROUP

By Ken Freeman

May started cold, but ended hot on the 31st, with lots of golf in between. Here are the results:

May 3 Stroke Play

A Players: Low Gross – Bob Briganti; Low Net – Dan Lanza

B Players: Low Gross – Vin Marrone

Low Net: 1st – Ed Sottile, 2nd – Howard Weiner

May 5 Stroke Play

A Players: Low Gross – Bob Briganti; Low Net – Ray Ormerod

B Players: Low Gross – Al Longhitano

Low Net: 1st – Howard Weiner, 2nd – John Mahoney

May 12 Two Player Teams

Low Nets: 1st – Tom Reca/Bob Kenney, 2nd – Bob Slotoroff/Howard Weiner, 3rd – Bob Briganti/Ken Freeman

May 17 Stroke Play

Low Gross: Bob Briganti

Low Net: 1st – Rich O'Brien, 2nd – Charlie Kravetz, 3rd – Tom Reca

May 24 Stroke Play

A Players: Low Gross – Bob Briganti

Low Net: 1st – Tom Reca, 2nd – Ray Ormerod

B Players: Low Gross – Rich O'Brien

Low Net: 1st – Al Zaffiro, 2nd – John Mahoney

May 26 Two Player Alternate Shot Teams

Low Gross: Bob Slotoroff/Jack O'Hanlon

Low Net: 1st – Bob Kenney/Ed Sottile, 2nd – Bob Klatsky/Nick Stanton, 3rd – Vin Marrone/John Mahoney

May 31 Stroke Play

A Players: Low Gross – Bob Briganti

Low Net: 1st – Ray Ormerod, 2nd – Joel Greenspan

B Players: Low Gross – Ed Sottile

Low Net: 1st – Rich O'Brien, 2nd – John Mahoney

June 2 Stroke Play

A Players: Low Gross – Bob Briganti

Low Net: 1st – Bob Slotoroff, 2nd – Ray Ormerod, 3rd – Tom Murray

B Players: Low Gross – Bob Kenney

Low Net: 1st – Rich O'Brien, 2nd – Howard Weiner, 3rd – Ed Sottile

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Submitted by Barbara Taberer, Director

As described in detail in last month's issue of this Newsletter, at Van Tassel House you can enjoy game play, free exercise and watercolor painting classes, and there are trips to the Somers Library. Also, there's free Social Dance instruction by Rich on Tuesdays at 2:30 pm. For information and free transportation, call 914-232-0807. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. An aide may accompany the rider.

HOT LUNCH – See page 2.

MEDICAL TRIPS – See bus schedule on page 2 for appointments in Somers, the Putnam Hospital area, Katonah, Yorktown, and as far south as Mount Kisco.

JUNE SHOPPING TRIPS – Four trips by bus per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pick-ups start at 10 am, with 1 1/2 hours shopping time, and you return home early-to-midafternoon.

MONDAY

July 4 Holiday
July 11 Walmart
July 18 Dollar Tree (Mahopac)
July 25 Danbury Mall

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By Patty Gallin

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WOODCRAFT CLUB GIVES TO THE COMMUNITY

Text by Martin Spar, photos by Bill Felling

Most Heritage Hills residents are aware of the annual donation by the Woodcraft Club of well over a hundred handmade toys to the Toys For Tots holiday program. What is much less known is the many, many contributions the Club has made over the years to local charities, as well as to residents and other clubs and activities.

For years, Club members have been making birdhouses, many of which are attracting our feathered friends to our community garden and in many other places throughout Heritage Hills. Currently, there is a Club project is underway – almost completed – that will supply a dozen birdhouses to be placed in Meadowlark Park. And many birdhouses made by various Club members have been donated to local charities and religious organizations for resale.

Club members have also constructed quite a few heavy duty outdoor benches, some of which offer respite to the tired members of the Garden Club. Others have been placed in several areas of Heritage Hills, and some have been donated to worthy organizations such as Green Chimneys.

The latest good-will project is the donation by a club member, who wishes to remain anonymous, of a huge number of hand-turned (on

the lathe) pens, key rings, letter openers, and such, to be sold with all proceeds going to St. Jude's Hospital for Children, where every child is treated without charge, no matter how difficult the required care. The items for sale are on display at Bobo's Café in town, which graciously offered to handle the finances. Already, over 40 items have sold, meaning over a \$1,000 donation to St. Jude's. This picture shows the display case at Bobo's with several of the items, and two mainstays of Bobo's, Sonia and Myra, who are handling the sales.

Last, but not least, the Woodcraft Club has always volunteered to make repairs on wooden furniture or other wooden pieces for any resident of Heritage Hills. There is never a charge for our services! But donations, which are used to replenish expendable supplies, are always welcome.



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HOULIHAN LAWRENCE

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

THE HERITAGE HILLS TRAIN SHOW

Text by Karl Milde, photo by Cheryl Milde

I've always been a fan of toy trains. My parents got me going when I was a young boy by giving me a starter set of *American Flyer* trains. I added to this set, car by car and station by station, until it became a large layout in our basement.

Much later, when my wife, Cheryl, and I had a house of our own, I built a "garden railway" in our backyard. The trains snaked through a tunnel under a mountain and over a bridge before entering a country town and stopping at the local railroad station.

Fast forward to Heritage Hills where garden railways are *verboden*. I wrote a spoof for the April 2019 issue of this Newsletter, pretending I had seen such a railway behind someone's unit. When I learned that some residents were fooled into looking for it, I knew I was on to something.

To operate model trains, one must have a source of power and a controller. Toy trains have had a long history of using external electric power, not batteries. Enter *Lego*.

I first became aware of battery-powered, remote-controlled *Lego* trains when I built a replica of a Swiss locomotive called the Crocodile, seen in the March issue of this Newsletter. That engine was really designed for display on a shelf, but one could purchase separately a

Bluetooth-controlled battery "hub" and an electric motor, which I did so I could operate the train on a *Lego* track using a free cellphone app called PoweredUp.



This set me to thinking about new possibilities for a toy railroad here. For only a modest expense as compared with the cost of the electric toy trains that one can buy, after assembling *Lego* blocks for nearly a hundred hours, give or take, I ended with a rather large train layout on a four-by-eight-foot sheet of plywood. I added a few custom features – a tunnel, a farm with animals, and a couple of *Lego* railroad stations – and voila! I had something that toy train buffs of all ages might want to see.

Included in that March 2022 Newsletter I wrote another article announcing that "a garden railway will be coming to Heritage Hills." I may have been crazy, but the die was cast. I received much-needed support from the Family Network and set a date for the event: Saturday June 11. Here's what I created. See the FAMILY FOCUS section on page 9 for more photos.

Note - To my great astonishment, and also delight, I found that the PoweredUp app can control not only the *Lego* Crocodile but also five other *Lego* train locomotives, a Batmobile, an electronic piano, and even a haunted house!



LOOK HOO I GOT TO SEE

Text and photos by Susan Williams

During the day on May 1, I spotted an owl in the woods behind our Condo 24 unit and was able take a picture of it. I submitted it to this Newsletter, and it was seen on the Classified Ads page of the June issue. I later learned it was a Barred Owl which, according to the Audubon Society, is rarely seen by humans...unless one is searching for it.



After that first sighting, for the next two weeks I was able to observe much more. I located the owl's nest and photographed two of what turned out to be three owlets, once they left the nest.

When I observed the third owlet sitting on a downed tree for over two days, an animal rescue person came to observe and

determined it was healthy and uninjured; and, in fact, its mother was sitting in a tree nearby "hoo-hoo-hooing," obviously upset that someone was so close to her owlet. Eventually his mother came to feed him.

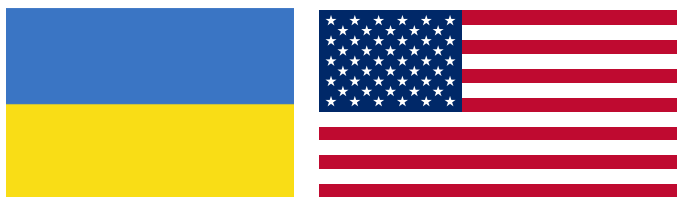
The good news is that the owlets eventually took full flight and now appear to be gone.

Needless to say, this time from May 1 to 15 was very interesting and enjoyable. I feel it was actually a once in a lifetime experience to see the event unfold.



NEEDLECRAFT GROUP SUPPORTS UKRAINIAN REFUGEES

Text by Cindy Kennedy, photos by Linda Neira and Emilia Liteplo



Each year, our Heritage Hills Needlecraft Group knits and crochets about 100 baby blankets, which they usually donate to Blythedale Children's Hospital. With the uptick in Covid-19 cases this spring, however, Blythedale could not accept outside donations, including the 56 blankets the Group already had completed.

The Needlecraft Group, which meets every Wednesday afternoon in the Activities Center, brainstormed ideas for where to donate their cozy and colorful little blankets. Several women suggested contributing them to Ukrainian refugees, but the logistics of doing so seemed daunting.



Group member Emilia Liteplo, who has connections to the Ukrainian American community, set out to find organizations that would accept and distribute the Group's baby blankets.

Several of the organizations Emilia contacted weren't certain when they would send their next shipment of supplies abroad. Not to be deterred, Emilia continued her search, and she located two contacts that gladly accepted the Needlecraft Group's donation.

On May 20, Emilia and her husband Paul drove to Manhattan and delivered 41 baby blankets to the Ukrainian American Youth



Association's headquarters in the East Village. The youth group was in the process of packaging medical kits to be sent to Ukrainian refugees in Poland, and they added the Needlecraft Group's blankets to their shipment.

Although volunteer efforts addressing the needs of Ukrainian refugees in Poland

and Moldova are prevalent, it seems fewer endeavors are focused on evacuees in Romania. While Emilia was in Manhattan attending a Ukrainian festival, she made contact with Katherine Dobosh, a nurse who is completing her first year in medical school. During her two-week break, Katherine was going to Romania to volunteer, and she was delighted to take the Needlecraft Group's remaining 15 blankets with her. Katherine drove up to Heritage Hills on May 27 and picked up the blankets which she later vacuum-packed and added to the big suitcases she was taking on her May 30 flight from JFK to Romania.

Soon after Katherine Dobosh arrived in Romania, she posted: "Today we were taken to a secret room for pregnant women and their babies in the train station. All the puzzle pieces came together. The hand-knitted blankets found their place." Attached to each blanket was a card noting that the blankets were made by caring American women.

Kudos to Emilia Liteplo and the Needlecraft Group for accomplishing their compassionate initiative. As Group member Arline Lombardi remarked, "Thank you, Emilia and Paul, for all the work you did to get our blankets into the hands of those who literally need something to hang on to."



By Gene Archer



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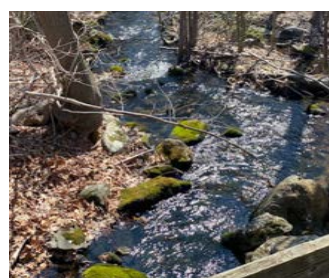


THE TRAILS OF MEADOWLARK PARK

Text by Shirley Kesselman, photos by Patty Gallin

"The trails at Meadowlark Park are a wonderful resource," says Patty Gallin who walks them five days a week. A golfer, Patty played regularly on the East Hill Golf Course before it was closed. Now that it has morphed into Meadowlark Park, she says, "I know the way around the trails even where markers are sparse. Former golf cart paths make up sections of the trails." It takes Patty just under an hour to travel a loop beginning on the Warren Trail, crossing to the Heritage Trail, then finishing on the Challenge Trail.

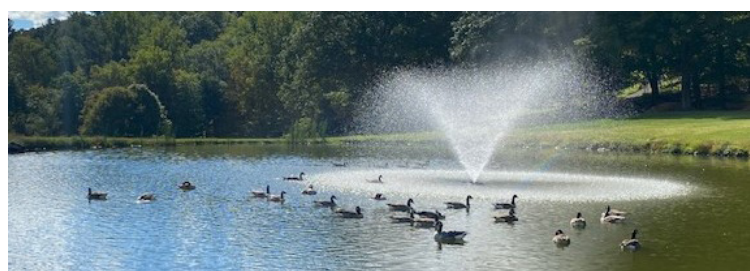
I, too, have walked each trail, but only partially. Therefore, I share with you here both her observations and mine. We agree our walks enable us to connect with the beauty of the natural world. There is something about nature that lifts the soul. Further, every time we walk, we see something different. One week the grassy fields are covered with yellow dandelions. The next week they have been replaced by buttercups.



Patty has spied a fox, a coyote, and deer on her jaunts. She looks for animal tracks as she walks. Often, she crosses the grass from the Warren Trail to the babbling stream which runs alongside Warren Street. She explains, "I love to see moving water. And I find the sounds of the water meditative." She carries her smart phone with her

on walks and frequently takes pictures.

Birds proliferate in Meadowlark Park. In addition to the easily spotted geese in the ponds, there are robins, owls, cardinals, woodpeckers, chickadees, and crows, among others. On the Warren Trail birdsong is intermingled with the hum of traffic.



"It is possible to get a good workout on the undulating hills of Meadowlark Park," says Jane Smalley, President of our Hikers and Walkers Group. I find the Warren Trail to be the easiest and recommend it for those adverse to uphill climbs. Much of it is paved or gravel. Because the paved sections are remnants of neglected golf cart paths, watch out for cracks and small mounds while walking. Repairs are anticipated.

Patty carries a walking stick on her outings. In addition, she advises sturdy shoes, a hat to protect from sun, and sunscreen. Take along water.

A map of the park with its' trails can be found inside Park Place (the former golf clubhouse). Another is posted near the playground. You can tear out and carry the one that was in the June issue of this Newsletter, and the most up-to-date version can be found on the Society website.

Parking is plentiful and free. Leashed dogs are permitted. Restroom facilities are available in Park Place, as is drinking water.

The trails are open dawn to dusk. Patty says she frequents Meadowlark Park "because I can roll out of bed and be on a trail." I heartedly concur.

* * *

ARE EXTRATERRESTRIALS LIVING IN HERITAGE HILLS?

By Stan Herz Pearlman

I never took Scully and Mulder too seriously, but it may be time to listen.

According to a May 10th article in the *New York Times*, a House subcommittee is scheduled to hold the first open congressional hearing in more than 50 years on unidentified aerial vehicles. The hearing comes after a report that of 144 "unidentified aerial phenomena" since 2004, only one has been explained.

As per the *Times* article, the inquiry is intended to focus on the work of a little-known group within the Pentagon. Hopefully, FBI agents Dana Scully and Fox Mulder will be called to testify. The two veteran investigators have been looking into such phenomena since 1993.

Unlike the secretive Project Blue Book investigations following Area 51 reports, this will be an open hearing. Adam B. Schiff, the California Democrat who is Chairman of the House Intelligence Committee said the purpose of the hearing will be to illuminate "one of the great mysteries of our time."

Based on this renewed government interest, it now appears likely that extraterrestrial life on earth does indeed exist. It also appears that Heritage Hills would represent an ideal petri dish for another lifeform.

In a community this large we have long accepted the fact we have some strange neighbors. They may be stranger than we think. And even the deer furtively staring at us from hidden alcoves in the woods, may not be deer at all.

But there is one piece of virtually incontrovertible evidence that THEY are already here. For years I have been hearing rumors that the numbering system in Heritage Hills is so convoluted that it appears to have been designed by someone from another planet. Now we may finally know!

* * *



SCHOLARSHIPS PROGRAM

By Michael Lanotte

Ciao Italia once again is happy to announce we have awarded scholarships to two 2022 Somers High School Graduates each in the amount of \$500.

Thanks to all who contribute to our 50/50 Scholarship Fund at all Ciao Italia events. We hope we can once again have a full house for events and therefore a larger pot for the Fund. We are planning a July Bocce & B.B.Q event, where possibly more than 90 will be able to attend.

HEALTH & SAFETY COMMITTEE MEN'S HEALTH

By Mona Moriber LCSW

June was Men's Health Month – a time to increase awareness of preventable health problems and encourage early detection and treatment of disease among our male population. According to an article by Vikil Girdhar MD, AxxessPointe Community Health Centers website studies show a significant difference in men's health compared to women who are 33% more likely to visit their doctor and 100% better at maintaining screening and preventive services.

Five Tips from Dr Girdhar

1. Vaccination! Now that we are recovering from the Covid-19 pandemic, but still see upticks country-wide, it is crucial to be up to date on all vaccinations. Check with your primary care provider (PCP). Immunizations help you stay healthy, and they keep your body's immune system functioning at its highest level. Vaccines for the flu and shingles are usually recommended during your annual visit.

2. Screenings! Screening for diabetes, thyroid disease, liver issues, anemia, and cholesterol are part of the routine bloodwork frequently done during an annual visits, as are routine blood pressure and height/weight checks. Typically annual prostate exams begin at age 40 to rule out enlargement or masses. Colonoscopies are recommended by age 50 (or sooner if there's a family history) to assess risk for colon cancer. Lung CT scans to check for lung cancer especially for current or former smokers is recommended at age 50. Depression screenings are done to assess risk for Major Depression.

3. Stress! Statistics show that men have more difficulty handling stress compared to women, who typically have better social networks or a circle of friends they are able to confide in. Men may be less likely to share their feelings and/or confide in their PCP, often resulting in undiagnosed major depression and anxiety. Men need to be mindful of the link between stress and higher blood pressure and body weight. Take time to focus on stress-relieving activities such as exercising regularly.

4. Avoid risky behaviors! Limit alcohol consumption and stop smoking to prevent liver disease, cancer, cirrhosis, and alcohol dependence. Nicotine replacement therapy options can help you quit smoking. Resources and programs such as counseling and Alcohol Anonymous are available.

5. Diet! Avoid eating large amounts of processed foods or high sodium foods which cause obesity and are linked to heart disease, Type 2 diabetes, and breathing issues. Eat lean proteins including chicken, turkey, fish, Greek yogurt, beans, and lentils. Avoid high fat and carbohydrates including white bread, pasta, pizza, fried foods, desserts, and processed cheeses.

Men should start optimizing their health with these five simple tips and scheduling routine doctor's appointments and preventive well visits. Doing so will help reduce the health disparity between men and women.

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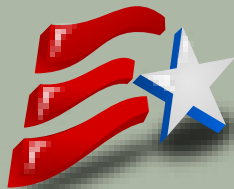
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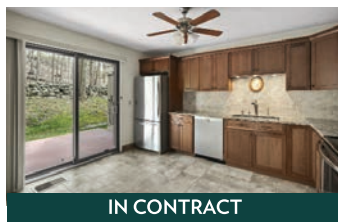
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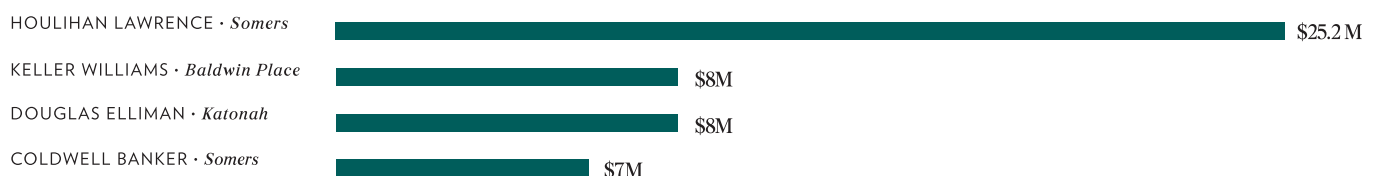


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THE BOOK SHELF

By Cindy Kennedy

Walter Isaacson has written several biographies of famous men including Leonardo da Vinci, Benjamin Franklin, and Steve Jobs. In his latest book, *The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race*, Isaacson profiles a woman for the first time.

From an early age, Jennifer Doudna was fascinated by the mysteries of the natural world. In 1971, when she was seven years old, the Doudna family moved to Hawaii from Washington DC for her father's University of Hawaii professorship. Hawaii's "lush and diverse" landscape piqued the young girl's interest in biology. With her parents' and biology teacher's encouragement, she decided on a career in science. She majored in biology and chemistry at Pomona College in California and went on to Harvard for her PhD. Dr. Doudna currently heads the chemistry department at UC Berkeley.

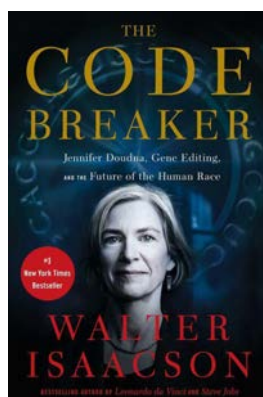
In *The Code Breaker*, Isaacson delineates Dr. Doudna's ground-breaking career, particularly her role in creating the gene-editing technology known as CRISPR. (The acronym stands for "clustered regularly interspaced palindromic repeats.") As Isaacson explains, "In their DNA, bacteria develop CRISPR sequences, that can remember and destroy viruses that attack them.... A CRISPR-editing tool can cut up targeted and unwanted genes in a strand of DNA."

Since the 1980s, scientists have known about the possibility of creating genomic vaccines. In 2012 Dr. Doudna and French scientist Emmanuelle Charpentier developed their CRISPR technology, opening the door for future genetic vaccines. When the global Covid-19 pandemic emerged in early 2020, CRISPR researchers were in the forefront of developing tests and vaccine trials.

For their efforts in "the development of a method for genome editing," Jennifer Doudna and Emmanuelle Charpentier were awarded the 2020 Nobel Prize in Chemistry, becoming the sixth and seventh women to do so. During the virtual global press conference celebrating their award, many questions focused on the pairs' win as a breakthrough for women. "For many women," Dr. Doudna responded, "there's a feeling that, whatever they do, their work may not be as recognized as it might be if they were a man. This award is a step in the right direction."

In his book's epilogue, Walter Isaacson, addressing the ethical and moral challenges of gene-editing, concludes: "Like our species, my thinking evolves and adapts with changing situations. I now see the promise of CRISPR more clearly than its peril. If we are wise in how we use it, biotechnology can make us more able to fend off viruses, overcome genetic defects, and protect our minds and bodies."

(Note: *The Code Breaker* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 8.)



HOW DOES YOUR GARDEN GROW?

By Karl Milde

LEARNING FROM YOUR EXPERIENCE

I could tell my mother enjoyed planting and maintaining her garden because she never asked for my help. The garden was only of modest size when I was young, but she added new rows every year, expanding the area until it became enormous. Her garden was a beautiful thing – and her pride and joy.

I did not actually absorb much gardening knowledge from my mom during my childhood years, something I now regret. However, I did learn three important lessons that I'm glad to share with you gardeners who are just starting out.

Don't plant too much at once.

It's tempting to plant as many different vegetables as you can stuff into your 10' x 10' square at the Community Garden. But, fun as it as may seem to plant everything, focus on growing only those few vegetables, herbs, and/or berries you like best. Don't go overboard and, as they say, "bite off more than you can chew." What you don't grow in your garden you can always grab in a grocery store.

It's also tempting to plant your seeds close together to increase the chance some will germinate and to increase the number of plants. Don't do it! If you do plant too much, you'll have to thin them out later to avoid overcrowding. Instead, follow the spacing instructions on the packet – so many seeds per inch. Doing so will actually maximize the yield.

Don't over-water.

Water is good, so more is better, right? *Wrong*. A couple of years ago the Garden Club's Master Gardener, Charlotte Morsch, told me that your garden needs only two inches of water a week. That includes the rain water.

One deep soaking of two inches once a week is better than a light watering more often because the deep soak wets the roots. The soil should be wet several inches down when you've finished watering. Once the plants grow and their roots are established, they can, and should, get a good two-inch soaking two times a week; and in the hot summer, three times a week. The rain is not often sufficient, so you'll have to do your part to keep the roots from drying out. But don't saturate.

Don't repeat last year's mistakes.

Learn from your experience each year. Gardening is as much an art as it is a science, and there is so much to know. You think you will remember from one year to the next, but you may not, so it's best to keep notes. Brief comments from a previous season can jog your memory and inspire new ideas so you can avoid what doesn't work, and build on your successes.



FIT-BITS

By Mary Tedesco

SWIMMING FOR FITNESS

Swimming is a fantastic full body workout. Whether you are performing a basic crawl, the butterfly, or a slow breaststroke, you will use all of your muscle groups while swimming in a pool, lake, or ocean.

Swimming is a great strength training and cardiovascular exercise. You can burn between 300 and 800 calories an hour swimming, depending on your own body. Exercising in the water makes your body work harder with the resistance from the water. And swimming is soothing and less stressful on the body than most other types of exercise.

Here are some benefits of swimming for exercise:

1. Low Impact – Suitable for people with joint pain, multiple sclerosis, arthritis, and osteoarthritis.
2. Safe – The resistance from the water provides a safe but effective workout.
3. Full-body Workout - When swimming you engage your arms, legs, chest, shoulders, and core muscles.
4. Stress Reliever – Being in the water is invigorating and refreshing, which helps relieve stress.
5. Supports a Healthy Heart - Has been proven to reduce prehypertension and hypertension, lowering systolic blood pressure after eight weeks of consistent swimming.

Try a few laps!



Thought for Food

Submitted by Barbara and Alan Tepper and Pat and Sal Santamarena

From the Culinary Club's June dinner featuring the food of Louisiana, a fresh and simple, no-cook summer salad.

WHITE BEAN SALAD

Makes 6 Servings

INGREDIENTS

- 1 shallot, finely chopped
- 1/3 cup white wine vinegar
- 1 tablespoon Creole seasoning
- 1/2 teaspoon kosher salt
- 1/3 cup extra virgin olive oil
- 1/4 cup chopped cilantro
- 1/4 cup chopped parsley
- 2 tablespoons chopped mint
- 6 green onions, thinly sliced
- 1 teaspoon crushed red pepper flakes
- 2 15-ounce cans white beans or cannellini beans, drained and rinsed

PREPARATION

1. Stir the shallot, vinegar, Creole seasoning, and salt together in a measuring cup. Set aside for 5 minutes.
2. In a large mixing bowl, toss together the cilantro, parsley, mint, and green onions with the oil to coat evenly.
3. Gently toss in the beans, red pepper flakes, and the shallot-vinegar mixture to combine.
4. Serve immediately or store in the refrigerator for up to 5 days.



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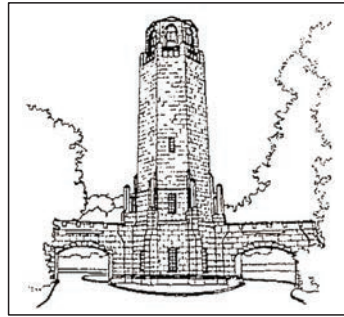


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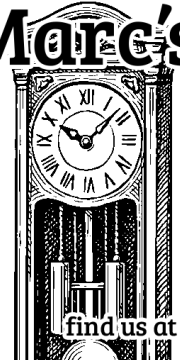


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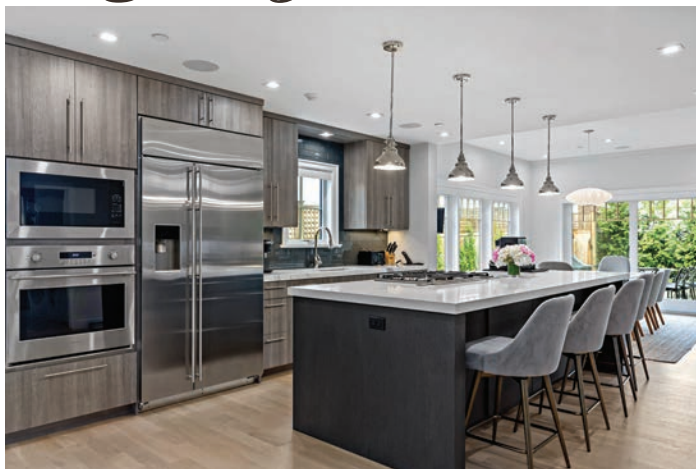
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MARTHA "MARTI" LOWENFELD

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 1/1/2022 to 6/10/2022

	2022	2021	2020	2019
TOTAL SOLD	72 (\$276,000-\$785,000)	51 (\$305,000--\$719,000)	38 (\$249,500-\$670,000)	54 (\$247,000-\$610,000)

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

1 BEDROOM

ADAMS	\$280,000; \$316,000; \$310,000	FRANKLIN	\$295,000; \$295,000; \$276,000; \$336,000	RADCLIFFE	\$525,000; \$480,000
AMHERST	\$451,000	GUILFORD	\$412,500; \$426,000; \$431,000	SUFFOLK	\$359,000

2 BEDROOM

ARMONK	\$465,000; \$479,000; \$495,000; \$578,000; \$500,000; \$515,000	FAIRVIEW	\$520,000	SALEM	\$497,500; \$606,000; \$501,000; \$525,000; \$517,000
CANAAN	\$472,500; \$485,000; \$560,000; \$570,000	HARVARD	\$720,000; \$675,000	SOMERS	\$450,000; \$559,000
COLGATE	\$525,000	JACKSON	\$425,000	STRATFORD	\$525,000; \$535,000; \$475,000; \$625,000; \$491,000; \$525,000
CONCORD	\$512,500; \$465,000; \$485,000; \$425,000; \$557,570	LINCOLN	\$352,500; \$410,000	WELLSLEY	\$620,500
		LITCHFIELD	\$393,025		
		MONROE	\$459,000		
		PRINCETON	\$579,000		
		RIDGEFIELD	\$579,000		

3 BEDROOM

COLUMBIA	\$785,000	JEFFERSON II	\$655,000	SHERMAN II	\$740,000; \$699,000; \$782,500
CROTON I	\$575,000	SHERMAN I	\$560,000; \$660,000 \$710,000; \$563,000; \$631,000; \$633,000	YORK	\$470,000
CROTON II	\$645,000; \$640,000; \$650,000				
JEFFERSON	\$450,000; \$520,000				

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If you have any questions or would like to know more about sales for your particular model, please do not hesitate to contact me. Call or text my cell phone: 914-420-1850 or send an email to: mlowenfeld@houlihanlawrence.com.

Thank you, Marti

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