



Heritage Hills Newsletter

MARCH 2023



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 10 am to 3 pm

Fitness Center & Gym...Daily 4 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**: 4:45, 5:35, 6:35, 7:35, and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To/From 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/From Pools 2 thru 5 / Tennis areas

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

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

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

ConEd 800-752-6633

NYSEG..... 800-572-1131

Verizon 800-922-0204

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

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 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



INFORMATION SESSIONS REGARDING PROPOSED SOCIETY BYLAW AMENDMENT

Wednesday, March 8, at 1 and 7 pm in the Heritage Room

At these two information sessions, the Society Board will discuss the proposed amendment to Article X, Section 10.04 of the Society Bylaws. A February 23 letter describing the amendment – which will require a one-time purchaser contribution to the Society – along with a Ballot and voting instructions, was sent to all unit owners.

If you can't attend one of the sessions and would like to submit questions or comments, you can do so by email to society@hhsociety.org, or by phone to 914-276-2908, or by mail to Heritage Hills Society, 8 Heritage Hills, Somers, New York 10589.

* * *

FAMILY NETWORK GROUP

Submitted by Keri Reitman Schnapper

ENCANTO MOVIE MATINEE

Sunday, March 12, in the Heritage Room

Doors open 2:30 pm, screening at 3 pm

Free for all residents. Bring your family and friends (two guests per unit), blankets, and snacks to enjoy a fun afternoon movie-watching event. **Masks are strongly recommended, but not mandatory.**

For more information, consult the Heritage Hills Family Network's Facebook group page.



* * *

ON THE COVER

Dee Plouffe of Condo 10 described this photo she took as "The beauty of nature...the stream under the little bridge in Meadowlark Park on a cold winter's morning."

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

WOMEN'S CLUB

Submitted by Phyllis Bradbury

ST. PATRICK'S DAY CELEBRATION

Wednesday, March 15, at 1:30 pm in the Heritage Room

Join us for music, Irish soda bread, coffee, tea, and cake. We'll have a 50/50 raffle available, as well as door prizes.

There is no admittance charge for members; a \$5 admittance fee for non-members. **Reservations are necessary.** Contact Joan at 914-276-0488 or Angela at 914-276-0056 to make a reservation. Flyers are available at the Activities Center.

2023 membership dues are \$12. Put your check in an envelope and be sure to include your full name, unit number, and telephone number. If you have any membership questions, please contact Alfreda Savarese at 914-617-2007.

* * *

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

SENIOR ENTITLEMENTS PROGRAM – WHAT TO KNOW IF YOU WILL BE NEW TO MEDICARE IN 2023

Thursday, March 16, at 1 pm in Lake Lodge's Room 1

This session is limited to 10 Heritage Hills residents and will be conducted classroom style.

Discussion Topics will be (1) the seven-month window to enroll in Medicare if you will be newly eligible in 2023; (2) Medicare 101 – Parts A, B, C, D; (3) the original Medicare plus Part D plan versus Medicare Advantage plans with drug coverage; (4) coordination of benefits with your retiree medical benefits or VA benefits; (5) Medicare coverage – vision and dental; and (6) an introduction to *Medicare.gov*.

Register via email to jadewonglew@gmail.com. The subject line must read: "Senior Entitlements – MAPD change – [add your initials]." Include your name, unit number, phone number, and email address. Do not email the Health & Safety Committee to register.

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COMING EVENTS



By Joyce Spector

ISRAEL'S ADVANCES IN SCIENCE, MEDICINE, AND TECHNOLOGY

Sunday, March 19, at 1 pm in the Activities Center

Israel, a small country with a population of just over nine million people, has made a significant impact on the world through the innovations in various fields such as technology, medicine, and agriculture. Idany Sadda, a community *Shaliach* (Emissary) for Northern Westchester, traveled from Israel to strengthen the connection between his community and ours.

This program is sponsored by the Westchester Jewish Council in connection with Tzahal Shalom, an organization that brings Israel to the community by inviting Israeli Defense Force Officers to share their extraordinary stories and experiences with us.

Proof of vaccination and boosters is mandatory. Light refreshments will be served. Admission is \$15 per person. Place your checks in our mailbox along with your name, phone number, and email address. Walk-ins are welcome if space permits. If you have questions, call Alan Tepper at 914-342-3279 or, **no later than March 14**, email him at astepper@gmail.com.

FILMSHUL PRESENTS *FUNNY GIRLS*

Sunday, April 19, at 1 pm in the Activities Center

FILMSHUL is the brainchild of two nice, middle-aged Jewish men who focus on the history and role of Jews in the entertainment industry. They reflect on and relate the American Jewish experience so audiences will be informed, entertained, and recognize the valuable

contributions made by entertainment innovators of Jewish faith. This is a live Zoom presentation, complete with stills, film clips, and the always ripe potential for the two men to get into heated squabbles in front of an online audience.

The topic for this month's FILMSHUL presentation is "Funny Girls," a recap of the contributions of Jewish women comedians by such attention grabbers as Todie Fields, Joan Rivers, Fanny Brice, Gertrude Berg, Bette Midler, Barbara Streisand, and Julia Louis-Dreyfus.

Proof of vaccination and boosters is mandatory. Light refreshments will be served. Admission is \$15 per person. Place your checks in our mailbox along with your name, phone number and unit number no later than April 14. Walk-ins are welcome if space permits. If you have questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

* * *

CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room.



THE BRONX – A WALK DOWN MEMORY LANE

Photo and Video Lecture by Steve Samtur, Editor and Publisher of *Back in the Bronx* magazine

Tuesday, March 21, at 1:30 pm

What do Danny Aiello, Robert Klein, Garry Marshall, Rita Moreno, Chazz Palminteri, Colin Powell, and Doris Roberts have in common? They are all from The Bronx – and proud of it. The Bronx is not just a borough. It's a brotherhood.

Steve Samtur, author of three books on The Bronx, is the best guide ever to share stories, videos, and over 500 photos of The Bronx *the way it used to be in the 40s, 50s, and 60s*.

Admission: \$10 per person, paid at the door.

If you have any questions, call Ken at 914-617-9817.



VIOLENCE IN AMERICA: THE MYTH OF THE GUN

Lecture by Al Hunt, Professor Emeritus of History, SUNY, Purchase

Tuesday, March 28, at 1:30 pm

An enduring myth of America is that "guns" played a crucial part in conquering this continent and in establishing our dominance over the world. Despite that, we identify ourselves as a peaceful society.

Dr. Hunt will consider this paradox from its inception in the colonial period through the rampant violence plaguing us today. Just how did gun violence become a defining theme of the American experience? Admission: \$10 per person, paid at the door. If you have any questions, call Ann at 914-617-9434.

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably *Word*) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.



OUR EMAIL ADDRESS IS: HHillsNewsletter@gmail.com.
When Submitting Photos:

If using your phone instead of a camera, please use the highest resolution. Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and if the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

We cannot use anything taken from the internet without authorization from the source.



SOCIETY BOARD MONTHLY MEETING

Wednesday, March 22, 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 at the meeting. Residents who cannot attend may send an email to society@hhsociety.org, call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. They will be discussed at the end of the meeting. Provide your name and unit number on written correspondence.

* * *



FUTURE EVENTS

By Michael Lanotte

Friday, April 14, in the Heritage Room

Look for email blasts, a TV notice, and flyers for details on this first event of the year. Information on future events will be available in the coming months, including, since many have expressed how much you enjoyed last year's Bingo Night, we will again have a Bingo Night – date, time, cost to follow. Finally, as always, we will have our Members Only Christmas Dinner in December.

* * *

TRAVEL GROUP

By Elaine Soliman

Flyers for trips are available outside the Activities Office.

The cancellation policy of these trips, set by Friendship Tours, is: There are no refunds once final payment is received unless a substitute traveler is provided.

BEAUTIFUL AND LUNCH AT BLACK ROCK TAVERN

Sunday, April 30, 10:30 am to 5:30 pm

We'll attend a matinee at The Thomaston Opera House in Thomaston, Connecticut to see the musical show *Beautiful*, which tells the story of Carole King's rise to fame and features a tapestry of her musical hits. The menu for our pre-show lunch at the Black Rock Tavern in Thomaston includes a choice of Chicken Marsala, Salmon with Lemon and Herbs, or Pork Tenderloin, which will be accompanied by veggies, potato, dessert, and a beverage.

Your meal choice as well as unit number and telephone number must accompany your payment of \$132 per person. **By March 30**, place checks payable to "Heritage Hills Travel Club" in our mail slot in the Activities Center. For reservations, contact Pam Arena at 914-276-4295.

DONATION DRIVE FOR THE FOOD PANTRY AT ST. LUKE'S

By Jack Mattes

Tuesday, April 4, from 1 to 3 pm at the Pool 5 Parking Area

We are holding a spring food collection drive to help those in need in our Somers area. Non-perishable food items with current dating are greatly appreciated, as are packaged toiletries, household cleaners, and of course monetary contributions. Most needed items are:

Non-Perishable Foods

Canned Tuna or Chicken
Canned Fruit/Applesauce
Cereals (Hot & Cold)
Coffee (ground), Tea
Peanut Butter/other nut/seed butters
Soups

Household Items

Bath Soap, Body Wash
Clorox Wipes, Sanitary Wipes
Diapers, Pull-ups, Depends
Dish Soap
Household Cleaners
Laundry Detergent



No need to get out of your car. Place bags or boxes with contributions in the trunk or on the rear seat, follow traffic directions on arrival, and volunteers will remove donations. If giving a check, please open the car window and it will be gratefully accepted. Checks should be made payable to: The Somers Food Pantry at Saint Luke's Church. If not brought to the Drive, they can be mailed to Saint Luke's Episcopal Church, 331 Route 100, Somers, New York 10589.



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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

The Society Board's first meeting of the year took place on February 22, after this issue went to press, so a summary of that meeting will be in the April issue of this Newsletter. Until its March 22 meeting, that February meeting 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 (choose Heritage Hills Society, then Meetings & Documents).

SOCIETY BOARD 2023 MEETING SCHEDULE

Meetings take place in the Heritage Room at 1:30 pm on the third Wednesday of the month except in December, when the meeting will occur on the second Wednesday. The June 21 meeting is actually two back-to-back meetings – the regular Monthly Meeting as well as the Annual Meeting.

March 22	August 16
April 19	September 20
May 17	October 17
June 21	November 15
July 19	December 13

Unit owners are welcome to attend and can raise matters of concern at the end of the meetings or submit emails to society@hhsociety.org or call 914-276-2908. The meetings can be viewed live on Channel 21 and daily thereafter at 2 and 7 pm until the next meeting occurs. They can also be viewed on the Society website, hhsociety.org.

JANUARY SECURITY CALL REPORT

Dave Jacobsen, Prosecur Security

During the month of January our Security staff received and responded to a total of 212 calls regarding the following matters:

Medical.....	63
Security.....	20 (open garage doors, other security concerns)
Fire.....	5 (the majority of which were fire alarms)
Service	111 (including 80 lift assists, 10 persons locked out, and 10 welfare checks)
Maintenance.....	3 (1 water main break)
Car Accidents	1
Parking Violations	9 (in handicapped spaces, fire lanes, A roads, or B roads)

GYMNASIUM

The schedule below took effect on February 6. The classes highlighted in blue were on hiatus as of that date. All open time slots are available for first come - first served resident use. If you have any questions or suggestions, send them by email to Activities@HHSociety.org or Society@HHSociety.org.

Gymnasium Usage/Schedule

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7:00 A.M.	Open until 10AM	Open Until 9:15AM	Open Until 9:15AM	Open Until 9:15AM	Open Until 9:45 AM	Open Strength & Stretch 8AM to 9:15AM	Pickleball 7:00AM to 4PM
8:00 A.M.							
9:00 A.M.							
9:15 A.M.		Exercise with Lori 9:30-10:30AM	15/15/15 9:30AM to 10:30AM	Exercise with Lori 9:30-10:30AM	Zumba 10:00AM to 10:45AM	Shuffleboard 9:30AM to 12PM	
9:30 A.M.							
10:00 A.M.	Strength & Stretch 10:15 AM to 11:15 AM	Open 10:45AM to 12:15AM	Move & Groove 10:30PM to 11:45PM	Open 10:45AM to 12:45PM	Lyrical Arms 10:50AM to 11:30AM		
10:15 A.M.	Hiatus						
10:30 A.M.	Open 11:30 AM to 12:15AM		Open 12PM to 12:45PM		Open 11:45AM to 10PM		
10:45 A.M.							
11:00 A.M.							
11:15 A.M.							
11:30 A.M.							
11:45 A.M.							
12:00 P.M.	Tai Chi 12:30PM to 1:30PM	Move & Groove 12:30PM to 1:45PM	Shuffleboard 1PM to 3PM	Pickleball 1PM to 10PM			
12:15 P.M.							
12:30 P.M.							
12:45 P.M.							
1:00 P.M.							
1:15 P.M.							
1:30 P.M.							
1:45 P.M.	Open 1:45PM to 4:45PM	Open 2PM to 6:45 PM					
2:00 P.M.							
2:15 P.M.							
2:30 P.M.							
2:45 P.M.							
3:00 P.M.							
3:15 P.M.							
3:30 P.M.							
3:45 P.M.							
4:00 P.M.							
4:15 P.M.							
4:30 P.M.							
4:45 P.M.							
5:00 P.M.	Pickleball 5PM to 10PM						
5:15 P.M.							
5:30 P.M.							
5:45 P.M.							
6:00 P.M.							
6:15 P.M.							
6:30 P.M.							
6:45 P.M.							
7:00 P.M.		Strength & Stretch 7PM to 8PM					
7:15 P.M.		Hiatus					
7:30 P.M.							
7:45 P.M.							
8:00 P.M.							
8:15 P.M.							
9:00 P.M.		Open 8:15PM to 10PM					
10:00 P.M.							

HEALTH & SAFETY COMMITTEE

By Flo Brodley

HELP WANTED

As we prepare our program calendar for 2023, - possible topics are needed. We ask for your assistance in determining the issues in which you are most interested – medical, social, mental, wellness, home safety, etc.

Email your suggestions to flo613@comcast.net and we will do our best to come up with the best sources of information to inform and entertain.

COUNCIL OF CONDOS

By Terry Clifford

Attending the January Council of Condos meeting were presidents or representatives of the following Condos: 3, 5, 6, 7, 8, 11, 12, 14, 15, 17, 18, 19, 20, 21, 22, 24, 25, 26, 27, 28, 30.

Variances – Each Condo handles variances differently; however, some processes are used by many condos.

- When are variances required? Work to be completed inside or outside a Condo Unit; ground plantings before the work has begun; plumbing, electrical, and patio work require architectural plans submitted with the variance form.
- How do residents learn about the variance process? A variety of ways: Welcome package includes variance forms, responsibilities, which is distributed at closing; One Condo provides a refrigerator magnet as a reminder; Cluster Captains present variance information to new unit owners; variance presentations at Annual Meetings; Hospitality person gives them out personally and answers questions.
- How are variances approved? Unit owners send variance form and plans to the property manager and the Condo Board reviews. Condos provide specifications for certain types of work; work must be completed by licensed contractor with proper liability insurance, worker's compensation insurance, scaffold law insurance, and auto insurance in case a vehicle becomes damaged.
- How do you know that a variance has been followed as approved? This varies within each Condo: Cluster Captains are often asked to be the "eyes and ears" and to call the management company if they suspect something isn't going correctly; the Condo is entitled to inspect the work upon completion; when property is sold the property manager and a board member does a walk through to ensure there's no work completed without compliance and all contracting work was completed properly and to code.

Smart Meters: NYSEG and Veolia Water are upgrading all meters to Smart Meters, which allows the utility to read meters remotely. This process will eliminate estimated bills. If the homeowner refuses the Smart Meter, the utility company may impose an additional monthly fee. Some members of the community have read that smart meters may have a negative health effect on individuals although that was also said many years ago when cell phones came into vogue. One representative indicated her Veolia Meter was installed inside her unit near the water heater.

Comcast Firewall Repairs: Several years ago Comcast rewired and made holes inside areas of each attached unit. In some areas this may have been a breach of the unit's firewall. One Condo has hired a contractor to examine all their attics to have Comcast mitigate this problem.

Future Meetings: All Council of Condo members are invited to submit agenda item suggestions prior to each meeting. The next meeting will take place at the Activities Center on March 19 at 7 pm. We hope to see a president or representative for each of our 30 Condos there.

FRENCH CONVERSATION GROUP IS BACK!

By Sandy Wohlberg

We meet on the last Friday of the month at Lake Lodge in Room 1 from 10 to 11 am. Members of this group should have a basic knowledge of French conversation, but need not be fluent. Come with a desire to refresh your French language skills and laugh and learn with us. Just show up!

If you have any questions, call Sandy Wohlberg at 914-617-2063.

* * *

FRIENDS IN THE HILLS CLUB

By Deb Ferrara

2023 membership has now started for the Friends in the Hills Club. The fee is \$10 per person annually. Applications can be found at the Activities Center. Drop off your check and application in the Friends in the Hills mail slot. We look forward to seeing you on May 11 for our first event.

* * *

CULINARY CLUB MEMBERSHIP

By Barbara Tepper

As the residents of Heritage Hills are always in flux, so is our membership. We limit membership to 28 people to comfortably accommodate the space for our dinners and so that it is easy to get to know everyone!

If you are interested in joining our club, please contact Elizabeth Royston at jroys516@aol.com or 516-404-1501, or Barbara Gangemi at ganbarb70@gmail.com or 617-947-3285.

* * *

PHOTOGRAPHY CLUB RETURNS

By John Lucas

No longer on hiatus, and open to all levels of photography, the Club will meet on Monday, March 20, at 11 am in Photo Room 2 on the lower level of the Activities Center. For more information, call John at 914-672-8484.

* * *



COMMUNITY THEATRE

By Antonia Gisolfi

We are close to making a selection for our June production, so brush off those Thespian skills and prepare to see an email blast about auditions. With any luck (perhaps *of the Irish*, since it is March), we will be making an announcement shortly.

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HOULIHAN LAWRENCE

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#1

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As we head into the spring market, it's a great time to list your condo. I would be happy to provide you with a complimentary market analysis for your condo.

With over twenty-five years of real estate experience and an unmatched devotion to each client, I make the transaction process easy.

Sellers are receiving multiple offers for their properties!

Connect with me for a copy of the Somers Market Snapshot for an overview of what to expect in our area.

DONNA O'CONNELL

Associate Real Estate Broker

M 914.263.9108 O 914.277.8040 Ext. 334

Doconnell@houlihanlawrence.com

donnaoconnell.houlihanlawrence.com

SOMERS BROKERAGE

104 VILLAGE SQUARE, SOMERS, NY 10589

Source: OKMLS, 1/1/22-12/31/22, total dollar volume of single family homes and condominiums sold by Agent, Somers school district

Library COMMITTEE

OUR GROWING COLLECTION

This month, we are adding books by some authors new to our collection. Jane Harper writes atmospheric mysteries set in the Australian Outback. One of them, *The Dry*, has been made into a movie. Her new book, *Exiles*, explores the case of a mother missing in Australian wine country.

Another new author is Irish writer W. C. Ryan. His novel *The Winter Guest*, which takes place during Ireland's fight for Home Rule, is reviewed on page 30 of this Newsletter.

Allison Pataki, an author with local connections, is known for her historical fiction. Her recent book, *The Magnificent Lives of Marjorie Post*, explores the life of the American businesswoman, philanthropist, and socialite.

And for readers who enjoy creepy mysteries, we are adding writer Alex North, whose new book *The Angel Maker* promises to be as compelling as his previous thrillers.

To reserve any of the books listed here, please stop by the Library (weekdays 10 am to 3 pm) or call 914-276-7655.

NEW ADDITIONS TO OUR COLLECTION IN MARCH

Fiction

Joyce, Rachel *Maureen*
Makkai, Rebecca *I Have Some Questions for You*
Pataki, Allison *The Magnificent Lives of Marjorie Post*
Rushdie, Salman *Victory City*
Zigman, Laura *Small World*

Mystery

Berry, Steve *The Last Kingdom*
Box, C. J. *Storm Watch*
Harper, Jane *Exiles*
Hendrix, Grady *How to Sell a Haunted House*
Kellerman, Jonathan *Unnatural History*
North, Alex *The Angel Maker*
Robb, J. D. *Encore in Death*
Ryan, W. C. *The Winter Guest*

Non-Fiction

Bringley, Patrick *All the Beauty in the World:
The Metropolitan Museum of Art and Me*
Meltzer, Brad, and
Mensch, Josh *The Nazi Conspiracy*



EAST HILL MEN'S GOLF GROUP

By Ken Freeman

As you read this March Newsletter, the start of the golf season is just one month away. It's time to get your clubs ready.

Notwithstanding our group's East Hill name, we play on the beautiful Somers National Golf Course right in our Heritage Hills backyard on the West Hill. The course is fun and challenging for golfers of all levels. We invite new members, regardless of skill level. The camaraderie is lots of fun, and our handicap system makes for friendly competition where everyone has a chance to win.

Our season begins April 6. We play Tuesday and Thursday mornings weekly, April through November. You can play as much or as little as you want.

While Somers National's seasonal memberships are available, you don't need to be a member of that club to play there with our group. A discounted daily rate for our members is available for our Tuesday and Thursday morning tournaments.

If you're interested in joining our group or have any questions, please reach out to the club's Membership Chair, Bob Kenney, at rlkret@aol.com or 914-617-9884. You'll be glad you did.

* * *

2023-25 HERITAGE HILLS COMMUNITY TELEPHONE DIRECTORY

We are compiling information for our new directory. **By March 31**, submit the form found on page 14 of this issue — either by mail to the address indicated or drop it in the box at the Activities Center — containing the information you would like to appear.

* * *



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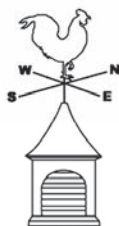
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THE DUCK WHO COULDN'T QUACK – Part 3 of 4

Text by Karl Milde, art by Lenataranenko

Dale looked down from the sky and saw the world with new eyes. She kept flapping her wings but flying was easier now. Taking off had been difficult, but keeping aloft was a breeze. Literally. When she flapped harder she rose higher, and when she eased off, she floated, coasting but keeping herself up in the air.



She flew around for almost an hour, watching and copying her mother as she banked right and left. Her mother was teaching her, she knew, and tried to imitate her as best she could. However, after a while, Dale became bored with these lessons. She waved a wing at her mother and banked away, signaling that she wanted to fly all by herself and could do it now.

Dale flapped her wings harder and rose higher and higher in the air until, when she looked down, she could see the entire lake. Her sisters were only specks. She looked for the beautiful duck she had seen before, the one her mother had called her “father,” but he wasn’t where he’d been before. This made her wonder for a moment, but she quickly forgot him and looked out over the gorgeous landscape. From

the air it presented a whole new panorama of fields and forests, dotted with lawns and nearby homes. So much to see!

After a while, Dale began to feel tired and wanted to come down. She saw her mother in the distance and, soaring back down, she followed her, turning slowly in a circle until she could see her two sisters again, this time much closer. She held her wings out and glided around, letting the wind do the work and at the same time floating slowly down, still following her mother, to the place on the lake where she had started. She finally touched down on the lake and allowed herself to skid to a stop right next to her two sisters. They stared at her, but instead of smiling and clapping their wings to congratulate her, she saw that they were angry.

“Showoff!” quacked one sister in a nasty tone. “You shouldn’t have done that,” quacked the other with clear irritation in her voice. “You’re making us look bad.”

“But you can do it too!” Dale tried to say but she couldn’t quack. Again, all she could do was wheeze.

Her sisters laughed at her. But it was a nervous laugh. Dale then realized her sisters didn’t think they could fly. She was ready, but her sisters were not.

to be continued next month

* * *



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FUN IN THE PARK

By Rebecca Weinstein

3½-year-old Leo had fun along one of the trails in Meadowlark Park on a warm winter day.



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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

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

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.

Paint & Sip with Judika: Create a different painting in each class once a month. Step-by-step instructions are 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 4-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evemusart@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.

CHESS CLUB

We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Wednesdays from 1 to 3:30 pm in Lake Lodge, Room 3. Bring your chess set, if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at patpugs@comcast.net or 914-276-6550.

CIAO ITALIA CLUB

If you wish to become a new member, annual dues are \$12 per person. 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. Our Club is dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

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 pay \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407.

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. For more information, see the COMING EVENTS section of this Newsletter 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. If you are interested, contact Barbara Gangemi at 914-617-9037.

DANCE

Friday Night Social Dance Group. Friday, March 3, 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, April 7.

EXERCISE

Tai Chi & Chi Gong with Master Ellen. Monday from 12:30 to 1:30 pm in the gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact heritagehilltaichi@gmail.com.

Body Sculpting Class with Linda: 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 8:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

Pilates Barre Class with Linda: Monday and 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.

Gentle Yoga with Lisa. Monday at 1 pm and Friday at 10 am in Lake Lodge's Upper Level. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

Cardio/Strength/Stretch Class with Lori. 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. Fee: \$8 per class. Try the first class for free! 914-276-2636 or lamb428@optonline.net.

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.

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.

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.

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: Wednesday 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.

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.

FRENCH CONVERSATION GROUP

Meets the last Friday of the month at Lake Lodge in room 1 from 10 to 11 am. Members have a basic knowledge of French conversation but need not be fluent. Refresh your French language skills and laugh and learn with us. If you have any questions, call Sandy Wohlberg at 914-617-2063.

FRIENDS IN THE HILLS CLUB

Ours is a new club that is open to all adult Heritage Hills residents. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of the Newsletter for event details. We will be on hiatus until April. Email us at 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—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!

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. **Mask-wearing is voluntary**. For more information, just walk in or contact Susan at 914-617-9228 or 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. 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 if you have tested positive for Covid-19, or 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 the first Thursday of the month at 12:30 pm in Lake Lodge, Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.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. Meetings take place on the second Thursday of the month at 12:30 pm in the Activities Center Game Room. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email ludwiglr@aol.com. **Senior Entitlements Program-Westchester County:** Watch the COMING EVENTS section of this *Newsletter* 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/AllActivities/HikersandWalkers.

INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Heritage Room, followed by a discussion. April thru December. \$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 or spk010@yahoo.com.

LIBRARY

Open Monday through Friday from 10 am to 3 pm. For information on the collection, visit the Heritage Hills Library webpage at 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 or call 914-617-9817.

RAINBOW CONNECTION

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.

SINGLES CLUB

If you were a member in good standing for 2022, the Board is waiving membership dues for 2023. If you are interested in joining the club as a new member, contact Olga LaBoy at 914-960-9796 or laboyiolga@yahoo.com. Membership dues are \$12 per year. We will notify all our members of the next event as it nears.

SPORTS

Bocce Group: April through October: Wednesday and Saturday at 9:30 am.

Golf Group: Join the East Hill Men's Golf Group 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.

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!

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, 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 Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

10-A-MEN'S CLUB

Come to the Heritage Room Wednesday at 9 am and have continental breakfast for \$2. The meeting starts at 10 am.

TRAVEL GROUP

Our mission was designed for those who enjoy traveling, whether the trips are to nearby or far away destinations. All details are handled by the Group. 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 meets at 1:30 pm the second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this Newsletter for specific upcoming event details. The Board meets the first Tuesday of the month in the Activity Center. Membership dues for renewals and new members are \$12 for the year. Place check in an envelope; include your name, unit number and phone number and insert it in the Women's Club mail slot. For membership information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

WRITERS WORKSHOP CLASS

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

☐ **YES!** I would like to be listed
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☐ **NO** Do **NOT** add my name to the 2023-25
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THE BUS STOPS HERE . . . YOU SHOULD TOO!

Submitted by Keri Reitman Schnapper

Every day in New York State, 50,000 cars illegally pass our children's stopped school buses, putting our kids at risk as they step on and off the bus. Back-to-school, pilot programs in the Somers and Hendrick Hudson school districts captured photos of more than 600 illegal passings in a two-month period!

School bus stop-arm enforcement technology exists and is available to our districts at zero cost (the fines levied cover that). This technology is being used by all our neighboring counties including Dutchess, Albany, Suffolk, and others. Westchester County is the only County in the Lower Hudson Valley that has not approved this program.

If you'd like to help expedite approval, call and encourage the following individuals to push this forward:

- Congressman Michael Lawler: 202-225-6506
- The Office of the County Executive: 914-995-2900
- Joan McDonald, Director of Operations, Westchester County: 914-995-2990
- Catherine Borgia, Presiding Officer, Westchester County Board of Legislators: 914-995-2812

NOW YOU KNOW!



NORTHERN WESTCHESTER-PUTNAM ST. PATRICK'S DAY PARADE

Submitted by Hugh Delaney

Sunday, March 12, starting at 2 pm



This is one of the largest parades in New York State. With seven divisions, it consists of numerous marching bands, police and fire departments, civil servants, schools, and various organizations throughout the state.

The parade route is from Route 6 and Mt. Hope Road east, ending in front of Lake Plaza Shopping Center in Mahopac. Parking is available at various locations along the route.

NOW YOU KNOW!

* * *

SOMERS SENIOR SERVICES

Submitted by Barbara Taberer, Director

For information on services in addition to the following, see page 2 or call 914-232-0807.

MARCH 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-mid-afternoon. 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

March 6.....Walmart
March 13Dollar Tree (Mahopac)
March 20.....Danbury Mall
March 27.....Xmas Tree Store



FRIDAY

March 3.....ShopRite
March 10...Caraluzzi's
March 17 ..Stop & Shop
March 24....ACME (Cortlandt)

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MICHAEL J. MCBRIDE, PRESIDENT, 10-A-MEN'S CLUB

Text and photo by Shirley Kesselman

Mike moved to Heritage Hills from Yonkers five years ago. He was already familiar with Somers. In 1997 he had been promoted by the New York State Department of Transportation to the Resident Engineer position for Northern Westchester in charge of 901 lane miles of State Highways with a staff of 84. He retired in 2013.

Mike liked the concept of this community and was attracted by the availability of its five swimming pools. Cousins who were real estate agents chose to reside in Heritage Hills. His son and two grandchildren live in nearby Yorktown. For all these reasons he purchased a home here in Condo 24.

Mike is a graduate of Manhattan College with a degree in engineering. He has taken many additional courses in his field as well as courses in public administration at Pace University.

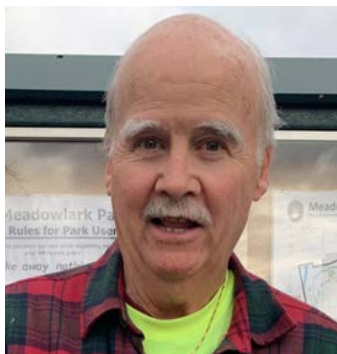
Throughout his life Mike always found time to volunteer. When living in Yonkers he coached basketball, soccer, baseball, and volleyball for the Bryn Mawr Boys & Girls Club. Now he belongs to the Knights of Columbus at St. Joseph's in Somers and helps with the annual toy drive that organization administers for the church. Mike is a volunteer on our Meadowlark Park Master Plan Committee. For his Condo he handles drainage, erosion, and variance issues.

At the end of 2022 Dominick Cinelli, President of the 10-A-Men's Club, wanted to retire. With the approval of the club's officers, he asked Mike to take on the responsibility of the Presidency. Mike was happy to accept.

The 10-A-Men's Club meets every Wednesday year round at 8:30 am for an optional \$2 breakfast of bagels, sweet rolls, and coffee. A small group of men arrive early, cut the bagels and rolls, and make the coffee. At 10 am all present rise for the Pledge of Allegiance. This is often followed by a speaker. Sometimes John Milligan, Heritage Hills Property Manager, or Dom Rubino, Society President, drop in to talk and answer questions. The meeting adjourns at 11 am. All Heritage Hills residents are welcome.

Examples of guest speakers include the Somers town supervisor, the superintendent of schools, and political candidates. medical specialists, or energy company representatives. Speakers are announced weekly in Society email blasts. Mike believes there is a lot of professional talent and interesting experiences among those who attend the 10-A-Men's Club and is encouraging attendees to speak about themselves.

Mike has walked the entire Meadowlark Park -- all the trails and through the woods. Averaging four miles four times a week, Mike has hiked many Westchester and Putnam County trails. When our pools open, he swims. Twice a week Mike talks to his twin sister living in



Rhode Island. A former volleyball coach, he would like to see volleyball activity at Heritage Hills. Robert Heinlein's *Stranger in a Strange Land* is his favorite book; James Michener is his favorite author.

Mike's engineer uncle taught him, "A place for everything and everything in its place." Mike's philosophy, "Always look on the bright side of life."

* * *

MIXED TENNIS WINTER SOCIAL EVENT

By Dena Goldstein

The Tennis Committee hosted a Mixed Tennis Social Event on Saturday evening, January 21. We rented courts at Chestnut Ridge Racquet Club from 7 to 11 pm. Not only did we have tennis players at the event, but we also invited the tennis players' partners, who also enjoyed the evening! The food was catered by DeCicco & Sons in Somers. They did a wonderful job. The food was delicious.

Everyone played together and had a GREAT time. After the event I received many emails thanking the Committee for a wonderful evening.

We are all looking forward to the Spring, when we will have our first outdoor Mixed Tennis Social.

* * *

PICKLEBALL GROUP'S BOWLING SOCIAL

Text and photo by Fran Boemio

On January 20, members of the Pickleball Community came together for a Bowling Social! This fun event took place at Jefferson Valley Lanes. Everyone bowled a couple of games, ate heartily, won prizes, and had a great time.

Our players truly enjoy being together, and all Socials are well attended. Pickleball can be competitive, but it is also a social sport where new players are welcomed, and all levels play together.



TEN-A-MEN TALK TAKES US TO THE MOON

Text by Karl Milde, photos by Richard Hoffmann

The Ten-A-Men talk on the first of February was a treat not to be missed: Heritage Hills resident Richard (“Dick”) Hoffmann, PE, had a great story to tell.

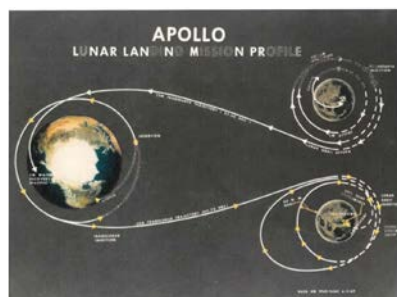


It was 1963 in Hicksville, Long Island. Dick was 21 and actively looking for a summer job in metallurgy. Jobs in that field were hard to find anywhere on Long Island. Republic Aviation was not hiring. Lost in thought one day while driving, he took a wrong turn in the road and happened to come upon Grumman Aerospace, famous for making carrier-based fighter aircraft in WWII. He went in, was hired, and joined the team for a summer job.

He graduated from college with a degree in Metallurgy a year later and returned to Grumman, where he became involved in making the Lunar Landing Module (LM) for Apollo 11, for the Moon Landing scheduled for 1969. His job: Ensuring the quality of all the materials used to build the LM and all the components the LM needed to reach the moon.

As Dick explained it in his terrific talk, he was one of six metallurgists responsible for all the different components needed to get the three astronauts “near” the moon. Two of the astronauts were to then go down to the moon and back in a “Command Module,” and then all three were to return to earth. The LM included an Ascent Stage and a Service Module that stayed with the Command Module until just before earth reentry.

From Dick’s words to God’s ear, “Failure was not an option.” In the hydraulic shop at Grumman, a sign hanging from the ceiling read: “There are no repair shops at 80,000 feet!”



Lunar Landing Mission Profile

Airplane construction at Grumman was “vertical” in that only management oversaw the entire project. That is, there were teams of separate specialists responsible for landing gear, fuselage, engine mounts, and whatever. The LM project had a similar vertical organization; but for the Metallurgists and non-metallic (materials) Engineers, the organization was completely “horizontal.” They needed to know how each system operated, because Component A was completely different than Component B, with different metallurgy everywhere. There were six Metallurgists on the entire project. Dick was the youngest, but that allowed him to gather in knowledge like a sponge.

As described in a *The New Yorker* article in 1968, the LM looked like a gigantic insect, perched on four spindly legs, ready to fly away.

You all know how the Moon Landing turned out. The LM performed beautifully, lowering Neil Armstrong and Edwin “Buzz” Aldrin to the surface of the moon and bringing them back safely to the Command Module. Whew! Thanks, Dick, for a job well done.

What a marvelous performance! Best of all: We beat the Soviets. That’s what it was all about, right?



Fall 1968 at Grumman

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By Teddi Meltzer

When we are in love, do we hear tubas blaring, cymbals crashing, trombones wahwahing? No, we hear *violins* – those romantic, sensuous, beautiful instruments. Where did they come from, or rather, from whence did they come, or whatever?

The earliest stringed instruments were mostly plucked. Two-stringed bowed instruments, played upright and bowed with horsehair, may have originated in the nomadic cultures of Central Asia and then found their way to Europe along east-west trade routes. The direct ancestor of European bowed instruments was the Byzantine *Lyra* (seen here). The first violin makers probably borrowed from various developments of the *Lyra* in the ninth century, and the violin in its present form emerged in early sixteenth-century northern Italy.



The violin proved very popular, both among street musicians and the nobility, and several families developed and improved the violin’s sound. Some of the most famous violin makers, or *luthiers*, between the sixteenth and eighteenth centuries were the Amati, Guarneri, and Stradivari families. Violins from that time and from those families are among the most sought after and expensive in the world.

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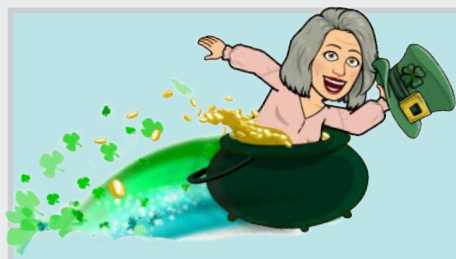
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ALL ABOUT HONEYBEES - PART 3

By Thom Mittag

HONEY

The saying “busy as a bee” comes from the single-mindedness of bees in making honey from flower nectar.



Honey is the co-product of a bee's busiest activity— *pollination*. When visiting a flower to get to the nectar, the honeybee either fertilizes the flower with its own pollen, or cross-fertilizes it with pollen stuck to the bee's body hairs from a prior visit to the same flower species. There would be little fruit or seeds in the world without this symbiotic relationship of honeybees and flowering plants that is essential for both to survive.

Bees have to be *very busy* to produce honey. For a beehive located in Westchester about a mile from major local nectar sources, bees must collect three pounds of nectar from sources with about 30% sugar to produce one pound of honey. This requires about 25,000 nectar loads—each about half of a bee's body weight, or 50 to 60 milligrams. For the two-mile roundtrip bees will have flown about 50,000 miles to bring in the nectar for just one pound of honey! The nectar then has to be converted to honey in their honey sacs and ripened by evaporating two thirds of the water in the nectar! They can do this only in the few months when nectar is copious and the air temp is above 58°F to enable them to fly!

Each nectar-yielding plant likely produces a unique honey. For example, generally available in farmers' markets or health food stores around Somers, Locust honey is light amber in color with a floral aroma and taste, while Buckwheat honey is darker like molasses (and tastes a bit like it too!). Most local honey in Westchester comes from three tree species native to our eastern woodland—black locust, tulip, and linden—which flower in May and June.

Besides enjoying honey as a food many people eat honey on a daily basis for its purported health benefits. For honey to have any health benefit it must *not* have been heated or ultra-filtered, usually indicated by calling it RAW honey. Although most liquid RAW honey will granulate/crystallize quickly, this process can be slowed by refrigeration.

The only truly RAW (i.e. totally unprocessed) honey one can eat is honey as the bees store it—in the comb. Honeycomb is sold in rounds or squares sealed in a box. Many people do not eat it because they dislike chewing its beeswax; however, there's a way to eat comb honey to minimize this. With a sharp knife cut a one-inch square of honeycomb and place it on edge on a plate. With the knife cut the comb down close to the midrib on each side. There is the least amount of beeswax in the honey on the plate because it's from cell walls and cappings that are less than five thousandths of an inch thick.

Spread it on a cracker, bread, a muffin, or eat *just the honey* and enjoy it as the bees do!



HEALTH & SAFETY COMMITTEE

URINARY TRACT INFECTIONS

By Eileen Plastino, R.N.

Bladder infections are the most common type of Urinary Tract Infections (“UTIs”), but the urethra, bladder, ureters, and kidneys can become infected too. Your age, habits, and health conditions can make a UTI more likely. Untreated UTIs can cause kidney damage and septic poisoning.

Symptoms

Typical symptoms of a UTI are dark or cloudy urine, foul smelling urine, frequent urge to urinate, bloody urine, pressure in the lower abdomen, low grade fever, night sweats, and chills. Recurrent UTIs represent a challenge and is defined as two symptomatic episodes within six months or three episodes within twelve months.

Elderly persons have changed immune responses and can have a weaker urine flow which means not fully emptying the bladder.

Seniors experiencing UTIs can show a change in behavior, confusion, dizziness, lethargy, fatigue, agitation, aggression, and loss of coordination.

Susceptibility

According to the National Institute of Health, the following conditions make individuals more susceptible to UTI's: diabetes, weakened bladder and pelvic floor muscles, urinary catheter, an enlarged prostate that may not allow you to fully empty the bladder, bowel incontinence, immobility, kidney stones, and surgery of the area around the bladder.

Diagnosis/Treatment

One can purchase an over the counter test to use at home, but a urine culture done at a lab by order of the doctor is needed to accurately diagnose a UTI.

The antibiotic regimen for UTIs should be tailored to ensure an appropriate BUG-DRUG match and be determined by the urine culture and discussion with your doctor. (Some studies revealed that 50% of young women received an antibiotic that was inappropriate and 75% were prescribed antibiotics for a longer duration than necessary.)

Antibiotic treatment must be carefully decided because of the possibility of resistant bacteria, or a clostridium difficile infection (mild to severe diarrhea) could occur.

There is also a condition called asymptomatic bacteriuria, which is characterized by the presence of bacteria in the urine but the absence of symptoms of a UTI. The incidence is 15% or greater in women or men between 65 and 80 years of age.

Tips for preventing UTI's:

Drink plenty of water

Limit caffeine and alcohol, which can irritate the bladder

Women should wipe from front to back, wear cotton underwear, keep the genital area clean and dry

For those memory impaired, set reminders to use the bathroom.

Sources: National Institute on Aging, Medscape, National Institute of Health National Library of Medicine, aging care

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GIRL SCOUTS

Text and photos by Katie Frattarola

The groundhog saw his shadow, but Girl Scout Cookie sales will be here soon! Have you ever wondered about the history of Girl Scout Cookies?

In 1912, Juliette Gordon Low founded Girl Scouts in the United States. She had a vision where all girls could come together and embrace their unique strengths and passions. Five years later, the cookie sales began to finance troop activities. Originally, Girl Scout Cookies were baked by Girl Scout members with moms volunteering as technical advisers. Girl Scouts have come a long way since then!

Being new to the scene, as my daughter is a Daisy, which was Juliette's nickname and is also the youngest Girl Scout troop, I wanted to learn more!

I had the opportunity to interview a remarkable Girl Scout named Jillian Arena. Jillian is a senior at Somers High School and has been a Girl Scout since kindergarten. She is an ambassador for troop 1445, which consists of five girls, most of whom have been together since kindergarten. All five are going for their Gold Award, which is the highest honor a Girl Scout can achieve. They have completed two Girl Scout "Journeys," defined as "multi-session experiences in which girls dig deeper into their interests to make a difference in their community." While Badges show the world that a Girl Scout has learned a new skill, Journey awards say, "I have found a way to make a difference."

Jillian's troop's Journeys included a Senior Outdoor Journey, in which they received their CPR and First Aid certifications, learned fire building and map navigation, and participated in overnight camping. Their end project was to create a resource book for the community in the use of the Pound Ridge Camping Site. The troop's second Journey, called, "Sow What," involved learning about farm-to-table feeding/supporting the community. The troop organized an Easter Basket collection for St. Luke's food pantry and learned about healthy eating and organic foods.

Other community outreach projects included the Veteran's Day cookie project, one that is familiar to my daughter's Daisy troop! Jillian's troop's final project involved helping set up St. Luke's new food pantry and providing both healthy eating informational pamphlets as well as a new brochure for St. Luke's.

In order to achieve the Gold Award, a Girl Scout must create a sustainable project which provides a positive impact in her community. Jillian's Gold Award project is entitled "Kindness Rocks" to promote kindness in her community through art. Jillian is striving to educate school-aged children on the concept of giving to others. In her sessions, children can decorate a painted rock with a positive message. They



are then encouraged to leave the rock or give the rock to someone who might need positivity. By doing this, children are taught empathy for others and to combat bullying. Jillian created a Facebook website where people can choose to post and share pictures of their rocks.



My daughter had two very impactful experiences with Jillian at her Kindness Rocks station - one at the VIP Dance and the other was while earning her Art Badge. Inspirational leaders like Jillian are the reason young girls strive to be Girl Scouts. The future looks bright knowing that the youth of today is creating a better tomorrow.

* * *

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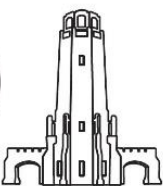
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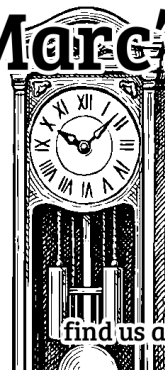
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MARCH MADNESS

By Adelaide B. Shaw

It comes in with a bluster and leaves with a whisper. It's a transitional season, neither winter nor spring. It's the month of the United States college basketball tournament. It's the month of excitement, for looking ahead, for making plans.

March Madness
snow and sleety rain
pelt the windows

spring equinox
a day of promise
ends with a storm

walking trail
the early spring song
of squelching mud

returning geese
interrupting
spring clean-up

garden center
so many choices
so little energy

early spring snow
in my side view
the tip of a crocus

the day warming up
flipping open the sunroof
to sing out loud

* * *

HAIKU FOR MARCH

By Sue Shea

The month, neither here nor there
Almost Spring, but still air chill
even in a snowfall
Crocus rears its bloom



* * *



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FOUND MONEY

By Stanley Herz Pearlman

It was almost four decades ago when I came across a five dollar bill just lying on the floor. The only problem is that it was in a bathroom stall in a restaurant. So I just stared at it. It seemed that if I looked closely, I could actually see the germs scrambling across. Who knew what else was lurking on the tiles? Sooner or later my wife would be wondering what happened to me. Could I simply explain that I was absorbed by a piece of currency next to a toilet, so I missed dinner?

I gave in and lifted it up. On one side it appeared to be an actual five dollar bill. But on the other, it said in large letters: "Tempted! Jesus Saves." It was one of the most effective bits of advertising I have seen.

I bring this up because a few days ago I encountered a similar situation. My wife had just parked our car in a restaurant parking lot, and I opened the door to spot a \$20 bill on the ground, half submerged in a small puddle.

I gingerly picked it up with a tissue, expecting another impactful message on the back. Perhaps: "No longer tempted by five dollars? The Lord allows for inflation!"

But no! It was a real double sawbuck. However, this presented a problem. What do I do with it? It wasn't mine and it wasn't right for me to keep it. Could I go into the restaurant and scream, "Who lost \$20 in the parking lot?" Could I ask the hostess to hold it aside in case anyone reports money missing? I suppose I could have left it as a tip, but it was out of proportion for this moderately priced restaurant.

So I took it home and, considering its source, I washed it with soap and alcohol and put it away. Perhaps I was cleansing my conscience. Was the Lord really testing me anyway? Was I supposed to do something specific with it?

* * *

HOW MANY NEW PARTS?

By Susan Statkowski-Rivalsi

Two thousand six hundred six units –
the older set, many of you -
and we folks are living longer
than our parents did, it's true.

Failing joints are replaced;
it's so common nowadays,
so our lifestyles can continue
or be improved in many ways.

Two thousand six hundred six units.
I wonder the total count
of new shoulder, knee, and hip joints.
It has to be quite an amount!

* * *

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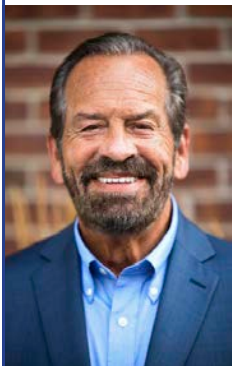
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COLUMNS

THE BOOK SHELF

By Cindy Kennedy

Irish writer W. C. Ryan sets *The Winter Guest* during Ireland's tumultuous Home Rule fight in the early 1920s. Equal parts historical fiction and murder mystery, *The Winter Guest* has all the required elements of a fast-paced thriller.

The Winter Guest begins on a cold January 1921 evening outside Kilcolgan House on the rugged west coast of Ireland. The crumbling mansion, ancestral seat of the Prendeville family, was built as a bastion "to defend against the people from whom the land was taken." Maud Prendeville, the lord's oldest daughter, and her English friend Harry Cartwright were being driven home from a party by District Inspector James Teevan.

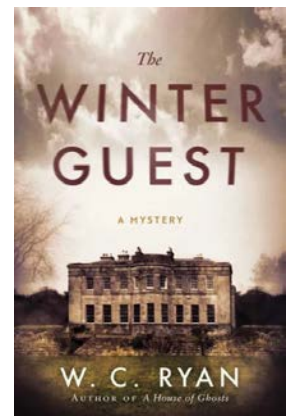
As their motor car approaches Kilcolgan House's gate, Irish Republican Army militia fatally shoot Teevan and Cartwright in retaliation for brutal reprisals carried out against civilians. When the IRA marksmen noticed Maud in the car's backseat, however, they left her unharmed. Despite her family's aristocratic background, Maud had supported the Irish rebellion during the 1916 Easter Rising. Nevertheless, by the time the Prendeville family and their retainers reach the bullet-ridden car, Maud, too, has been killed. The British-controlled local authority maintains that the IRA had shot all three victims.

In Dublin a short time later, Tom Harkin, formerly a Captain in the Royal Dublin Fusiliers, received a telegram: "Maud Killed. IRA Ambush. Funeral Imminent. Kilcolgan, Please Come. Billy." Tom and Billy Prendeville, Maud's brother, had served together during World War I in the trenches of France. Before the Great War, Tom had been betrothed to Maud, but she had broken off their engagement while he was fighting at the Somme.

Suffering a concussion in combat, Tom is haunted by flashbacks of terrible battlefield scenes. Sometimes he has trouble discerning reality from the ghosts of his past. Tom now works for an insurance company—a cover for his clandestine activities as an IRA intelligence officer. Anxious to find out who was responsible for Maud's murder, Tom accepted Billy's offer to stay at Kilcolgan House during her funeral services. Maud's father, who had opposed her engagement to Tom ("a solicitor's son and a Catholic"), coolly welcomed him.

Tom's quest to find Maud's killer takes him on an unexpected and dangerous journey. At every turn there are spies and double agents. Tom deems everyone he encounters to be suspicious—even the parish priest. He needs to sort out dueling loyalties and betrayals. But first, Tom must keep his own war-time demons at bay.

(Note: *The Winter Guest* is part of Heritage Hills Library collection and Westchester Library system. For a list of new books at the Heritage Hills Library, please see page 9.)



HOW DOES YOUR GARDEN GROW?

BIRTH OF A BUTTERFLY

Text by Karl Milde, photos by Elizabeth Royston

Where do butterflies come from in summer? Newsletter photographer Elizabeth Royston knows. Elizabeth saw some green and black caterpillars on her deck and decided to watch and record them in a succession of photos. In doing so, she caught the magical process called “metamorphosis” through which the caterpillars became butterflies.

Butterflies, such as Monarchs and Black Swallowtail butterflies, are hatched from an egg, usually about four days after the egg is laid under a leaf by a female butterfly. What emerges from the egg is a tiny caterpillar. It is *hungry* and it immediately starts chomping away nonstop, first eating its own eggshell and then the plant upon which it finds itself. The caterpillar soon outgrows its own skin and molts by shedding this skin, not only once but then again and again, five times. The new skin is very soft at first and provides little support or protection for the caterpillar, but it soon hardens as the process continues.

In about two weeks, when the caterpillar has reached its full size, there occurs a most incredible transformation. The caterpillar encases itself in its own chrysalis, a process called “twerking.” It does this by hanging upside down in the shape of a “J”, then wiggling itself into a sheath of its own making. You can watch this transformation in a wonderful time-lapse video of a Monarch

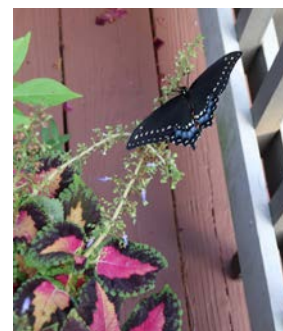
at toxinfreeusa.org/take-action/save-the-monarch-butterflies/

But the magic doesn't end there! The next and final stage of metamorphosis happens inside the chrysalis, which is initially green, but then turns reddish brown due to the goings-on inside. For some butterflies it may eventually become somewhat transparent, allowing you to see the wings of the forming butterfly. Finally, after about two weeks, the butterfly emerges, dries its wings, and flies away!

It is believed the female butterfly can lay 100 to 300 eggs during her lifetime. Each type of butterfly has its own type of plant that it will eat as a caterpillar and take nectar from as an adult. For instance, the female Monarch butterfly can lay her eggs *only on a milkweed plant*. No other plant will do. Milkweed is normally found in fields and on roadsides, but you can help Monarch butterflies by planting it near

your Unit or in the Community Garden. For information on Milkweed species native to this area, go to xerces.org and do a search for 19-029.

So there you have it! Now that Elizabeth has shown the way, let's do our part to help these magical creatures. If we help the butterflies, they will help us by pollinating our gardens.



* * *

FIT-BITS

By Mary Tedesco

HOW TO PREVENT BACK PAIN

TRY NOT TO SIT TOO MUCH

Sitting is the new smoking...it is bad for you. If you must sit, choose a good chair with a straight back and low back support. If you work at a desk more than a few hours a day, consider purchasing a standing desk.

GET MORE EXERCISE

You would think if you have back pain that you should rest, but sometimes that's the worst thing to do. If you tweaked your back and hurt yourself, it's one thing to take a day to rest and see if you feel better. But most times you should get moving and get your circulation going, because the blood flow can help you heal.

DO NOT SMOKE

Did you know that smoking inhibits the flow of blood to your spinal discs? There are vital nutrients that normally flow through the spine and help support a healthy spine...smoking gets in the way. Don't smoke!

BE POSTURE PERFECT

You can check if you have good posture by standing with your heels against a wall. The back of your head, shoulders, butt and calves (from back of lower legs) should all touch the wall. Take a step forward and feel if your body changes at all – say your head moves forward. Try to prevent this by keeping your posture straight.

WATCH YOUR WEIGHT

If you are overweight in the belly area, this could be the culprit of your low back pain. Extra weight can cause back strain on a daily basis without you even realizing it. Consider trying to lose a few pounds to help relieve the pain.

STRETCH YOUR BACK OUT DAILY

- Lie on your back on the floor and take your knees up to your chest. Then extend one leg long on the floor and keep hugging the other knee up to your chest. Switch sides and do it a few times.
- Standing, try touching your toes, and if you cannot reach your toes just try gently reaching towards the ground even if you can only touch your knees. Take it up and down a few times.

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Total units sold by OneKey/HGAR MLS agents from 1/1/2023 to 2/10/2023

	2023	2022	2021	2020
TOTAL SOLD	12 (\$350-\$720,000)	21 (\$280,000-\$785,000)	11 (\$342,000-\$690,000)	11 (\$249,500-\$670,000)

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3 BEDROOM

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Thank You

Thank you to everyone who asked their family, friends and neighbors to contact me so I could help them sell or find a new unit or home. I greatly appreciate your recommendations and support.

Thank you to my friends and colleagues at Houlihan Lawrence and all the other real estate companies who are part of the OneKey/ Hudson Gateway Association Of Realtors (HGAR). Their support and success in selling units in the Heritage Hills community is shown in my monthly ad which not only reflects my sales but theirs as well.

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