



# *Heritage Hills Newsletter*

**NOVEMBER 2022**





# Heritage Hills Society Information

Address ..... 8 Heritage Hills, Somers, New York 10589

Website ..... [www.hhsociety.org](http://www.hhsociety.org)

Television..... Channel 21

## CONTACT INFORMATION – EMAIL

Society ..... [society@hhsociety.org](mailto:society@hhsociety.org)

Activities Office..... [activities@hhsociety.org](mailto: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 Park .....Dawn 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**: 4:45, 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, 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](http://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 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 THEREOF.**

**TWO GUESTS PER UNIT LIMIT**

## CONTINUING EDUCATION CLUB

*Submitted by Rosetta Benson*

The following lectures will be presented in person in the Heritage Room. **Proof of Covid vaccinations and boosters required.**

### UPCOMING MIDTERM ELECTIONS

**Two lectures by Associate Provost**

**Christopher Malone, Ph.D.,  
Professor of Political Science  
at SUNY, Farmingdale**



### NEED TO KNOW

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

All the things you need to know about this year's midterm elections. Inflation! Low presidential poll numbers! Overturning Roe! Rerunning Trump!

### RESULTS – WHY? WHAT DO THEY MEAN FOR THE FUTURE?

**Tuesday, November 15, at 1:30 pm**

Breaking down all the key races and the balance of power in the wake of the 2022 midterms. This lecture will also look ahead to the presidential election 2024 and what we might expect.

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

### MUSIC SERIES

**Two lectures/performances  
by Peter Muir, Musicology Professor**

### GOD BLESS AMERICA: THE ESSENCE OF IRVING BERLIN

**Tuesday, December 6, at 1:30 pm**

Irving Berlin dominated American popular music in the first half of the 20th Century. Embracing all the styles of the day, his hits like *God Bless America* and *White Christmas* are timeless.



### THE ROOTS OF GOSPEL MUSIC, BLUES, AND JAZZ

**Tuesday, December 13, at 1:30 pm**

This lecture explores the African American traditions of religious music-making. Gospel music, blues, and jazz have deep roots in the suffering of slavery.

Admission: \$10 per lecture. Pay at the door. If you have any questions, call Linda at 914-617-9328.

### 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



*By Joyce Spector*

### FOUR WOMEN, FOUR STORIES – A CABERET SHOW

**Sunday, November 6, at 1 pm in the Activities Center**

Debra Zecher, who performed our delightfully successful “Jewish Caroling” program held in June of this year returns with three of her colleagues. Using the music of ‘mostly’ Jewish songwriters, *Four Women, Four Stories* offers a picture of the lives of four friends who got to know each other in Lennie Watts’s cabaret classes. It highlights the choices these four women made in their lives and celebrates the paths their lives have taken.

Proof of vaccination and booster is mandatory. Light refreshments will be served. Admission is \$15 per person in the Activities Center and \$15 per family via Zoom link. **No later than November 2**, place your checks in our mailbox along with your name, phone number, and email address. If you want to sit with friends, place your checks in one envelope. Walk-ins are welcome as space permits. If you have questions, call Alan Tepper at 914-342-3279 or email him at [astep-per@gmail.com](mailto:astep-per@gmail.com).

### ANNUAL CHANUKAH PROGRAM

**SAVE THE DATE: Sunday, December 11, at 1 pm  
in the Activities Center**

Our annual Chanukah program is back! It will be presented by Rabbi David Wilfont and Cantor Ines of Temple Shaaray Tefila of Westchester. Details will follow in the next Newsletter and by email.

### ON THE COVER

In mid-September, this guest perched on Jo Pearlman’s deck railing, which she took as a reminder that Thanksgiving is coming. She wrote, “In fourteen years, they have never come this close.”

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## COMING EVENTS

### HEALTH & SAFETY COMMITTEE

*Submitted by Flo Brodley*

#### OVERVIEW OF WOUND CARE

*Hosted by the Visiting Nurse Service*

**Wednesday, November 2, at 1:30 pm in the Heritage Room**

This session will illuminate best-care practices. Techniques and strategies to help prevent pressure ulcers will also be presented.

#### SENIOR ENTITLEMENTS PROGRAM: MEDICARE SUPPLEMENT PLANS a/k/a MEDIGAP PLANS

*Hosted by Jade Lew, Geriatric Case Manager, Westchester Jewish Community Services*

**Thursday, November 17, at 1 pm in Lake Lodge Room 1**

Medicare Part B monthly Premium for 2023 will be \$ ? ? ?. Part B deductible will be \$ ? ? ?. Currently the monthly premium runs the gamut of below \$200 to over \$500. Come and learn some pros and cons and how to compare one plan to another.

Registration is by email only – not at the Activities Office. Send an email to [jadewonglew@gmail.com](mailto:jadewonglew@gmail.com). Include your name, unit number, phone number, and email address. The subject line of your email should read: “Senior Entitlements, November – then add your initials.”

#### YOUR MOUTH, AIRWAY, AND BRAIN: CONNECTING THE DOTS BETWEEN ORAL HEALTH AND BRAIN HEALTH

*Hosted by Dr. Howard Hindin\**

**Friday, November 18, at 10:30 am in the Activities Center**

Current research suggests that sleep, breathing, and airway structure disorders are risk factors for memory loss, cognitive dysfunction, and Alzheimer's Disease. This presentation will explore some of the current research, connect the dots, and offer suggestions to reduce risk.

\*Dr. Hindin is co-founder and President of the American Academy of Physiological Medicine & Dentistry, as well as founder of the Foundation for Airway Health. Dr. Hindin practices dentistry at The Hindin Center in Suffern, New York.

\* \* \*

### WOMEN'S CLUB

*Submitted by Phyllis Bradbury*

#### FLORAL ARRANGEMENT DEMONSTRATION

**Wednesday, November 9, at 1:30 pm in the Heritage Room**

Fellow Heritage Hills resident Wendy Podell will demonstrate techniques for creating classic arrangements using materials easily found at home. Wendy coordinates the flower arrangements at the entrance to our Activities Center, taught Floral Arrangement classes at the Somers Library, was an Art teacher, and is a member of the Garden Club.

Free to members; non-members, \$5. Refreshments will be served.

### SINGLES CLUB

*Submitted by Diane Purr*

#### GAME NIGHT PASTA PARTY

**Thursday, November 10, at 5 pm in the Activities Center**

**Members Only.** The Singles Club Board invites you to enjoy salad and pasta and play your favorite games with friends. Bring your own games (mahjong, canasta, Mexican train, etc.). \$20 per person. BYOB. Seating is limited, so get your checks in early.

\* \* \*



*By Michael Lanotte*

**RESORTS WORLD CASINO TRIP - Thursday, November 10  
CHRISTMAS DINNER – Saturday, December 17**

Flyers will be available outside Activities Office regarding member cost, time, location, etc. Also look for email blasts and TV notices.

\* \* \*

### COMMUNITY THEATRE

*Submitted by Muriel M. Weiss and Marg Marek*

**Friday and Saturday, November 18 and 19, at 7:30 pm  
Sunday, November 20, at 2 pm in the Heritage Room**

We return to visit an old friend with our fall production, *The Prisoner of Second Avenue* by Neil Simon

Admission for members is \$12 and non-members is \$15. **By November 15**, place checks in the “HHCT” mailbox – include your name, phone number, date of performance you are attending, and number of tickets you will need. Or by that date you can also call Myra Linker at 914-669-5157 to make a purchase. **After November 15, tickets can only be purchased at the door, if we're not sold out.** If you have any questions, call Muriel at 914-277-8825.



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### FRIENDS IN THE HILLS CLUB

*Submitted by Deb Ferrara*

#### A NIGHT AT THE RACES

**Thursday, December 1, at 7 pm at Lake Lodge**

Friends in the Hills is a new social and game club that is open to all adult residents of Heritage Hills. Kick off the Holiday Season with this first event, where you can socialize with your neighbors and have fun. Coffee and cookies will be served, and feel free to bring your own beverages. **RSVP by November 15** at [Friendsinthehills@aol.com](mailto:Friendsinthehills@aol.com). We look forward to seeing you.

For additional information contact Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.



## GENERAL ELECTIONS

Heritage Hills residents can cast their ballots as follows:

**EARLY VOTING – Tuesday, October 29, to Tuesday, November 6**

At any polling place in the County, including Somers Town Hall.

**ELECTION DAY - Tuesday, November 8, from 6 am to 9 pm**

Only at the Activities Center (you will be turned away if you try to vote at Town Hall).

\* \* \*



## SOCIETY BOARD MONTHLY MEETING

**Wednesday, November 16, 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](http://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](mailto:society@hhsociety.org), by phone to 914-276-2908, 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.**

\* \* \*

## INDEPENDENT AND FOREIGN FILM CLUB

*By Stephen Klepner*

### BREAD AND TULIPS

**Sunday, November 20, at 7 pm in the Heritage Room**

In this romantic comedy, married Rosabela finds a new life for herself in charming Venice. Her aggrieved husband, having hired an amateur detective, finally tracks her down. Will she return to her old life or embrace the possibilities of a new one?

There will be a post-film discussion led by Bill Costanzo, retired film studies instructor.

**Proof of vaccination is required, and masks must be worn during the performance and subsequent discussion.**

For more information, contact me at [spk010@yahoo.com](mailto:spk010@yahoo.com) or 845-297-7066.

\* \* \*



## HOLIDAY EXTRAVAGANZA

*By Terry Clifford*

**Saturday, December 10, from 1:30 to 3:30 pm in the Heritage Room**

All Heritage Hills children are invited to bring their parents, grandparents, aunts, uncles, and friends to this Extravaganza. The price of admission is an unwrapped new toy, which will be distributed to underprivileged children in Westchester County by the United States Marines Corps Reserve. Here is what you can expect:

- On view will be a magnificent Lego Train Display built by our own Karl Milde, who will run the trains throughout the event.
- Rock Painting will be available, hosted by a professional Art Teacher.
- An Elf will organize a Snack Decorating event.
- Santa and Mrs. Clause will make a visit.
- Our Volunteer Woodshop Elves' handmade toys will be on display.
- Refreshments will include eggnog, water, candy canes, Chanukah gelt, and more.
- A Marine will be in attendance to collect the toys.

Come join the fun. If you are unable to attend, leave unwrapped toys in the *Toys for Tots* collection boxes at the Activities Center and Lake Lodge from now until December 10.

The United States Marine Corps Reserve is also accepting checks payable to *Marine Toys For Tots Foundation*. Place your check in an envelope addressed "Toys for Tots" in the mail slot with that label outside the Activities Office.

\* \* \*

## 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](mailto: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

*Compiled by Susan Statkowski-Rivalsi*

### VIEWING SOCIETY BOARD MEETINGS

Until its November 16 meeting, the October 19 Board of Directors meeting video can be viewed in its entirety on Comcast's Channel 21 daily at 2 and 7 pm, and 24/7 on the website [hhsociety.org](http://hhsociety.org) (choose Heritage Hills Society, then Meetings & Documents).

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### SUMMARY OF PORTIONS OF THE SEPTEMBER 26 SOCIETY BOARD OF DIRECTORS MEETING

– The full transcript of this meeting's Minutes can be found on the Society website.

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

Also attending: John Milligan and Dave Jacobsen

#### SECURITY COMMITTEE – GENE ARCHER, CHAIR

Proposed and approved was a payment increase to Prosegur, our Security company, of \$38,166 for the fourth quarter and an increase of \$211,002.89 for 2023. The added funds will be used to put us in a better position to attract staff.

#### TREASURER'S REPORT – BILL HARDEN

##### • August Financials

Income . . . . .	\$ 470,484
Expenses . . . . .	(539,453)
Deficit . . . . .	\$ 68,969

It was a difficult month because we used up the inventory of most of the goods and services that we buy, so we had to pay inflated prices to replace them. Our current surplus is \$126,964.

- The aforementioned approved increase for 2023 for Prosegur will eat into our discretionary funds, so our budget will be very tight next year.

#### REOPENING COMMITTEE – GLORIA ANDERSON, CHAIR

- After two and a half years, the Committee has hopefully had its final meeting, as we now have tools to control the disease, such as vaccines and boosters. Unfortunately, apparently only 30% of those eligible to get boosters actually get them. The new latest bivalent booster, which includes components that help fight the variants now most prevalent in the United States, is available locally.

- We have now recommended, and the Board has approved, restoring the former capacity in the Heritage Room up from the Covid 90-person limit. Should circumstances dictate a change, the Board will do so.
- We are still recommending that people wear medical-grade masks when indoors, and clubs and groups can decide whether they want event attendees to wear masks and provide proof of vaccination status.

#### NEW TO HERITAGE EXPO – DORINDA HASKELL-PALADINO, CHAIR

On September 10, 86 of the 133 registered residents toured the 30 tables representing clubs and groups. We'll be having another Expo next year around the same time.

#### COMMUNITY AFFAIRS COMMITTEE – JACK MATTES, CHAIR

- **NYSEG:** See *NYSEG-Smart Meter Installation*, on page 22.
- **Toys-for-Tots:** See *Toys for Tots Holiday Extravaganza* on page 5.

#### MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- **Monarch Butterflies:** We're going to plant milkweed just north of the Pollinator Garden to attract them.
- **Iris Planting:** One of our volunteers received a bag of iris rhizomes, which we'll plant around a rock outcropping alongside a trail, where they won't interfere with mowing.
- **Park Place:** We'll be adding another table and chairs on the patio, due to popular use.
- **Beehive:** Our insurer does not object to us having one installed in the park by an experienced beekeeper. It will be in a remote location in the park.

#### SOMERS TOWN UPDATE – BRUCE PRINCE

- **Dish TV:** Antennas are being added throughout Westchester including Somers to compete with T Mobile, Verizon, and AT&T.
- **Somers National Golf Club Debris:** We've been working to get the town's Code enforcement and Fire Prevention officers to address this situation.

#### ELECTRIC CAR CHARGING STATIONS – GENE ARCHER

Most manufacturers subcontract to local electricians to do installs, but neither of them guarantees the support of the product. We're seeking someone to handle that. Meanwhile, a number of owners here have chargers in their garage, and that seems to work. Federal and State funding is there, but after-product-install is a concern, so we'll continue to work on that.

#### SECURITY REPORT – DAVE JACOBSEN, PROSEGUR SECURITY

- **Car Accidents:** The majority of these occur at the Warren Street intersection. When approaching, if the light is red, please wait until it turns green.
- **Defining "Service Calls" Categories:**
  - Lift Assist - We go and help someone up off the floor.
  - Lockout - When someone locks themselves out, we assist getting them into the house with the key that we have on file.
  - Welfare Check - We check on a loved one that hasn't been heard from.
  - We also will go help change smoke and CO2 detector batteries.



## OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Activities Center Generator:** By November, the new one should be fully operational. Originally, when the first generator – 60Kw – was installed, Society shared the expense with the town, each about \$30,000. This time, thanks to the efforts of Dom Rubino and Jack Mattes, the town is paying the entire installation cost, for the new generator – 150Kw – as well as the four 1,000 gallon propane tanks – \$125,000, a huge cost-savings for Heritage Hills.
- **Storm Water Retention Basin Maintenance:** These basins collect water and let pollutants and sediment settle out before the water discharges into the two streams which empty into the New York City reservoirs. Also, their large size collects runoff of large storms that would otherwise result in flooding of our roads and possible units. Our work thus far has been reviewed and approved by the town.
- **Veolia:** It seems to take longer for it to respond in the event of water main breaks, so we're working with the town to try encouraging Veolia to tweak their procedures.
- **NYSEG:** It will not be necessary to replace some of the infrastructure in newer Condos as the procedure when they were built included wires already in conduit.
- **Road Striping:** For now, in addition to the yellow stripes on the speed humps, some of the faded yellow and white lines along the road edges will be addressed before year-end. The full job will be addressed next year.
- **Tennis and Pickleball Courts:**
  - Tennis Court 7 was repaired and repainted, and we replaced all 55 steps up to Tennis Court 5.
  - The Pickleball Court was repainted, and minor warranty items were corrected.

\* \* \*

Subsequent to the formal meeting, the following discussion was had:

## SOCIETY DUES STRUCTURE

A resident inquired why, instead of different units paying different amounts, the budget isn't just divided by the number of units – 2,606 – so that all units pay the same amount, since all amenities are available to all residents equally. It was explained that was the way it was originally done. But six unit owners of smaller units filed a legal action, which they won – dues had to be proportional to the unit size. The decision was appealed, and again the Court's decision was affirmed.

\* \* \*

## SEPTEMBER SECURITY CALL REPORT

*By Dave Jacobsen, Prosecur Security*

During the month of September our Security staff received and responded to a total of 226 calls regarding the following matters:

Medical . . . . .	68
Security . . . . .	35 (open garage doors, other security concerns)
Fire . . . . .	15 (the majority of which were fire alarms)
Service . . . . .	75 (including 58 lift assists, 3 persons locked out, and 10 welfare checks)

Maintenance . . . . .	9
Car Accidents . . . . .	4
Parking Violation . . . . .	29 (in handicapped spaces, fire lanes, A roads, or B roads)

\* \* \*

## COUNCIL OF CONDOS

*By Terry Clifford*

Condos in Attendance: 1, 2, 3, 5, 7, 8, 11, 12, 15, 16, 17, 18, 19, 20, 21, 23, 26, 27, 28, 29, and 30

The September 21 meeting began with the President of the Council of Condos, Louise Squitieri, stating although the Council is not a governing entity, it provides us with the opportunity to stand together on many issues concerning our community.

**Heritage Hills Security** - Dave Jacobsen, head of Security, and Rob Casasanta, also from Security, spoke about the need for residents to complete a “**Resident Profile Form**” which provides our Heritage Hills Security staff with information concerning occupants of your unit, persons with pre-authorized access to your unit, vehicle information, and your signature to allow security to enter your unit in case of an emergency. Copies of the forms were there for each Condo to distribute to their residents. The form was also sent electronically to Condo Presidents. Residents must return the form to the Security Office to update their database.

### Road Safety and Speed Control:

- Security cannot issue speeding tickets; the Somers Police appear at various times and write speeding tickets for speeders on our roadways.
- Security will monitor those with loud mufflers driving within our community.
- Routine patrols provide information concerning lighting on the roadways and clusters. Each unit must have three-inch-high light reflecting numbers meeting town code. Security noticed some unit numbers are missing, painted over, or shrubs and trees covering the numbers.
- Before 10 pm Security patrols will notify residents if garage doors are left open.
- Condo Presidents may email Dave regarding residents not heeding parking regulations within their Condo.

We are fortunate to have a Security force which is EMS trained. They have saved lives and are an important resource for our community.

The **Directory of Contractors & Suppliers** updated this year has several contractors with incorrect telephone numbers. However, most of those contractors are listed in several places which have correct phone numbers. Condos must pick up their packets from the Activities Office.

**Grounding and Bonding Wires** – Performing an acceptable ground-to-earth test on an existing ground rod does not eliminate the need for performing what is outlined in the approved Town of Somers Building

*continued on page 9*

# Genesis Jewelers

Yorktown

*The Origin of Fine Jewelry*

**We Buy Gold, Silver and Diamonds!**

**Jewelry and Watch Repairs**

**Change watch batteries while you wait**

**and our specialty – custom designs**

*“If you dream it, we will make it”*

32 Triangle Center  
Yorktown Heights, NY 10598  
914-245-3899  
genesisjewelers.com  
Tuesday – Saturdays 10 - 6



## Watch Battery Special

**\$4.61**

Excluding watches with 4 or more screws and oversized watches. Max of 4 watches with this coupon.  
One coupon per customer. Not valid with any other offer.  
Expires 11/30/22



DONNA O'CONNELL

#1 AGENT IN  
SOMERS



**IF YOU HAVE CONSIDERED  
PURCHASING OR SELLING, PLEASE  
FEEL FREE TO CONTACT ME ANYTIME.**

As the #1 agent in Somers and Heritage Hills, I bring over 24 years of experience and unmatched devotion to each and every person I work with.



**DONNA O'CONNELL**

Associate Real Estate Broker

M 914.263.9108

Doconnell@houlihanlawrence.com

donnaoconnell.houlihanlawrence.com

SOMERS BROKERAGE  
104 VILLAGE SQUARE, SOMERS, NY



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.



Department procedures sent to all Condos several months ago. The Town is issuing a Certificate of Compliance.

**Comcast Firewall Repair** – Comcast rewiring completed several years ago may have breached a wall and not properly repaired it with fire safe foam spray. If such a breach has occurred in your unit, contact your management company, which will send a list to a Comcast employee mentioned in the September Council of Condos minutes.

**Insurance** – Jason Schiciano, President of Levitt-Fiurst Insurance, held breakfast meetings with Condo presidents and representatives to discuss the possible increase in insurance premiums expected for 2023. He encouraged all Condos to stay with Levitt Fiurst to maintain leverage. The Society received a lower rate; however, they are not insured by Greater NY the best insurance company for Condos in New York State.

**Potential Golf Course Sale** - The Council of Condos may be involved, as this greatly impacts our community. The DRD which defines our community states the property must be an open recreational area or open space. Stay tuned for further information on this important event in our community.

The next meeting of the Council of Condos will take place on Wednesday, November 23 at 7 pm in the Activities Center. We Look forward to seeing representatives of every Condo there.

\* \* \*

## NAMING ROADS IN HERITAGE HILLS

By Karl Milde

When I moved with my family to Heritage Hills, I learned that our mailing address does not include a street name, even though we live on West Hill Drive. That seemed rather odd to me, but as long as FedEx, UPS, Amazon, and the USPS could find our unit, that was all that mattered, right?

Early this year – three years later – the Somers town government required that almost all the street signs in Heritage Hills be removed so that emergency services – police, fire, EMS – were not confused when they responded, a real possibility since some (but by no means all) road names in Heritage Hills were duplicates of other street names elsewhere in Somers. Only use of the names of main roads here – Heritage Hills Drive, West Hill Drive, Westridge – were officially approved by the Town of Somers.

The names of the various side roads, cul de sacs, and clusters weren't official; but they sure made it easier to find one's way around and to give directions to others traversing the road maze here. Removing the signs has definitely not been helpful, and many are in withdrawal. They want the road signs put back.

But how does one go about getting a road name approved by the Town?

Thinking there must be a way, I recently took a trip to the Building Department on Route 202. The people there knew nothing about the subject, but they did refer me to Denise Schirmer, Secretary of the

Architectural Review Board of the Zoning Board of Appeals. So I wrote to Ms. Schirmer and she promptly replied, "That process would have to begin with the Town Planning Director, Dave Smith," and she gave me his email address. I sent him the same inquiry I had sent to Ms. Schirmer, and he replied, "I would kindly ask that [your] request first be made to the Supervisor." I therefore sent that same inquiry to the Honorable Robert Scorrano.

I eventually received a reasoned reply to my queries, but the reply was discouraging because, rather than explaining how I might go about obtaining approval of a road name, Mr. Scorrano pointed out a number of difficulties in doing so. I wrote back, explaining ways to overcome those difficulties. When Supervisor Scorrano replies to me, I'll write about the process for officially naming a road.

However, remember, as shared in last month's issue of this Newsletter, all of the former road names are still on the [googlemaps.com](https://www.google.com/maps) GPS site, and, I recently learned, they're also on Google's [waze.com](https://www.waze.com) site.

\* \* \*

## TRAVEL GROUP

Thanksgiving is the perfect time of year for your friends on the Travel Board to say, "Thank you for supporting the Travel Club." It is also a time to remember and embrace those who enrich our lives and be thankful for all the amazing gifts with which we have been blessed. We certainly are fortunate to live in Heritage Hills and enjoy such wonderful activities. Thank you for traveling with us and have a Happy Thanksgiving!

Sincerely, Board members Elaine Soliman, Pamela Arena, Jean McMahon, and Joan Curtin.

\* \* \*

## 10-A-MEN'S CLUB

By Mike McBride

The 10-A-Men's Club meets every Wednesday morning in the Heritage Room. The doors open at 8:30 am, with coffee and bagels ready shortly thereafter for a \$2 contribution. At 10 am, we recite the Pledge of Allegiance and introduce the day's speaker(s). The meeting adjourns at 11 am.

### Why should you attend the 10-A-Men's Club meetings?

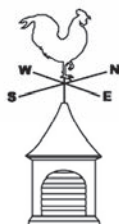
- Get out of the house.
- Meet new people.
- Learn about HH and Somers services, clubs, trails, things to do.
- Get information, ask questions, become and stay informed, and contribute your input and ideas regarding present and future issues in and around Heritage Hills, Somers, and beyond.
- Introduce yourself. Tell us where you come from and what your interests are, and the highpoints of your life.

*continued on page 11*



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## Speakers

Past speakers include Somers' Town Supervisors, Superintendent of Schools, Judge, and Police Chief; a State Assemblyman and political candidates; Medicare doctors and eye/cataract specialists; and HVAC specialists and energy company representatives; golf course owners; etc. Frequent speakers include the Heritage Hills' Society President, one of its Health and Safety Committee representatives, its Property Manager; and our own group members.

## Examples of Issues discussed

- The different rules and regulations of the 30 different Condo groups and the Society – who is responsible for what.
- Pros and cons of a potential purchase of the 18-hole Golf Course and Restaurant by us (through the Society).
- Lincoln Hall arrivals from the border and their unauthorized departures.
- New developments in Somers – for instance, the proposed school at the former IBM Route 100 property, and sale of the Calvin Klein 740-acre Mahopac Avenue property.

\* \* \*



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## HHLibrary COMMITTEE WEBSITE



Good news: The Library page on Society's website has been updated, making it easier to find books that are in the HHLibrary collection. You now may search for books by author, title, or category. To access the Library page, go to [hhsociety.org](http://hhsociety.org), locate the Heritage Hills Library tab, and click on "Book Search." "Newly Added Books" and "Cindy's Book Reviews" will be updated soon.

## CHILDREN'S BOOK EXCHANGE

HHLibrary is pleased to reinstate our Children's Book Exchange, which is located under the bench outside the Library door. Parents and kids can swap their nearly new, in good-condition books for other books to enjoy. Be sure to put your books in the designated-age shelves.

## NEW ADDITIONS TO OUR COLLECTION IN NOVEMBER

### Fiction

Atkinson, Kate . . . . . *Shrines of Gaiety*  
 Backman, Fredrik . . . . . *The Winners*  
 Greer, Andrew Sean . . . . . *Less Is Lost*  
 Harris, Robert . . . . . *Act of Oblivion*  
 Hilderbrand, Elin . . . . . *Endless Summer*  
 Irving, John . . . . . *The Last Chairlift*  
 Kingsolver, Barbara . . . . . *Demon Copperhead*  
 Ng, Celeste . . . . . *Our Missing Hearts*

### Mystery

Baldacci, David . . . . . *Long Shadows*  
 DeMille, Nelson . . . . . *The Maze*  
 Grisham, John . . . . . *The Boys from Biloxi*  
 Osman, Richard . . . . . *The Bullet That Missed*  
 Perry, Anne . . . . . *A Truth to Lie For*  
 Rankin, Ian . . . . . *A Heart Full of Headstones*  
 Raybourn, Deanna . . . . . *Killers of a Certain Age*  
 Robb, J. D. . . . . *Desperation in Death*

### Non-Fiction

Tyson, Neil deGrasse . . . . . *Starry Messenger*

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Wed. 9:30 - 5:30 | Thurs. 10:00 - 6:00

Fri. 10:00 - 6:00 | Sat. 9:00 to 5:00



**MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.**

**GENERAL CLUB/CLASS INFORMATION AND  
REGULARLY OCCURRING ACTIVITIES  
Produced by the Activities Office  
Phone: 914-276-2636 or go to [activities@hhsociety.org](mailto: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](mailto:activities@hhsociety.org) or by phone at 914-276-2636.

## TWO GUESTS PER UNIT LIMIT

### 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 Wednesday at 12:30 pm in the Game Room. All skill levels are 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:** Wednesday at 9:30 am in Studio A. No fee. Beginners welcome.

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

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

You don't have to be Jewish to love Club Shalom. The Club is dedicated to providing quality entertaining and educational Jewish cultural programs for all residents. Watch for information about upcoming events in the COMING EVENTS section of this Newsletter.

### CONCERT SOCIETY CLUB

We present four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Heritage Room. We feature the best and brightest of classical music's rising stars. The annual subscription rate is \$80 per person or \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407. Marvelous music by acclaimed artists at bargain prices.

### 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 this Newsletter for more information or call Ann at 914-617-9434.

### CULINARY CLUB

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6 pm. If you are interested, contact Pat Headen at 914-617-9050.

### EXERCISE

**Body Sculpting Class with Linda:** Warmup low impact cardio, strength, and balance abdominal exercises on the floor or in a chair, and a stretch and relaxation cool down. Monday thru Thursday at 8:30 am and Thursday night at 6:30 pm in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com).

**Pilates Barre Class with Linda:** Monday thru Thursday at 9:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com).

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

**Cardio/Strength/Stretch Class with Lori Barr:** Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch, and breath work – all set to great music! Appropriate for all levels. Bring a resistance band to each class. Weights are available for use or bring your own. Tuesday and Thursday from 9:30 to 10:30 am in the gym. 914-276-2636 or [lamb428@optonline.net](mailto:lamb428@optonline.net). Fee: \$8 per class. Try the first class for free!

**Zoom Chair Exercise with Lori:** Mondays, from 1 to 2 pm, beginning November 7. Wake up your body with a cardio, strengthening, stretching, breathing, and balancing workout – all done from your chair at home. Some standing behind the chair is optional. Have light weights and an exercise band handy. Classes are \$8 each. Try the first class free of charge. Email [Lori@lamb428@optonline.net](mailto:Lori@lamb428@optonline.net) to receive class Zoom links.

**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 20 years of experience. \$10 per class. Call or email to register at 914-646-0887 or [Satishgambhir@gmail.com](mailto:Satishgambhir@gmail.com).

**Chair Zumba/Toning with Theresa:** Monday at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**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, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**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](mailto:zumbawithme@aol.com).

**Move and Groove with Theresa:** Tuesday at 11 am in 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](mailto:zumbawithme@aol.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](mailto: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](mailto:keri.reitman@gmail.com).

### FRIDAY NIGHT SOCIAL DANCE

Friday, November 4 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, December 2.



## FRIENDS IN THE HILLS CLUB

Ours is a new club that is open to all adult residents at Heritage Hills. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section for event details. After our December kick-off event, we will be on hiatus until next April. Feel free to email us at [Friendsinthehills@aol.com](mailto:Friendsinthehills@aol.com) with any questions or contact Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

## 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.

**Mah Jongg Group:** Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available, so contact Sue Furino at 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 – Thursdays 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!

**Scrabblers Group:** Casual Scrabble game play on Thursday from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. **Bring proof of Covid-19 vaccination and boosters.**

For more information, just walk in or contact Susan at 914-617-9228 or [ciwhitestar@comcast.net](mailto:ciwhitestar@comcast.net).

## GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to [hhgardenclubsecretary@gmail.com](mailto:hhgardenclubsecretary@gmail.com). If you would prefer to speak by phone, call 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. Mask-wearing is voluntary. Do not come 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](mailto: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](mailto: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. Meetings take place 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](mailto: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](http://hhsociety.org) / Activities / All Activities / Hikers and Walkers.

## INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings, April to December, in the Heritage Room, followed by a discussion. \$20 for the series. Schedule is posted in the Activities Center and on the Society website. For information, contact Steve Klepner at 845-297-7066 / [spk010@yahoo.com](mailto:spk010@yahoo.com).

## LIBRARY

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

## MORNING DISCUSSION GROUP

Discussion group on current event topics. Monday 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](mailto: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: Wednesday and Saturday 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](mailto: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](mailto:rlkret@aol.com).

**Shuffleboard Group:** October through March on Wednesday from 1 to 3 pm, and on Saturday from 9:30 am to noon, in the gymnasium.

**Tennis Group:** All Tennis reservations are now made via [www.playtomic.io](http://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.

## 10-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 near or far. All details are handled by the Travel Club. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

## 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 from 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** generally meets at 1:30 pm the second Wednesday of the month, except for January, July, and August. The Board meets the first Tuesday of the month in the Activities Center. For information about joining our group, please call Membership Chair Alfreda Savarese at 914-617-2007. See the COMING EVENTS section of this Newsletter for specific upcoming event details.

## WRITERS WORKSHOP CLASS

Workshop on *Google Meet!* Monday at 1pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! [Lindaspear211@gmail.com](mailto:Lindaspear211@gmail.com).



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 ASSOCIATE BROKER

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 debbiedemelis@gmail.com  
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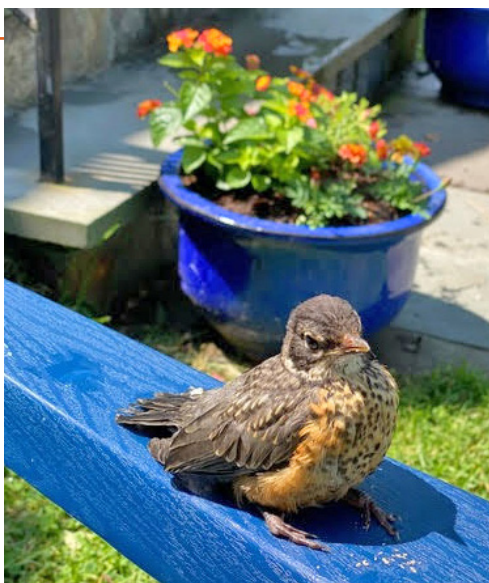


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## THE SAVING OF KEVIN THE ROBIN

By William A. Colavito

A baby robin they named Kevin, fell out of its nest,  
In the yard of our grandsons, he came to rest,

A return to its nest was not then an option,  
So to avoid a sad ending, they kids chose adoption,  
They placed Kevin in an old shoe box,  
away from bright light and loud noise  
Under the watchful eyes of both of the boys,

With the help of a tweezer, Kevin was fed,  
A gooey concoction of small worms and wet bread,  
Kevin became stronger, and soon fluttered his wings,  
And began twitting those songs, which baby Robins will sing,



A member of the family he soon became,  
sitting on their lawn, and even the kids' arms  
Ne'er a worry that he might come to some harm,

Soon, he would fly to nearby trees,  
By the sound of his chipping, the boys knew he was he,  
Sadly, there was no formal farewell, no formal goodbye,  
One day Kevin took off and flew to the sky.

The boys do miss Kevin, but they talk with much pride,  
About Kevin the baby Robin,  
who because of their compassion lived, and did not die.

\* \* \*

## THANK YOU, YOUNG ARTISTS

By Susan Statkowski-Rivalsi

The Art Show Committee was thrilled to exhibit the following young artists' pieces at this year's Art Show: "Birch Trees," by Alex Schnapper, "How to Make a Smoothie," by Fiona Lefkowitz, and "Spring Picnic," by David Bonato. We look forward to receiving wonderful young artist pieces for next October's show.

\* \* \*

## SANTA AND MRS. CLAUS ARE COMING TO HERITAGE HILLS!

Mr. and Mrs. Claus will be at the Toys-for-Tots Holiday Extravaganza on Saturday, December 10. See page 5 in the COMING EVENTS section of this issue for details about the return of this fun-filled afternoon.

\* \* \*



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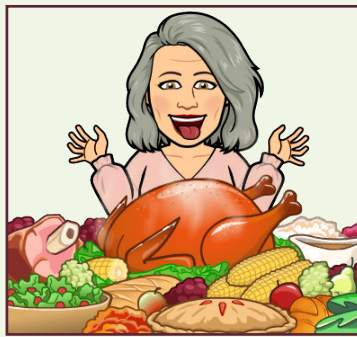


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need to be done and give you an idea of what units are selling for right now.

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## PICKLEBALL CLUB

Text by Denise Elliott, photos by Jan Thornley

### PLAYOFF RESULTS

The Club organized its first League competition this summer. The weeks-long competitive event was a great success, and lots of fun for all involved! If you passed by the courts on most Monday nights, you could watch teams play and cheer each other on with other Heritage Hills players and neighbors!

Following the final Championship games, the season finished with an awards celebration to honor the First, Second, and Third Place teams and all players!



First Place LOBSTOPPERS: John Zeiss, George Lazar, Bob Kennedy, Captain Paul Senderoff, Susan Petroccione, and Meryl Lapis.  
Absent: Pam Arena, Rich Willemmin



Second Place HOT SHOTS: Mindy Hermann-Zaidins, Christine McLaren, Lili Venta, Julie Shadron, and Mario Genovesi. Absent: Captain Marc Belack



Third Place DILLY DINKERS: MaryAnne Finella, Debbie Zapakin, Eric Zaidins, Joe Thornley, Lisa Mosia, Captain Steve Blunda, and Gene Kaplan

If you are interested in learning or playing pickleball, and to stay up to date on all club activities, email [pickleballhh@gmail.com](mailto:pickleballhh@gmail.com).

See you on the courts!

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By Diane Purr, Commissioner

Last month's issue of this *Newsletter* reported our League's 2022 final results. This month we present the results of our annual Club tournament playoff held on Saturday, September 10.

96 people enjoyed bagels, buns, and coffee under sunny skies and then went on to play a single elimination tournament – you win, you play again;

you lose, you're out. We had 24 teams competing for five hours, and it finally whittled down to a very exciting last game.

The 2022 Tournament winners were John Zeiss, Ben Martinez, Reno Dicristofaro, and Michael Boemio – a well-deserved victory!



\* \* \*

## EAST HILL MEN'S GOLF GROUP

by Ken Freeman, photos by Ed Yee

The club's annual championship tournament – a two-round competition – took place on September 29 and October 6.



The A Flight (our best players) low gross winner, and hence 2022 Club Champion is club veteran Yogi Santa-Donato, left. The A Flight low net was recorded by Rob Plouff, right.



The B Flight (the rest of us) low gross was achieved by Ed Sottile, left, with Howard Weiner, right, recording the low net.

Here are the results of our regular twice-a-week September competitions (all regular Stroke Play unless noted otherwise):

### September 7

Low Gross – Bob Briganti  
Low Net – 1st Charlie Barrett, 2nd Yogi Santa-Donato, 3rd Rich O'Brien

### September 8 – Maximum of 4 clubs for A players, 5 clubs for B Players

A Flight: Low Gross – Joel Greenspan  
Low Net – 1st John Mahoney, 2nd Bob Briganti, 3rd Yogi Santa-Donato, 4th Ray Ormerod  
B Flight: Low Gross – Sandy Lieberman  
Low Net – 1st Jack O'Hanlon, 2nd Marshall Fine

### September 14

A Flight: Low Gross – Bob Slotoroff  
Low Net – 1st Ray Ormerod, 2nd Tom Reca, 3rd Bob Kenney  
B Flight: Low Gross – Jim Haggerty  
Low Net – 1st Jack O'Hanlon, 2nd Rich O'Brien

### September 15

A Flight: Low Gross – Bob Slotoroff  
Low Net – 1st Joel Greenspan, 2nd Bob Briganti, 3rd Bill Glass, 4th Charlie Kravetz  
B Flight: Low Gross – Howard Weiner  
Low Net – Jack O'Hanlon

### September 21

A Flight: Low Gross – Bob Briganti  
Low Net – 1st Rob Plouffe, 2nd Bill Glass, 3rd Vin Marrone  
B Flight: Low Gross – Jack O'Hanlon  
Low Net – Ken Freeman

### September 27

A Flight: Low Gross – Joel Greenspan  
Low Net – 1st Bill Glass, 2nd Rob Plouffe, 3rd Bob Briganti  
B Flight: Low Gross – John Mahoney  
Low Net – 1st Jack O'Hanlon, 2nd Rich O'Brien

\* \* \*

## TENNIS COMMITTEE

By Dena Golstein

On Saturday, September 17, the Tennis Committee hosted a Mixed Round Robin Social. It was a beautiful sunny day and the Social was attended by a large group of men and women of all levels of play. Everyone had an enjoyable time which was confirmed by the "Thank You" notes received from the participants. At the end of the Social there was a drawing for some tennis related prizes.

Friday Night Round Robin Tennis has continued under the lights and is enjoyed by all who have attended. This will continue as long as the weather holds for us. We meet at Court 1, so come on down and enjoy evening tennis!

The Tennis Committee is looking forward to hosting an Indoor Mixed Winter Social sometime in January 2023. Stay tuned for more information.





## HERITAGE HILLS RESIDENT ART SHOW

*Text by Terry Clifford, photos by Terry Clifford and Elizabeth Royston*

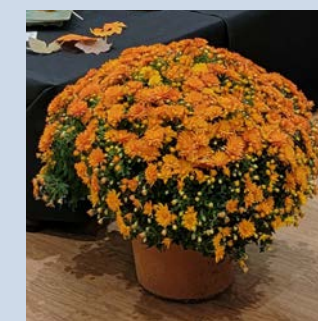
The Heritage Room once again turned into a magnificent art gallery. Two days of resident artists' work was viewed by 450 people.

There were two hundred pieces of art – everything from oils, watercolors, digitals, painted silk scarfs, photography, beautifully designed and finished woodwork (vases, boxes, bowls, a rocking chair, guitar, and table), handmade woven craft, (wall hangings, a crocheted blanket, knitted hats, etc.), jewelry, and sculptures of many designs. Three talented youngsters ranging in age from 10 to 16 years presented their artistic talent. There were demonstrations galore, including a tour of our fantastic Woodshop.

While 450 people seem like a crowd, the movement in and out of the exhibit never felt crowded over the two days. The Art Show Committee extends a huge thank you to the artists who participated without whom there is no show.

The Committee, headed by Jack Mattes, received the artwork, arranged the 200 pieces around the room, and assisted with the takedown of the room, which was completed in a half hour. A big thank you goes to the Heritage Hills Maintenance Supervisor Marcus and his Crew for their hard work of setting up the panels and furnishings; assisting artists with by carrying their work, when necessary, both coming and going; cleaning the room; and being available when needed. We also want to thank the Society's landscaper for the display of mums, which set off the room beautifully.

Once again, with the help of many people, another successful event took place at Heritage Hills. If you were unable to attend this year, make sure you attend next year. Heritage Hills volunteers hold many memorable events, and the Resident Art Show is one of the highlights







### SOMERS VETERANS DAY PARADE

**Friday, November 11**

**10:15 am:** Parade starts at Somers Intermediate School

**11 am:** Parade ends, and Ceremony commences, at Ivandell Cemetery

**Thereafter:** Refreshments served at Somers Townhouse

For additional information, contact Kate O'Keefe by phone at 914-384-1612 or by email at [katookeefe@gmail.com](mailto:katookeefe@gmail.com).

**NOW YOU KNOW!**

\* \* \*

### SOMERS SENIOR SERVICES

#### NOVEMBER SHOPPING TRIPS

*Submitted by Barbara Taberer, Director*

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. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. They carry your bags to your door. An aide may accompany the rider. To make your reservations, call 914-232-0807.

#### MONDAY

November 7 .....Target

November 14 .....Danbury Mall

November 21 .....Dollar Tree

November 28 .....Walmart

#### FRIDAY

November 4.....Uncle Giuseppe's

November 11 ....No Trip

November 18....ShopRite

November 25 ...No Trip

**NOW YOU KNOW!**

\* \* \*

### NYSEG SMART METER INSTALLATION

*By Susan Statkowski-Rivalsi*

Between December 2022 and July 2023, NYSEG will be replacing our existing meters with Smart Meters. These new meters will automatically transmit usage data, resulting in customers receiving actual usage bills every month (no more NYSEG representative visits, estimated bills, or customer reads).

**NOW YOU KNOW!**

\* \* \*

### SOMERS PARKS AND RECREATION

*Submitted by Farah Cleary*

For information about the wide variety of programming for Somers residents of all ages, check out the town Parks and Recreation website at <https://secure.rec1.com/NY/town-of-somers-ny/catalog>. If you create an account and "opt in" for our promotional emails, you will receive the latest and up-to-date information about our programs and brochures.

Please contact the Parks and Recreation Office with any questions by phone at 914 232-8442 or email at [parks@somersny.com](mailto:parks@somersny.com).

**NOW YOU KNOW!**

\* \* \*



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## STEVE KLEPNER, PRESIDENT, INDEPENDENT AND FOREIGN FILM CLUB

*Text and photo by Shirley Kesselman*

Steve moved with his late partner, Margaret Freifeld, to Heritage Hills from Mt. Kisco in 2014. "While others were downsizing from large homes, we were 'upsizing' from the co-op in which we were living," he says. His two children and two grandchildren reside nearby. An engineer, Steve had worked for IBM in research on projects that involved the manufacture of microchips.



Now Steve enjoys hiking five to six miles twice a week as well as cycling 20 to 30 miles weekly. For the last six years he has square danced with the Friendly Squares in Katonah. Steve has travelled extensively. India impressed him greatly. He attends movies at the Jacob Burns Film Center, and at Heritage Hills he belongs to the Monday Morning Discussion and the Hikers and Walkers Groups.

When the former President of the Independent and Foreign Film Club, Irma Strumpf, invited Steve to chair a committee meeting at which films for the next year were being chosen, he was surprised. "How did she get my name?" he wondered. He does not consider himself a film buff; however, he agreed to meet with Irma and a committee member, Willa Reichbach, for lunch. During the gathering Irma said she needed a Co-President, and she asked Steve if he would accept the position. He replied simply, "Sure."

In 2021 Irma resigned as Co-President of the Club, and Steve assumed the full responsibility. He has since also taken on the job of Treasurer. "These are closely connected," Steve believes. The fee charged film attendees must be decided. Monies collected cover, among other expenses, the cost of film DVDs and the honorarium given to Bill Costanzo, who leads each post-film discussion.

Every October a committee meets to select films for the next year's season. Suggestions are accepted from both committee members and film attendees. Approximately twenty recommendations must be whittled down to nine selections. Steve would like to expand the film selection committee. If you are interested, call him at 845-297 7066.

Currently the cost of attending the series is \$20 for the nine-film season, which runs April through December. Films are shown evenings in the Heritage Room in the Activities Center. About thirty residents attend each film showing. The number has decreased since the Club's founding due to the advent of Netflix, Amazon Prime, and similar channels. However, Steve believes the Film Club offers an important benefit. "People are in a room with others. It is an opportunity for socialization."

\* \* \*

## WW II HERO

*By Robert LaGravinese*

I have a very impressionable trolley ride memory from 1945 that I constantly recollect.

The war had just ended. I was fourteen years old. It was a Saturday night. I was sitting on the trolley taking me up to White Plains Road to the roller skating rink in Mount Vernon.

A soldier got on wearing his khaki uniform. He was walking with crutches, with his left pantleg pinned up revealing an obvious military injury which cost him his leg. He struggled his way up the aisle of the trolley, and, since there were no seats available, he stood directly over me, putting the two crutches under his right arm so he could grab the overhead strap to maintain his balance.

I didn't have to think twice about my obligation to give up my seat for this wounded soldier. However, as I started getting up, he took his left hand off of the overhead strap and gave me a violent push back down to my seat.

Such a brave and proud gesture forever embedded in my memory.

\* \* \*

## LITHIUM-ION BATTERIES' FIRE HAZARD

*By Stan Herz Pearlman*

New York State recently issued a warning on the fire hazards of Lithium-Ion batteries. Resident Robert Casasanta asked if we could publish it. Here is a summary. Anyone desiring more information can do a computer search for "Lithium-Ion batteries."

Because of the amount of energy these batteries store in a small space, and the ease of recharge, they have become ubiquitous in all kinds of devices: smart phones, laptops smoke alarms, flossers, toothbrushes, and so on. All of this energy can lead to excess heat. That is one of the reasons the State advises:

- Do NOT recharge them on a combustible article, such as a pillow or couch,
- DO disconnect the device once fully charged.
- Spare lithium-ion batteries can NOT be packed in checked luggage on an airplane.

The batteries are normally safe, and with proper caution there should be little risk (no one should worry about an electric toothbrush catching fire in their mouth, although it would certainly sterilize their teeth).

However, the advisory asks you to pay attention to the warning signs of battery failure. These include:

- excessive heat or smoke • swelling/bulging • leakage
- audible sounds • odors

If any of those occur, the device should be moved to a safe place. If there is a danger of fire, call 9-1-1.

\* \* \*



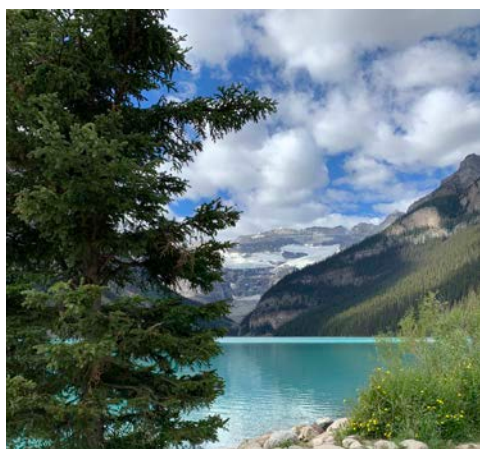
## CANADIAN ROCKIES BY TRAIN TRAVEL GROUP TRIP

Text and photos by Suzanne Carpiello



It was day six of our Travel Club tour of Western Canada. We were on our way to the Columbia Ice Fields for a walk on the Athabasca Glacier. We stopped at a local bakery and market to buy food for lunch and soon pulled over at the Coleman picnic area. It was much more than a picnic area. Yes, there were picnic tables, but they were nestled along a stream with the Canadian Rockies surrounding us. We took out our hearty sandwiches and delicious baked goods. Surrounded by the beauty of the day, we drank in the scenery and enjoyed the good company of friends.

My husband spotted two white specks on the mountain that seemed to be moving. He pointed them out to our tour director, and she confirmed that they were mountain sheep. Everyone jumped up to get a look at the local wildlife. We joked about the bits of white cotton so far from sight. Some of us are still trying to see those white specks in our mind's eye.



Now some might say that the highlight of their trip was the majestic beauty of the Canadian Rocky Mountains or the gorgeous blue-green color of Lake Louise or the exquisite service of the Rocky Mountaineer or the quaint welcome from the town of Banff. But for me, it was a quiet picnic at one of the most beautiful places in the world.

\* \* \*

## HEALTH & SAFETY COMMITTEE BOOK REVIEW

### STILL ALICE

By Lisa Genova, Pocket Books, 2007

Submitted by Peggy DeGasperi, RN

How would you feel if you got lost and couldn't find your way home when you were only a few blocks away? Would you tell anyone? Would you see a doctor immediately? How would your family react? How would your boss react?

This first-person story is a fictional account of Alzheimer's Disease and its effects on a woman and her family. It is based on the author's experience with her own grandmother's Alzheimer's Disease progression.

Alice is a 50-year-old college professor at the start of her symptoms. Her first indication there was something wrong was when she was jogging and was startled by a passerby and approached an intersection from a different angle. She got disoriented and frightened and had difficulty finding her way home. From there, things worsened, and she was diagnosed with early onset Alzheimer's Disease. Her husband, also a professor, goes to great lengths to try to get her in clinical trials for new medications, none of which help her.

Despite her loss of cognitive function, she retains the strength of character that had previously permitted her to advance professionally. When her husband wants to move to a different city to pursue a professional opportunity, she refuses and is angry with him as she tells him their time together is limited and they should take a sabbatical and spend that time together, not move away from their extended family.

In the end, her daughters become her main supporters. They accept her and love her as she is. She seems content and has forgotten her lost, former life.

To update this story, although a clinical trial Alice participates in does not help her, there may be a way to help the brain stay younger. Researcher Laura Baker at Wake Forest University performed a study comparing cognitive function in older adults who were assigned to take either a cocoa extract supplement, a multivitamin, or a placebo every day for three years. The researchers believed the cocoa extract could have some benefits based on previous studies of cardiovascular health. They learned it was not the cocoa extract, but the multivitamin that improved cognitive functioning. This is a new avenue for investigation that is simple, accessible, inexpensive, and safe. More studies are needed before this information can be recommended for the general public, but it's a promising start!

#### Reference:

Laura D. Baker, Joann E. Manson, Stephen R. Rapp, Howard D. Sesso, Sarah A. Gaussoin, Sally A. Shumaker, Mark A. Espeland. "Effects of cocoa extract and a multivitamin on cognitive function: A randomized clinical trial." *Alzheimer's and Dementia: The Journal of the Alzheimer's Association*, 9/14/22.

\* \* \*



## WILLIAM JOHNSON: THE SOMERS MASTER MECHANIC

By Karl Milde



*Photo from the New York Heritage Digital Collection*

William Butler Johnson began selling and repairing motorcycles in Somers in the early-to-mid 1920's. He was the first Harley-Davidson dealer in Westchester County and, it is believed, the first African-American Harley-Davidson dealer in the entire United States. His shop was located on Route 202 adjacent to

Bailey Park, where TJ's Auto Repair is now. According to the Somers Historical Society, Johnson's shop was not only a business but "it was at the heart of [this] small community where friends, customers and neighbors spent many hours."

Johnson maintained his Harley-Davidson dealership for fifty years and remained a central figure in the Somers community until he passed away quietly in his shop at age 93.

William Johnson and his wife, Anna, both started work for a wealthy family named Paulsen, first in Baltimore, Maryland, then later in Somers. Johnson was the Paulsen's chauffeur while Anna maintained the Paulsen's homes. The couple lost their jobs when Mr. Paulsen died, but by that time they were well-respected members of the Somers community. With the aid of some wealthy friends Johnson was able to purchase a house with a former blacksmith's shop at the very center of town. Johnson converted the shop to a garage and began a repair business, eventually earning a reputation as "a most reliable, honest and skillful mechanic."



*Photo courtesy of the Somers Historical Society*

Along the way, Johnson took an interest in motorcycles and motorcycle racing, especially the sport of "motorcycle hill climbing." His interest, and more importantly his assistance to the American Motorcyclist Association (AMA) in finding local sites for hill climbing competitions, enabled him to obtain a dealership from the Harley-Davidson company.

Perhaps as a result of the many injuries he suffered while hill climbing, he had health issues, but his doctors told him to "live with it." Sometime later, after slipping on an icy driveway at age 82, he was taken to a New York City hospital for treatment where, due to his health issues combined with the accident, he lost the use of his arms. Even after this, he continued to operate his business with the help of his loyal employees.

Many residents from Somers and elsewhere, some of whom he mentored and some of whom he had introduced to motorcycling, came to visit with the man who had become a friend of many and, I venture to say, a legend in his own time.

## THANK YOU, HERITAGE HILLS

By Lynda Magrath, Chair

St. Luke's Somers Food Pantry

The Food Pantry sends a big **Thank You** to all the individuals and groups in Heritage Hills for your ongoing support!

Since the midst of the Pandemic in 2020, we have been blessed with semi-annual Food Drives led by Jack Mattes and Heritage Hills volunteers. We have also received regular and generous donations of food and funds from many Heritage Hills individuals, and both this and last summer we received from its gardeners several big baskets full of tomatoes, greens, zucchinis, and more. Altogether, you help to keep our shelves stocked, and our bank account balanced in order to purchase produce and eggs.

Among our regular local patrons (about 35 households), a few Heritage Hills residents supplement their groceries with Pantry items.

I am pleased to serve the Food Pantry, and thankful to be a member of our wonderful community.



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## TECH

By Ellen Reiss

Everything we deal with is now involved with tech  
For most seniors it's hard and a pain in the neck

To each other we all do complain  
It's all news to us and not in our brain.

Luckily we each have a grandchild  
Tech knowhow in the brain is filed

Ipads, computers and all kinds of phones  
Everything in the cloud tracked by the drones

Many details that are hard to understand  
In our life things that we had never planned

Knowledge is available to us all  
We can find out anything with one call

We have to learn or give it a try  
If we don't, life will just pass us by

\* \* \*

## MY CHEEP ROOMMATE, JIMINY CRICKET

By Susan Statkowski-Rivalsi

One night in my bedroom sound asleep

I woke to a roommate's "cheep, cheep, cheep."

On a houseplant I'd brought in from outside.

Jiminy Cricket must have taken a ride

I've been there before...I'd get on the case,

Capture, and release..."Go find love in the right place!"

First the "where" was my primary concern.

(Flush him out with a flashlight, I'd previously learned.)

Beneath my bookcase was his chosen location.

but try as I might, there was no cooperation.

Back in bed, I recalled tent camping at night,

There were crickets galore, and we accepted that, right?

So, he cheeped away, then I rolled on my right side

And the cheeping stopped. I thought, "Alright...ALRIGHT!"

But when I rolled to the left, the cheeping ensued,

and I then realized the unmistakable truth.

My right ear heard Jiminy loud and clear,

But there was clearly some deafness in my left ear.

I found and escorted Jim out the next day,

Now a hearing aid quest is under way.

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## 2022 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD

HOULIHAN LAWRENCE • Somers	\$32.3M
DOUGLAS ELLIMAN • Katonah	\$7.1M
COLDWELL BANKER • Somers	\$6.8M
RE/MAX CLASSIC REALTY • Somers	\$5.9M

Source: HGMLS, 1/1/2022-9/30/22, Condominiums, total volume sold by office, city/town Somers



## THE BOOK SHELF

By Cindy Kennedy

*Fellowship Point*, Alice Elliott Dark's engaging new novel, centers on the life-long friendship of its two main characters. Octogenarians Agnes Lee and Polly Wister grew up near one another in a wealthy section of Philadelphia. Their families summered in adjacent "cottages" at Fellowship Point, an enclave on a pristine coastal Maine peninsula.

Agnes and Polly had inherited their treasured Fellowship Point retreats, and, now in their later years, they spend several months a year in Maine. Despite their contrasting personalities and life choices, the two women remain best friends.

Fiercely independent, Agnes, who never married, is sharp-witted and "absolutely sure of her opinions and her worldview." A children's book author, she wrote thirty volumes of a popular series, called *When Nan*, with stories based on a little girl she once knew. Writing under a pseudonym, Agnes furtively authors a set of books for adults—*Franklin Square*—which skewers her social circle in Philadelphia.

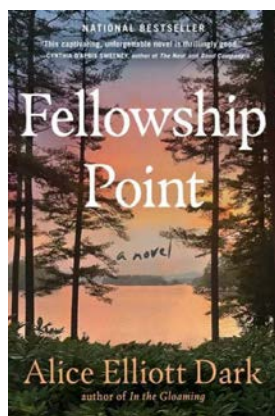
Polly, on the other hand, has been married to Dick, a philosophy professor, for sixty years. Often chided by Agnes for being "conditioned to please your master," Polly habitually defers to Dick and their three sons. A people-pleaser, Polly "never minded making way for someone else, but she didn't want to bother others herself. She was charged with making the world kinder, and reciprocity was besides the point."

Over the years, Agnes kept secrets from Polly, including a past relationship she had had with a man at Fellowship Point. When Maud Silver, the young editorial assistant working on the latest *When Nan* book, suggests that Agnes write a memoir about her life, she demurs.

The long-standing friendship of Agnes and Polly is tested when the sanctity of their beloved Fellowship Point community is threatened by property speculators, including Polly's son James. Agnes fears that "Development would destroy the beauty of the place. Eagles' nests had been occupied uninterrupted for decades. The thought of yachts and condos displacing them made Agnes' heart literally hurt. She had to block that possibility if it was the last thing she did." To curtail the development, however, Agnes will need to convince Polly to stand up to her family.

Near the end of *Fellowship Point*, there's a farfetched coincidence, which, if rendered by a less skilled writer, could sink a novel's plotline. Alice Elliott Dark, nevertheless, manages to pull off her implausible reveal. Insightful and memorable, *Fellowship Point*, in this reviewer's opinion, is one of 2022's best novels.

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



## HOW DOES YOUR GARDEN GROW?

Text by Karl Milde, photos by Annette Bensen and Cheryl Milde

### THE POISONOUS, BUT BEAUTIFUL ANGEL'S TRUMPET

Brugmansia, commonly referred to as Angel's Trumpet (AT), is a small, ornamental tree or shrub that is growing in popularity. This perennial plant's name comes from the large, trumpet-shaped blossoms that hang down in profusion, and sway like pendulums in the wind. You may have seen this one in full bloom in front of unit 452B this past summer. You can also find one at the famed Untermyer Gardens in Yonkers.



First, the good news: According to *gardenia.net* (a gardener's go-to website for information), AT plants are either an evergreen shrub or a small tree (4 to 6 feet when grown in a container, as seen here) and are fairly easy to grow. The flowers come in several pastel



colors: peach, pink, orange, yellow, and white. There is even a flower that's golden yellow on the outside and brilliant red on the inside of the "trumpet." These flowers are not only very decorative, but also fragrant, releasing their strong scent especially in the evenings.

There are two species groups of brugmansia: a warm weather group and a cold weather group. The cold weather group thrives in a cool, humid climate, but the plants cannot tolerate temperatures below 32 degrees Fahrenheit. For this reason, it's best to have them in containers that you can move indoors for the winter (but remember the strong fragrance when in bloom); or, left outdoors, treat them as annuals.

Some "cultivars" (agriculturally or horticulturally grown plants) bloom throughout the growing season; some only for a month or two, and others only in cool weather. Some produce lots of flowers together. The flowering depends not only on the species but also on sunlight, pH, nutrition, temperature, and humidity. The plants are nutrient hungry, so they need regular fertilization during the growing season to promote new growth and flowers.

Now, the bad news: All parts of the brugmansia plant are poisonous, and even the sap may be an irritant. While this toxicity causes deer to avoid these plants like the plague, it also dangerous to humans and pets. Ingestion of any parts of this plant can lead to anticholinergic poisoning which causes hallucinations and even, in some rare cases, death. Using Angel's Trumpets flowers to decorate food, for example, has resulted in severe reactions in some cases.

Angel's Trumpets are indeed beautiful, but beware: They must kept separate from children and pets.

## FIT-BITS

## THE IMPORTANCE OF WEARING GOOD SNEAKERS

By Mary Tedesco

A lot of injuries result because people wear inappropriate shoes or sneakers while working out. They usually occur over time, not just in a split-second, so people are not always aware that the main cause of the injury is what they wear on their feet!

At the Fitness Center we often see people come to work out wearing sneakers that are old and well-worn to the point of being flat-bottomed (tread-less).

To avoid injury, you must invest in a pair of quality sneakers to wear while running, walking, playing sports, or working out on gym equipment. Sneakers are the perfect shoes, because they provide cushion and support for your feet while doing a wide range of activities.

Whether running to catch the train, playing tennis or pickleball, walking on a treadmill, squatting, or jogging, all those activities require different movements, and your feet need protection while doing so. A good pair of "trainers," as they often are called will prevent injury.

Being able to do any activity without worrying about hurting yourself is huge. Some sneakers offer different levels of support and extra foam padding in the heels, ankle cushioning, and even additional heel support.

So when purchasing a new pair of sneakers, keep all of the above in mind to both feel good when wearing them and to prevent injury!

\* \* \*



By Elizabeth Royston



## Thought for Food

Submitted by Pat Held

## KOREAN STICKY CHICKEN

## INGREDIENTS

- 2 pounds skinless and boneless chicken breasts (sliced into large chunks)
- 1-1/2 tablespoon gochugaru (red pepper chili flakes)
- Sesame seed oil
- 2 tablespoons grapeseed oil or vegetable oil
- 4 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 4 tablespoons honey
- 1 tablespoon sesame seeds
- 4 stalks scallions (finely chopped)
- 2 tablespoons corn starch mixed with 2 tablespoons water

## PREPARATION

1. Put chicken pieces on a sheet of parchment paper and sprinkle red pepper flakes on top. Cover with another piece of parchment paper and pound the chicken with a meat mallet or rolling pin until each piece is well coated.
2. Before cooking the chicken, drizzle some sesame seed oil over the pieces.
3. In a large pan over medium heat, add oil, and when oil is hot, add chicken. Cook on each side for 2 to 3 minutes or until chicken is cooked through. Transfer to a plate and set aside.
4. In a bowl, stir together soy sauce, rice vinegar, cornstarch slurry and honey.
5. Add mixture to pan, and over medium heat bring to a boil. Let the sauce bubble for 1 to 2 minutes until it thickens.
6. Return chicken to the pan and cook for another 2 minutes until chicken is evenly coated. Do not add the juices that accumulated while the chicken was set aside.
7. Sprinkle sesame seeds, stir one last time to coat evenly, and turn heat off.
8. Transfer chicken to a bowl or plate. Top with scallions. Serve with rice.



By Barbara Pollack



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	2022	2021	2020	2019
<b>TOTAL SOLD</b>	<b>127</b> (\$276,000-\$876,000)	<b>105</b> (\$275,000-\$750,000)	<b>91</b> (\$227,500-\$722,500)	<b>122</b> (\$245,000-\$835,000)

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

**1 BEDROOM**

ADAMS	\$280,000; \$316,000; \$310,000; \$350,000	FRANKLIN	\$295,000; \$295,000; \$276,000; \$336,000; \$325,000	RADCLIFFE	\$525,000; \$480,000; \$495,000
AMHERST	\$451,000; \$430,000; \$440,000	GUILFORD	\$412,500; \$426,000; \$431,000; \$384,500	SUFFOLK	\$359,000

**2 BEDROOM**

ARMONK	\$465,000; \$479,000; \$495,000; \$578,000; \$500,000; \$515,000; \$432,500; \$480,000; \$495,000; \$615,000; \$509,000; \$475,000; \$538,400; \$545,000; \$450,000; \$495,000; \$576,000	CORTLAND	\$475,000	SALEM	\$497,500; \$606,000; \$501,000; \$525,000; \$517,000; \$625,500; \$450,000; \$480,000; \$525,000; \$480,000
BEDFORD	\$505,000	FAIRVIEW	\$520,000; \$635,000	SOMERS	\$450,000; \$559,000
CANAAN	\$472,500; \$485,000; \$560,000; \$570,000	HAMILTON	\$470,000	STRATFORD	\$525,000; \$535,000; \$475,000; \$625,000; \$491,000; \$525,000; \$625,000
COLGATE	\$525,000	HANOVER	\$600,000		\$485,000; \$530,000; \$620,000; \$501,500
CONCORD	\$512,500; \$465,000; \$485,000; \$425,000; \$557,570	HARVARD	\$720,000; \$675,000	STRATFORD II	\$530,000
CORNELL	\$846,000	JACKSON	\$425,000; \$399,000; \$425,000; \$484,000	WELLSLEY	\$620,500
		KATONAH	\$576,000; \$430,000		
		LEXINGTON	\$560,000		
		LINCOLN	\$352,500; \$410,000		
		LITCHFIELD	\$393,025		
		MADISON	\$375,000		
		MONROE	\$459,000; \$455,000		
		PRINCETON	\$579,000; \$650,000		
		RIDGEFIELD	\$579,000; \$507,000; \$510,000		

**3 BEDROOM**

COLUMBIA	\$785,000; \$875,000	JEFFERSON II	\$655,000	SHERMAN II	\$740,000; \$699,000; \$782,500; \$750,000; \$810,000
CROTON I	\$575,000	SHERMAN I	\$560,000; \$660,000; \$710,000; \$563,000; \$631,000; \$633,000; \$695,000; \$707,000	YORK	\$470,000; \$525,000; \$480,000
CROTON II	\$645,000; \$640,000; \$650,000				
JEFFERSON	\$450,000; \$520,000				

**HAPPY THANKSGIVING**

Have a wonderful, healthy and very Happy Thanksgiving.

Good thoughts and best wishes,

**Marti**

Cell: 914-420-1850 or Email: mlowenfeld@houlihanlawrence.com





# Welcome to Extraordinary

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