



Heritage Hills Newsletter

MAY 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

NYSEG..... 800-572-1131

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

ConEd 800-752-6633

Verizon 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

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

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

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

Shopping Trips by Bus

Monday and Fridays at 10 am

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

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center – 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

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 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

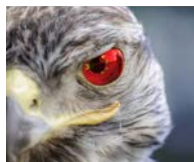
CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

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

CHINA UPDATE 2023

Two lectures by Marjorie Miller, Professor Emerita, Philosophy and Asian Studies, SUNY, Purchase



INSIDE CHINA TODAY

Tuesday, May 2, at 1:30 pm

Professor Miller will address the most current events at the time of her lectures. At this time, they might be: China's economy; China's demographic turnabout and its consequences; Civil protests — *in China?*

TENSIONS AROUND THE WORLD

Tuesday, May 9, at 1:30 pm

China's interests and actions in Africa and Latin America; Critical relationships — Xi and Putin and Ukraine; Situation analysis: Taiwan.

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

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

SUPREME COURT & AFFIRMATIVE ACTION

Two lectures by Richard Clinchy, Councilman for the Town of Somers Teacher Emeritus for Government and Law, John Jay High School

LEAKS, CONTROVERSIES, AND PROTESTS

Tuesday, May 16, at 1:30 pm

First, Richard Clinchy will review last year's Supreme Court decisions, including the overturning of *Roe v. Wade*, then proceed to discuss the "big" cases that will have decisions announced this June.



IS AFFIRMATIVE ACTION NO LONGER NEEDED?

Tuesday, May 23, at 1:30 pm

Affirmative Action has been with this country since the 1960s. Clinchy asks: *Has it served its purpose?*

The spotlight is on Ivy League and other prestigious institutions. *Does the favoring of one group take away equal opportunity from another group?*

Admission: \$10.00 per person, per lecture, paid at the door.

If you have any questions, call Rosetta at 914-277-5217.

HERITAGE HILLS NEWSLETTER COMMITTEE

Editor in Chief: Bill & Ann Harden; 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

FOLK MUSIC CONCERT

Live performance by guitarist Rod MacDonald & bassist Mark Dann

GOLDEN AGE OF FOLK SINGER-SONGWRITERS

Tuesday, May 30, at 1:30 pm

Extend your Memorial Day Weekend with this wonderful folk music concert celebrating what the cognoscenti call *The Golden Age of Folk Singer-Songwriters*. Guitarist Rod MacDonald has chosen his favorites from the best, such as: Jim Croce, Don McLean, Joni Mitchell, Harry Chapin and, of course, Bob Dylan.



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

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

* * *

10-A-MEN'S CLUB

May 3 – Robert Blaufarb – Author, & Video – My Bronx, My Oz

May 10 – Somers Schools Superintendent Dr Ray Blanch

May 17 – Randy Freeman – Braver Angels – Blue and Red working together

May 24 – Louise Squitieri – Council of Condos President

May 31 – Noble Varughese – Lincoln Hall

June 14 – Peter Harckham – NY State Senator

Doors open at 8:30 am. Bagels and coffee available until 9:45 am. Pledge of Allegiance at 10:00 am; then speakers and discussions to 11:00 AM. Come join us to meet your neighbors, ask questions and find out what is happening in Heritage Hills and around Somers.

ON THE COVER

Reflections of a unit on Condo 25's pond, by Barbara Pollack

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COMING EVENTS

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

BEAUTY & THE BEAST

Saturday, May 6, at 10:30 am in the Heritage Room

Patricia Lucciardi, a certified thermography technician will present a program that introduces you to a safe and pain-free way to check on your breasts. She will also explain how environmental estrogens, the lymphatic system and even dental issues contribute to breast health. This is an holistic/intergrative experience. Information: Flo Brodley 914-276-4845

Chiropractic Methods of Prevention and Rehabilitation

Friday, May 26, at 10:30 am in the Heritage Room

Dr. Frank Turchioe, chiropractor and owner of Somers Sport and Spine will present a program relevant for any age group on the changing history of treatments over the years, sport and exercise injury prevention and the proper ergonomics to use for your home and workplace, regardless of your physical ability and lifestyle.

* * *



WALKABOUT CLEARWATER CHORUS

Sunday, May 7, at 1 pm in the Activity Center

Founded in 1984 by folk music legend Pete Seeger, the Walkabout Clearwater Chorus is known not only as a singing group, but a group that is first and foremost activist in the tradition of its founder. Their songs focus on the Jewish tradition of Tikkun Olam (repairing the world). The group is dedicated to promoting environmental awareness and social action through song, education and other activities. It is also known for its seven-foot-tall model of the sloop Clearwater which sails in the Hudson River. Come sing along or just enjoy the music. Light refreshments will be served. Admission is \$15 per person in the Activity Center. **Proof of vaccination is mandatory.** Please place your checks in our mailbox along with your name, phone number and email address no later than May 1. **Walk-ins are welcome as space permits.** Questions, call Alan Tepper 914-342-3279 or email to astepper@gmail.com.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Joyce Spector

Tuesday, May 9, at 7:00 pm, Heritage Room "Leave No Trace". A coming of age story that focuses on a young girl's journey toward independence. See the ACTIVITIES / CLASSES / CLUBS section of this Newsletter for Club information. **Masks required for this screening.**

* * *

FRIENDS IN THE HILLS CLUB

Submitted by Deb Ferrara

BINGO NIGHT

As a reminder, "Friends in the Hills" will be having their first Bingo Night on May 11, in the Heritage Room. Doors open at 6:30 pm. Please be sure to submit your name, unit number and phone number to the "Friend in the Hills" mailbox. Members \$10.00 and non-member and guests \$15.00. Looking forward to seeing you for a fun night!



Contact Deb Ferrara 914-924-3003 or Mary Ann 914-328-1227 with any questions.

* * *

HERITAGE HILLS WOMEN'S CLUB

Submitted by Phyllis Bradbury

Our next meeting is May 17, and we're pleased to have a performance by a new (to us) group that performs under the name of the Evergreen Club. Doors open at 1:30 pm in the Heritage Room, Activities Center. Coffee, tea, desserts, and door prizes, of course.

There is no charge for members; \$5.00 admittance fee for non-members. For more information, call Joan at 914 276-0488 or Angela at 914-276-0056. Flyers are available at the Activity Center.

Save the date: June 14 is our Spring Luncheon; more information will be available as details are finalized.

If you have any membership questions, please contact Alfreda Savarese at 914-617-2007.

* * *

SINGLES CLUB

Thursday, May 18, at 1 pm.

An elegant luncheon will be served at Primavera Restaurant on Route 22 in Croton Falls. Soup or salad, choice of three entrees, dessert and coffee. Members only - Special price - \$40.00.

Please put your checks in the slot at the Activity Center **no later than May 11.**

Information: Olga LaBoy 914-276-2646 or Pat Caruso 914-276-2224.



Lasdon Park By Terry Clifford

TENNIS SEASON AT HERITAGE HILLS 2023

Welcome to the 2023 Tennis Season. Please mark your calendars.

SATURDAY, MAY 20, 9:00 am — Spring Round Robin — Everyone is welcome - Men/Women - all levels of play

SATURDAY, JUNE 24, 9:00 am

Mixed Doubles Tennis Tournament — Men and Women

SATURDAY, JULY 29, 9:00 am — Women's Doubles Social

SATURDAY, AUGUST 26, 9:00 am — Men's Doubles Tournament

SEPTEMBER 23, 9:00 am — Fall Round Robin

We will also have Friday Night Tennis from May – October. Everyone is welcome. Men/Women — All levels of play.

All courts are to be reserved for play on the **PLAYTONIC APP**

If you are new to Heritage Hills and would like your name to be added to our Tennis Directory or if you have any questions please call or e-mail Dena Goldstein 914-589-3560 or denagoldstein17@gmail.com.

* * *

CONCERT SOCIETY CLUB

The best classical music value in Westchester and beyond!

By Teddi Meltzer

Spring has sprung, and the Heritage Hills Concert Society has sprung too. On **Sunday, May 21, at 3 pm** at the Activities Center, we welcome back

celebrated pianist, Michael Brown, who will perform works by Haydn, Debussy, Ravel, Schaurth and Mendelssohn, as well as one of his own compositions. The works on this program share inspirations of folklore, nature and love.



There is still time to purchase 2023 season tickets for \$80, an excellent price for four excellent concerts. Subscription Forms are available at the Activities Center. Individual concert tickets are \$23 at the door. Hope to see you on May 21st. *Let's spring for spring!!!*

* * *



SOCIETY BOARD MONTHLY MEETING

Wednesday, May 24, 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 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. If not covered during the meeting, they will be discussed at the end of the meeting. Provide your name and unit number on written correspondence.



By Diane Purr Commissioner

It's finally here! Opening day for the 2023 Bocce League is Thursday, 9:30 am on May 25.

Team members will be picked at the Captain's meeting on April 27 at a random drawing.

If you have signed up for the league you will receive a phone call from your Captain before opening day with all the necessary information.

If you love bocce and just want to play, come down to the courts on any Wednesday or Saturday starting at 9:30am to meet and greet other players. The game is fun and the people are terrific.

* * *

Members Only 30th Anniversary Dinner

FRIDAY, JUNE 16, - \$55.00 per person - Doors Open at 6:30 pm

This is a **MEMBERS ONLY** event. You need to either pick up a flyer outside the Activities Office (containing all the information) or print a copy from the email blast, then fill out the form at the bottom and place in the Ciao Italia mailbox by **Friday, JUNE 9**, along with your check made out to Ciao Italia. Write "30 Anniversary" on outside of envelope.

* * *

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.



EMAIL ADDRESS: HeritageHillsNewsletters@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

VIEWING SOCIETY BOARD MEETINGS

SUMMARY OF PORTIONS OF THE MARCH 22 SOCIETY
BOARD OF DIRECTORS MEETING

Compiled by Deica Ruiz

The full transcript of this meetings Minutes can be found on the Society's website, hhsociety.org (choose Heritage Hills Society, then Meetings and Documents).

MOTIONS:

- To approve Oval Tennis contract for the reconditioning and monthly grooming of four (4) turf Tennis courts in the amount of \$10,180 – *motion passed.*
- To approve Cronin Engineering for repairs at Pool #4, including preparation of plans for submittal to the Westchester County DOH. Retainer amount of \$3,500 – *motion passed.*
- To approve Insite Engineering for a complete survey of Pool #4 area, in the amount of \$3,500 – *motion passed.*

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Bill Harden, Dorinda Haskel, Jack Mattes, Karl Milde, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, Art Singer, Alan Tepper. Ann Harper and Jay Wright were absent. John Milligan and Dave Jacobsen were also in attendance.

Financial Report – Bill Harden, Treasurer:

- February income was \$454,547 and expenses were \$404,778; with a surplus of \$49,769.
- As of April 1st, residents who are in arrears with their Society fees will once again receive late payment notices.

Bylaw Amendment - Alan Tepper, Committee Chair:

- Two informational sessions were held informing the community of the proposed "Purchaser's Contribution" bylaw amendment.

Fitness Center – Annette Bensen, Chair:

- Several machines have been damaged; residents should report any damage to machines to FC staff.

Society Board Elections - Alan Tepper, Committee Chair:

- A community-wide announcement of the election will be mailed asking residents for interest in running for the Society Board of Directors. We encourage residents to consider becoming involved.

Meadowlark Park – Patricia Ploss, Chair:

- **Trails:** This Spring we are looking to expand one or two of our trails depending on the costs.

Landscaping:

- Spring plantings will take place in mid to late May, and will have a strong color pallet with bright FLOWERS

Community Affairs Committee – Jack Mattes, Chair:

- Willow Wood Gun Club in Carmel: HH and Somers residents have sent correspondence to the Carmel Planning Board in opposition to the expansion of shooting stations at the Gun Club.

Library – Deica Ruiz, Chair:

- The Library accepts hardcover books published within the last year that we don't already have in our collection.
- You may reserve a book by calling us at 914-276-7655 and leaving the name of the book and your contact information. You can also visit the Library tab on hhsociety.org to search for books by title, author and genre.

Pool Committee

- Opening day this year will be Memorial Day weekend, Saturday, May 27. Beginning Saturday, June 17 all pools will remain open for the remainder of the season. The end of the regular pool season (before any extensions) will be the end of the day on September 5.
- Water Aerobics classes have been planned for July and August with the same instructors as last season.

March Security Call Report - Dave Jacobsen, Prosecur Supervisor:

| | |
|--------------------|--|
| Medical | 55 |
| Security | 26 (open garage doors, other security concerns) |
| Fire | 9 (fire alarms/CO detectors) |
| Service | 44 (including 33 lift assists, 5 persons locked out, and 6 welfare checks) |
| Maintenance | 15 |
| Car Accidents | 1 |
| Parking Violations | 3 (in handicapped spaces, fire lanes, A roads, or B roads) |

- Driver please be aware of walkers, and pedestrians please walk facing traffic.
- When to call 911 – If you have a Police, Fire Dept or EMS emergency, your first call should be to 911.

Operations Report – John Milligan, Property Manager:

Permits: Working with the Building Department to resolve a longstanding open permit issue dating back to 1997.

NYSEG: Has begun final infrastructure replacement work in Condo 18, with Condo 23 the only remaining one.

Pools: Plans have been submitted to the DOH for replacement of mechanical equipment at Pool #3. This cost is part of the current 2023 budget.

Tennis: In approving Oval Tennis for tennis court maintenance this season, we are hoping to establish a date as early as possible, depending on weather, to have our four turf courts groomed and made ready for play. Until those turf courts are ready, Courts #6 & #7 are ready to go immediately.

Fitness Center: The cost of repairs to equipment in the Fitness Center is high, and much of the damage can be attributed to misuse of the equipment. If you are unsure as to how to use a particular piece of equipment, please ask our staff for help.

Insurance

- Society has 13 separate insurance policies and many of these are up for renewal May 1.

Other

- At future meetings we will be sharing with residents other costs which make up our budget. Next month we will address utility costs, including electricity, cable, communications, phone, etc.

* * *



PURCHASER'S CONTRIBUTION POLICY

The Heritage Hills Society Policy for implementing the addition to Bylaw 10.04, approved on April 4, 2023, and going into effect on July 1, 2023, is as follows:

- 1) **Initial Contribution Amount** – The initial amount of the contribution is \$1,500, regardless of the size or model of the unit being purchased.
- 2) **Periodic Review** – The amount of the contribution will be reviewed annually in conjunction with the Board's annual budget review process and may be adjusted or increased based on budgetary considerations, at the Board's discretion.
- 3) **Exclusions** – A Purchaser's Contribution will not be collected in the following circumstances:
 - a) **Purchase by Current Society Member** – If a current Heritage Hills unit owner sells the unit in which s/he resides and purchases another Heritage Hills unit in which to reside, the Purchaser's Contribution will not apply. The current owner's purchase of any additional units will be subject to the Purchaser's Contribution.
 - b) **Units Changing Hands Upon Death of the Society Member** – The Purchaser's Contribution will not apply (i) when someone inherits a unit via a Trust or a Last Will and Testament; (ii) upon transfer to a joint owner of the unit, including a deceased owner's spouse or domestic partner.

These exclusions may not be all inclusive and may be added to as the Board deems necessary.

* * *

THE VOTE

by Alan Tepper, Committee Chair

The Committee that Dom has tasked with shepherding this amendment through the voting process has, with the help of Anna in the Society office, concluded our work. We tallied the votes and the results are as follows:

Total Ballots Received - 1,438

Valid ballots - 1353

Invalid ballots - 85

Votes to Approve - 894

Votes to Disapprove - 459

PICKELBALL GROUP

Text by Denise Elliot, photos by Fran Boemio,

On March 15, members of the Heritage Hills Pickleball Community came together for a Happy Hour! This event took place Oscar's II, at the Towne Centre at Somers. It was an opportunity for many players to meet others for the first time and for everyone to enjoy each other's company.



HHPB 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.



Pickleball Committee: left to right, Denise Elliott, Eric Scorzelli, Len Caplan, Kenneth Perry, and Fran Boemio.

More socials, pickleball lessons, a League Tournament and other games are planned for the spring through summer! If you're interested in pickleball, and would like to know more about our wonderful group, please email PickleballHH@Outlook.com.

ACTIVITIES:

Text by Denise Elliot, photo by Eric Scorzelli

Pickleball is the fastest growing sport in the US, and interest to play is increasing at Heritage Hills. Denise Elliott, as a Certified ITPA Instructor, gives lessons to beginners to start them successfully on their journey. Many of her students are now Advanced Players, and all mentor each other, which makes it all very satisfying.

On March 19 in the gym, she led a Beginner and Refresher lesson, where they learned the basics of pickleball and know enough to play the game. Improvements come the more you play. Lessons will continue to be offered monthly. To find out when and sign up, email PickleballHH@Outlook.com.

Claire Duskin, Len Caplan
(PB Committee), Linda Caplan,
Tracey Giachetti, Mary Muehleck
and Denise Elliott.



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HOULIHAN LAWRENCE

#1

**AGENT IN
SOMERS &
HERITAGE HILLS**



*Considering selling your condo in Heritage Hills?
I can help!*

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

2023 HERITAGE HILLS SOCIETY SWIMMING POOL RULES

Lifeguards have **ABSOLUTE AUTHORITY** at all times for the safety and enjoyment of all residents.

Violation of Pool Rules may result in loss of privilege

If Security is called due to a violation of Pool Rules/Abusive Behavior, there may be a Loss of Pool Privileges.

ALL POOLS ARE UNDER 24 HOUR VIDEO SURVEILLANCE

- No admittance is allowed without a lifeguard present.
- No admittance without a valid Society Photo ID card displaying a 2023 sticker.
- All persons under the age of 12 must be accompanied, at all times, by a resident with a valid Society Photo ID & 2023 sticker. Resident's w/ Junior IDs must have their valid 2023 IDs to enter.
- 4 guests PER UNIT, PER DAY allowed. A resident must remain with their guests at all times. Residents with Junior IDs CANNOT bring guests.
- Non-competent swimmers require supervision.
- Children not toilet trained must wear a waterproof diaper.
- **NO FOOD OR SNACKS OF ANY KIND** permitted within the gated pool area.
- Beverages must be in resealable containers. **NO** glass.
- Lap lanes for lap swimming only. Up to 2 lap swimmers at time. 30-min limit is imposed if others are waiting.
- Kick boards may **ONLY** be used as a swim aide in lap lanes. No Noodles in the lap lanes.
- **NO** diving, jumping, running, Marco Polo, hanging on ropes, abusive or rowdy behavior.
Audio and cell phone devices must be used with headphones.
- The Safety Zone between the pool and the white line must remain clear at all times. Stairs must remain clear at all times.
- Chairs, lounges & umbrellas **may not be reserved**.

Mandated NYS Sanitary Codes

- Shoulder length or longer hair must be tied back or in a bathing cap.
- All persons must shower before entering the pool.
- Persons with communicable diseases, open sores/bandages are prohibited from using the pool.
- At the first occurrence of thunder or lightning, EVERYONE MUST VACATE the entire gated pool area.
- Pools reopen 30 minutes after the last sign of thunder/lightning at Lifeguards authority.

NO FOOD/SNACKS.



NO GLASS.



NO SMOKING.



NO PETS.



Approved Life vests - USCG approved PFD Type II or III vests only!



U. S. Coast Guard & Heritage Hills requires Personal Flotation Device Type II or III Life Vests for non-competent swimmers.

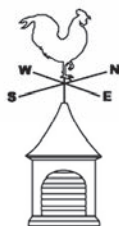
Many other options are available, but

NOT allowed in the Heritage Hills Pools.



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COUNCIL OF CONDOS

By Terry Clifford

Condominiums in attendance at the March Meeting: 1, 2, 4, 5, 6, 7, 8, 11, 12, 14, 15, 16, 17, 18, 19, 21, 23, 24, 25, 26, 27, 28, and 30.

Council of Condos Nominating Committee curated a ballot and called for an April election. Candidates for the Office of President, Louise Squitieri, Vice President, Terry Clifford, Secretary, Linda Grassia and Treasurer, Dorinda Haskell. Since there were no other candidates, a vote by the Secretary will take place at the April Annual Meeting. The candidates will begin their term of office at the May Meeting.

Willow Wood Gun Club Expansion: A moratorium to expand the Willow Wood Gun Club located in Putnam County at the border of Westchester County was lifted after several years when the Carmel Court overturned a cease-and-desist order which allowed Carmel's Planning Board to reconsider the Clubs expansion of 14 shooting stations bringing the Gun Club closer to Heritage Hills and other Town of Somers properties. It was suggested Condos inform their residents to attend the meeting held in March and write letters protesting this action which will not only impact the quality of life in Heritage Hills but lead shot seeping into the land and ground water causing severe environmental impact.

Condo Records - How long are they kept and where do we store them: On the level where the woodshop and arts and crafts areas are located in the Activities Center is a room which has file cabinets and some blueprints of Heritage Hills condominiums. Some Condos keep their records on property management programs or a portable hard drive. Council's Secretary will send Society's records management retention recommendations to Condo presidents.

Smart Meters: Some unit owners are upset with utilities charging an added fee for those who opt out of use of digital smart meters for their unit.

Jason Schiciano, President of Levitt Fiurst, will attend the April 19 meeting of the Council of Condos to discuss **Homeowner and Vendor Umbrella Policies.**

Hope to see all Condos represented at the Council's next meeting Wednesday, April 19 at 7 pm in the Activities Center.

* * *



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Library COMMITTEE

NEW ADDITIONS TO OUR COLLECTION IN MAY

Fiction

Catton, Eleanor *Biram Wood*
Jackson, Jenny *Pineapple Street*
Morton, Kate *Homecoming*
Mosley, Walter *Every Man a King*
Nguyen, Phan Que Mai *Dust Child*
Schine, Cathleen *Kunstlers in Paradise*
Walls, Jeannette *Hang the Moon*

Mystery

Baldacci, David *Simply Lies*
Crombie, Deborah *A Killing of Innocents*
Landay, William *All That Is Mine I Carry With Me*
Lehane, Dennis *Small Mercies*
Oates, Joyce Carol *48 Clues into the Disappearance of My Sister*
Sandford, John *Dark Angel*
Swanson, Peter *The Kind Worth Saving*

Non-Fiction

Egan, Timothy *A Fever in the Heartland*
Grann, David *The Wager: A Tale of Shipwreck, Mutiny, and Murder*



HERITAGE HILLS SPONSORED ST. LUKES FOOD DRIVE

By Linda Magrath, Chair, St. Luke's Food Pantry

A big thank you to the many Heritage residents who donated so generously to the Spring Food Drive for St. Luke's Somers Food Pantry! We received at least 80 bags of non-perishable food and household items, enough for five carloads!

We also received over \$1200 in checks, which subsidized the eggs and seasonal treats provided to our patrons at our Easter/Passover distribution on April 7th, and will help to purchase eggs and fresh food in the coming weeks.

Thanks also to organizers Jack Mattes and Jay Wright, Society's maintenance and security staff, and my fellow Heritage residents and Pantry volunteers, Doris Simon and Fran and Doug Hager for doing the "heavy lifting" and/or shuttling the donations down to the Pantry.

* * *

WHEN TO CALL 9-1-1 INSTEAD OF SECURITY

Submitted by David Jacobsen

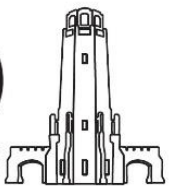
You should only dial 9-1-1 for serious emergencies - if you need an ambulance, the police, or fire department. If, instead, you only call our Security team, doing so will actually delay response time.

Here's why: When you dial 9-1-1, the person receiving the call directly contacts our town's emergency services department. Simultaneously, our Security team overhears that call. At that point, while the town dispatches the team needed based on your emergency - ambulance, fire truck, police - and our Security team also immediately responds, usually being the first to arrive.

If, instead of dialing 9-1-1, you call our Security office, they then have to place the 9-1-1 call, and precious time will have been lost, possibly and unnecessarily resulting what could have been an avoidable tragedy.

* * *

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BIRD BLIND AT RHINOCEROS CREEK

By Mark Tengstrom

There is a small pond of about 2.25 acres located in the woods just across Route 100 and the Stone House in Somers. The pond was built around 1960 to catch rain and snow melt runoff from what is now Heritage Hills. When the pond was dug out, soil was pushed up to form an embankment.

The pond is part of a 115-acre property known as the Rhinoceros Creek Reservation, which is owned and managed under the stewardship of the Somers Land Trust. The Somers Land Trust is a non-profit all volunteer organization committed to preserving open space in Somers, NY. The Somers Land Trust also owns the 654-acre Angle Fly Preserve off Route 39. Both properties are open to the public and offer plenty of hiking trails.

My name is Mark Tengstrom. I am 16 years old and have lived in Heritage Hills for my entire life. In the summer of 2019, I went on a 50-mile canoe trek from Long Lake to Tupper Lake and along the Raquette River in the Adirondack Mountains with my Boy Scout Troop (Somers BSA Troop 228). During our adventure, we pulled up our canoes to the 'Wild Center' (a Natural History Museum of the Adirondacks) and explored the indoor and outdoor exhibits. It was here that I became familiar with what a 'Bird Blind' is. It had started to rain and there was a Bird Blind that my patrol took shelter in. Concealed inside, we watched various songbirds at a feeder and wild berry bushes in the meadow outside.



Since then, I have continued with scouting and have ranked up to Life Scout. I am now working toward becoming an Eagle Scout. My service project is to build a 150-yard trail from the end of Bonny Drive (Dean's Bridge) to the pond in Rhinoceros Creek East. Then, at the end of the trail a 4' x 8' Bird Blind will be built on the embankment overlooking the pond. The pond is home to many species of ducks, as well as swans, herons, and beavers. The Bird Blind will also have a roof and a bench. Inside, people can relax and enjoy the wildlife outside in a natural setting.

On Monday, April 3, with the help from fellow scouts and volunteers from the Somers Land Trust, the trail from Bonny Drive to the pond was completed. Construction of the Bird Blind is planned to begin in May and be complete in June.

I hope that you can enjoy the trails at Rhinoceros Creek Reserve and Angle Fly Preserve and will visit the Bird Blind.



from left to right, Lorenzo Visciolosi, Matthew Massaro, Mark Tengstrom, Hayden Carbanaro, Benny Silk, and Brandon Nappi

* * *

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GENERAL CLUB/CLASS INFORMATION AND

REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

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

Advance registration is required. To book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at activities@hhsociety.org or by phone at 914-276-2636.

TWO GUESTS PER UNIT LIMIT

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 given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring 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 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.

CIAO ITALIA CLUB

If you wish to become a new member, 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, May 5, 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, June 2.

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.

Vinyasa Yoga with Joe. Saturdays at 9:30 am in Lake Lodge's Upper Level. \$12 per class. Email Joe Ferrari at josephferrari@me.com to register.

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! Email Lori at 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 should 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. 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

continued on page 17

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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.

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.

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, 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 upcoming sessions.

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 April thru 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 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, please 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@Outlook.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. The Board meets the first Tuesday of the month in the Activity Center. We welcome new members! Membership dues for renewals and new members are just \$12 for the year. Place your 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. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details.

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.

SOMERS SENIOR SERVICES FREE EXERCISE CLASSES

Text and photo by Karl Milde

Last month you read my Somers Senior Services article about the free exercise classes at Van Tassel House. This month, I share another opportunity at the PUTNAM SENIOR CENTER on Route 6, just opposite the Baldwin Place Mall.

The Putnam Senior Center also offers many free services, all available to us although we live in Westchester.

My personal favorites are “Tai Chi,” or “Qi Gong” (I wasn’t consulted when they came up with these names) exercise classes. The instructor, or “Sensai” called Dave, a retired high school science teacher turned medic, takes a ten-minute break in the middle of each session to deliver a mini lecture on the current health issue of the day. There are many cool names for Dave’s exercises too (“Sink the Chi,” “Monkey Hears a Noise,” and “Wave Your Hands Like a Clown,” to name only three), but he makes them easy and enjoyable to follow.

So, if you’re willing to climb into your car and drive a mile or two beyond our Heritage Hill Bubble, you can have fun, tweak your muscle strength, improve your balance, and save yourself a few bucks to boot.

NOW YOU KNOW!



* * *

LOCAL CHARITY READY TO HELP AND ALSO SEEKS VOLUNTEERS

By Ken Freeman

My wife Randy and I recently learned about a local charity, Hillside Food Outreach (HillsideFoodOutreach.org). While few in Heritage Hills have thus far turned to this resource, that may be simply because of lack of awareness.

The dramatic increase in grocery prices, along with steep inflation across-the-board, makes Hillside Food Outreach especially important now. The organization serves those in need in Westchester, Putnam, and Fairfield Counties.

Its mission is to deliver high-quality, nutritious food that will enable low-income, chronically ill, disabled, and those who are otherwise unable to access a traditional food pantry, to achieve a better quality of life. A case worker or doctor’s referral is required in order to ensure that help is directed where it is most needed. The assortment for each client is tailored to his or her nutritional needs and preferences.

Hillside Food Outreach also seeks volunteers who pick up the food at one of its warehouses (located in Mount Kisco and Danbury) and deliver it to the client...providing friendly social contact.

For more information, please contact Hillside Food Outreach by phone at 203-702-4881 or by email at Ana@HillsideFoodOutreach.org. Information regarding donations is also available on the website.

NOW YOU KNOW!

* * *

MAY EVENTS AT THE SOMERS LIBRARY

Please register on our online calendar at www.somerslibrary.org in order to have access to this meeting. Our programs are supported by the Friends of the Somers Library through our patrons’ generous contributions.

**(In Person) Author Book Event: Janet Garber, Somers Local Author, presents her latest book: “The French Lover’s Wife”
Tuesday, May 2, 6:15 pm - 7:45 pm**

Janet Garber, a local Somers author, presents her newest book: “The French Lover’s Wife,” a novel centered on Lucie, a smart and sassy girl from NYC, who meets Piere at a grad student party in 1973. She abandons her PhD studies, runs off with him and their lives take twists and turns. Ultimately, with the help of friends she learns what she truly needs and wants out of life. A heart-warming story by our local author, very involved in local writers groups, and a strong advocate for the Somers Library.

Janet will introduce her newest title, share her journey as a professional writer, present sample readings from the book, and answer participant questions. Copies of her book will be available for purchase from the local bookstore. Please register online or call the library.

**(In Person) Managing Money: A Caregiver’s Guide to Finances
Friday, May 12, 1 - 2 pm**

If you or someone you know is facing Alzheimer’s disease, dementia or another chronic illness, it’s never too early to put financial plans in place. This program offers tips for managing someone else’s finances, guidance on how to prepare for future care costs and the benefits of early planning. Please register. Upcoming Alzheimer’s Association presentation at the library - Healthy Living for Your Brain and Body: Tips from the Latest Research on 6/9 at 1 - 2:00 pm.

**(In Person) Getting to Know Instagram
Wednesday, May 17, 1 - 2:30 pm**

Instagram, make and save your best memories while sharing them with friends and families. Know nothing about it? Perfect! This is a workshop that aims to give you everything you need to enjoy Instagram from the ground up. Together, we will get you all set up and even guide you through the Insta-features at the beginner level. Your presenter is Somers Library staff member Juan Carlos who also runs the Tech Help program offered at the Library. Please register online or call the library.

NOW YOU KNOW!

OUR SOMERS POLICE DEPARTMENT

Text and photo by Karl Milde



When Somers Police Chief Brian Linkletter speaks, everyone listens, or at least they did at the Ten-A-Men Club meeting on March 1. Here are just a few of the takeaways:

- **Who are these guys?** The Somers Police Department is comprised of seventeen officers, all of them experienced with twenty or more years of service from other police departments such as New York City,

Mount Vernon, White Plains, Greenburg, Carmel, Peekskill, and New Castle. In other words, these are cops who have seen it all.

- **Why are they here?** The primary function of the Somers Town Police is to supplement the patrols of the New York State Police within the Town of Somers. All members work part time and all year long.

- **Where's the Somers Police Station?** It is located in Van Tassel Park.

- **What's the contact information:**

- The best way to contact the Somers Police Department is call 914-232-9622.

- For non-emergencies call 914-277-3651.

- In any *Emergency* call 911.

- **What do they do?** They patrol the Town of Somers 32 square miles which, by the way, contains 141 miles of single lane roads. They are dispatched by the State Police to all 911 calls. If you call for police service, either a State Trooper or a Somers Police Officer will be dispatched. Any calls for service that require a further investigation will be handled by the State Police. Somers Police also provide security for the Town Court and serve as the school's crossing guards.*

- **Are the State Police staying where they are?** The Town of Somers is diligently working to keep the State Police barracks from moving.

*Did someone say "school crossing guards"? Yes! Have you ever considered serving your community while making a few bucks? The Somers Police are currently looking to hire school crossing guards. It pays \$25 an hour for three hours on a school day. Check the Somers website for details.

Near the end of the meeting, one resident quipped, "There aren't many robberies in Heritage Hills because the robbers go in and they can't find their way out."



THE REAL SECRET OF THE CHINESE SPY BALLOON

By Stan Herz Pearlman

Why the sudden silence?

In early February, along with most of Americans, many Heritage Hills residents were fixated on the Chinese Spy Balloon that wafted slowly across the United States. It was ultimately shot down by a fighter jet off the coast of South Carolina.

Critics blamed the slow response for giving away our military secrets under the path of the balloon. Pentagon officials cited the wisdom of waiting until reaching shallow water over the Atlantic where it could be easily retrieved and its secrets revealed. Both the Chinese and the U.S. saw it as diplomatic one-upmanship. There were other balloons in quick succession. One Illinois amateur club was irked when apparently its hobby balloon was destroyed by an F22 fighter jet firing two \$400,000 Sidewinder missiles. (The first one missed.)

It was all reminiscent of Sputnik launched in October, 1957 by the former Soviet Union. The size of a basketball, the first manmade object in space did only one thing. Its three month circumnavigation emitted a radio signal over a two week period to remind the world's population that it was there. There were immediate fears that the Reds were ready to rain nuclear terror on the U.S. In reality Sputnik could only possibly play a game of hoops.

Unlike Sputnik, the Chinese Spy Balloon was followed by complete silence. There was no further word from either the Chinese or our own government. But due to a classified top secret CIA memo that was leaked to an uninformed anonymous source, we now know the truth and why neither government revealed it.

At the exact instant the balloon was shot down over South Carolina, throughout the world, all Chinese takeout food orders went dead. The classified memo went on to say that buried in the Pentagon's secret weapons budget, off limits to even Congress, is a item for thousands of pounds of non-deliverable General Tso's chicken that had to be destroyed.

And now you know the real story.

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GENE ARCHER

Gene Archer and wife Susan have been full-time residents in Heritage Hills for the past 19 years.

They've been blessed with 2 children and 3 grandchildren.

Gene earned his undergraduate degree in liberal studies from SUNY Empire State at Old Westbury.

Gene has over 42 years of successful business management experience in the Utilities and Financial Services Industries. He recently retired as CEO of a mid-size Financial Services company and remains owner and CEO of an accomplished Financial Services consulting firm.

Gene has served on the Society board for the past 6 years. During his tenure, he chaired the Audit Committee, member of the Comcast Committee, Chairs the Security Committee, member of the Finance Committee, liaison to NYSEG, member of the reopening committee, and member of the Insurance Committee.

While working directly with NYSEG, Gene was able to combine over 75 separate electric bills into single invoice billing, resulting in large administrative savings. Also, he completed comprehensive rate comparisons for our electric services that resulted in savings of thousands of dollars.

Gene serves as President and Treasurer of Condo 26 where he was able to secure \$1.2 million interest-free financing to install new roofs for 119 units.

Gene is involved in fundraising for children's cancer research and various animal charities and enjoys giving back to his community by enhancing and protecting the quality of life for our residents.

In his personal time, he enjoys music, plays and collects vintage guitars, loves to read, and just finished filming a 5th season on his daughter Gina's internationally syndicated TV show.



ANNETTE BENSEN

I have been a member of this community since 2000. Married to a special guy, Gene, a musician, since 1979. We live here all year round.

Active – Condo 18 President; chair of the Fitness Center Committee; member of the Digital Records Committee making sure all of our permanent records are transferred into proper digital format, Graphic Editor of the Heritage Hills Newsletter and Communications Chair working on the newsletter committee and the web site. I work with the activities office to enhance image and update and constantly exchanging thoughts and ideas for us to move forward.

I give time as chair of the commission to the graphic arts high schools in New York where we have created a competition for over 100 graphic arts students who compete in seven different graphic art venues (gtexchange.org). This competition is now in its 22nd year.

I was a member of the Mid-Hudson Graphic Arts Association and for many years was an adjunct at New York City College of Technology teaching lab classes in desktop publishing production. I have also been an adjunct at Parsons School of Design.

My business background has been as a hands-on executive and Vice President of Production in various companies; a plant manager working with a few small companies one of which I helped grow to over 100 employees in the 18 years I was there.

I am a dedicated individual who cares about the people and the property here in Heritage and would like to serve this special community I call home.

D CANDIDATES

for the five openings on the Society Board.

As of April 21 these five candidates listed on pages 20, 21, 22 are the only ones who have volunteered to run for the board. Any additional candidates who want to run for the board will be listed in the voting packet.



ANN HARPER

This is my ninth year living in Heritage Hills and it is the very best community, in my opinion. By continuing to work on Society Board, I feel I can best contribute to a place that has done so much for me.

I am originally from the Jersey Shore. It was there that I raised a family and taught high-school English. After I earned my Masters, I made a career change and became a corporate trainer. I then moved to Westchester and owned a small training company where we traveled to all parts of the country and worked with major corporations, hospitals, and not-for-profits. We designed and delivered workshops on leadership, team development, and communication skills. I have authored three books on the topic of team-building.

I have been a member of Society Board since July 2020 primarily working with Clubs and Activities. I see my role as advocating for the needs of the groups at Heritage Hills that add so much to enrich the lives of residents. I also enjoy promoting new clubs and activities to continue growing our offerings.

In the past, I have served as a member of my Condo 7 board, chaired Club Shalom, and been the facilitator of the morning discussion group. I am currently the Chairperson of Continuing Education and have been for many years. I also regularly participate in the bridge club.

I am a member of the Somers Superintendent's Advisory Team because I am dedicated to the education of children. They are the future. I am a member of Temple Shaaray Tefila.

On a personal level, I have a daughter who lives in Yorktown and two granddaughters. I have many friends and most of them live here at Heritage Hills. Involvement in our community, enriches my life.



PATRICIA PLOSS

I am excited and inspired every day by Heritage Hills and hope you will allow me to continue as I have the passion and energy to keep bringing new ideas and challenges to the Society Board.

I have been on the Heritage Hills Society Board since 2011, serving as Society Treasurer for two years and six years as President. Currently I chair the Meadowlark Park and Landscape committees, and am a member of the Finance Committee.

Sound fiscal policies need to be the primary focus of Society; maintenance of our facilities is crucial to maintaining the value of our homes. Communication with residents is essential and our two crucial services – EMS/Security and bus transportation – need to continue.

While I was President, the Heritage Room was renovated, Maintenance Yard was purchased, Heritage Hills library and Society and Activities offices upgraded. We secured a NYSEG grant and installed LED lights on our 400+ street lights saving thousands annually. We instituted children's swimming and art classes, assumed operation of our bus service, upgraded lighting and landscaping at the East Hill entrance. I initiated holiday lights at our entrance, secured donation of two pianos.

As chair of the Park Committee, we rehabilitated Park Place, created a children's playground, extended walking trails. We've worked with the Garden Club to create several gardens.

I view my service to Society as my third career. Initially I was a reporter at the Syracuse Post Standard, The Newark Evening News and The Patent Trader. I am the recipient of the William Randolph Hearst Award for Excellence in News Reporting. Prior to retirement, I was Assistant to the Town of Somers Supervisor; and later, at the Town of Bedford, Director of Finance. In each Town my responsibilities included budget creation and administration, investing Town funds, creating Capital Projects budgets, personnel responsibilities, project management.

I have a BA degree from Syracuse University's Maxwell School of Citizenship and Public Affairs, having majored in Political Science, emphasis on Public Administration. From my diverse careers, I bring a strong background in financial management, communications and organizational skills.

I am a lifelong volunteer: I was a Rotarian for nearly 30 years; served on the Board of the Community Center of Northern Westchester for seven years, five as treasurer, I am vice president of my condo board.

SOCIETY BOARD CANDIDATES *continued*



JAY WRIGHT

I have been a resident of Heritage Hills since 2005. Originally only planning to be here for a few years, but we quickly fell in love with the community. My wife and I raised our son Justin here, who was one featured in the Heritage Hills Newsletter in a 2009. Since being a resident of Somers, I have always believed in giving back and serving the community in some form or fashion. When my son was younger, I volunteered for anything he showed an interest in.

For 5 years I volunteered for the Somers Track & Field Booster Club, serving as president for 4 of those years. I created the first Somers Track & Field Booster Club Turkey Trot, which has since become an annual event raising several thousands of dollars each year.

In 2020, my family and I began volunteering at the Community Center in the pantry and quickly developed a deep appreciation and admiration for the work being done at the Center, the team doing the work and the clients being served. In 2022 I became a board member for the community center and am on the Governance Committee.

I am a small business owner of a shipping and logistics franchise, InXpress. Prior to purchasing my business in 2013. I spent 13 years in human resources and recruitment holding a variety of roles, including leadership roles in international and domestic firms. This included several years as a program manager of one of the largest corporate relocation companies in the U.S., managing employees in Connecticut, Texas and Tennessee.

For the last year I have served on The Society Board, where I am on the Emergency Preparedness Committee and Digital Records Committee. I am also the Vice President of Condo 16 Board.

As a small business owner with a background in human resources, recruiting, operations and sales. These skills and the connections developed over the years can be an great asset to The Society Board. As a small business owner I am very sensitive to the financial aspects of running an organization. If elected I promise to keep the best interest of our residents at the forefront of everything we do.



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RICHARD BRAUN, RETIRED JUSTICE, NEW YORK STATE SUPREME COURT

Text and photo by Shirley Kesselman

Richard Braun, “Rick” as he prefers to be called, has an impressive judicial record. Over two hundred of his opinions have been published in the NEW YORK LAW JOURNAL. Throughout his time on the bench he helped organize and was often speaker at meetings of legal professionals. Further, he lectured in colleges and spoke before community groups. He has officiated at 113 weddings, 3 renewal of vows, and 1 gay life commitment ceremony.



A Manhattan resident, Rick bought here in 2010. He explains, “I always wanted a place

in the country. A condo is easier to care for than a house.” A friend recommended Heritage Hills to him for part-time living. Now retired he is spending more and more time here.

Born in the Bronx, Rick attended New York University and Queens College where he earned a B.A. degree in psychology. In 1975 he graduated from Brooklyn Law School. “Not with the goal to make money,” he says. “But to help others.” His first job was as an attorney for Legal Services in Northwestern Pennsylvania. There he aided lower income people. After a short time he returned to Manhattan to work for the Civil Division of the Legal Aid Society, remaining in that position for 8 years.

In Manhattan Rick became involved with Democratic Party politics. As he rose in leadership he was asked for what position he wanted to run. His reply, “judge.” He was first elected to the Civil Court of Manhattan in 1990 for a 10-year term. During that time he was assigned to Criminal Court. In 2003 he was elected to the Supreme Court of the State of New York, New York County. He served a 14-year term.

Rick believes as a judge “Your job is to do what is fair and what the law and the Constitution require.” He cites ruling in favor of Republicans in a dispute with Democrats. Republicans were granted the right to create a new State Senate seat where they wanted it. A case about which he is proud involved ruling in favor of mentally ill convicts in City jails. Upon release they were given no help by the City. With the aid of a major law firm working pro bono, the prisoners requested assistance in attaining mental health care planning after discharge. By finding in their favor, Rick felt he helped them, their families, and their community by lessening the chance they would return to crime.

As a retiree Rick cycles. He has a gone from here to Manhattan a couple of times. He utilizes the fitness center and the East Hill pool. Walking on our roads and in Meadowlark Park, he relishes the beauty of nature in Heritage Hills.



CHARGING YOUR ELECTRIC VEHICLE AT HOME

Text by Karl Milde, photo by Cheryl Milde

As I explained in the February issue of this Newsletter, buying my electric car (EV) was much easier than buying a gas-powered or hybrid car. But when you drive it home, you need to be prepared to charge it.

Yes, there’s a charger in the Somers Town Center parking lot behind the Chase bank where you can plug it in and take care of errands, or you can dine in one of the restaurants while it’s charging. You can also sit in your car while the battery is being charged. My EV has a complete entertainment system, with karaoke, games, movies, and whatever else you may possibly want. I enjoy playing chess, or sometimes Mario Kart, using the EV’s steering wheel and “gas pedal.”

Or better yet, you can install a charging station in your garage. You’ll need to buy a charging controller that plugs into a standard 220-volt electrical outlet. For a Tesla, the device looks like this:



Using the car’s charging controller, set the time of day when you want to start charging (I set mine at 1 am when NYSEG’s rates are low) and choose the amount of the charge (I set mine to charge up to 80% of the battery capacity because the battery is less stressed if you refrain from fully charging it each day.)

When you drive your EV home at day’s end, just plug it in and you’re good to go the next day. After a while, plugging it in at the end of the day will become second nature to you (similar to what folks with electric golf carts do).

Now I’m sure that your Condo has rules about installing a charger for your EV. Mine does. But in this eco-friendly environment, the rules should not be onerous. You will surely need a licensed electrician who is suitably insured, and you may need a certificate of inspection from a licensed electrical inspector. But if you’ve ever had your electric water heater replaced, you’ll know the drill.

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REMEMBERING MY HIGH SCHOOL FRIEND

By Harvey Savadsky



Since December 2020, I've been researching my family history. With great effort I have gone as far back as my great-great-grandparents – quite a journey with remarkable discoveries.

As I have been investigating those relatives who came before me, it was also natural for me to recall a non-family member, one specific person who left a very good impression on me – my high school friend Robert Stephan Strauss.

It's not as if I spent countless hours with Robert; it was just that the time we did spend together was great fun. Even after some fifty-plus years, it's all still unforgettable.

Robert and I attended New Utrecht High School in Brooklyn, New York, from 1962 to 1964. We met in our Gym class. We both loved playing basketball and always sought each other out to play aggressively. He was very competitive and quite adept at putting the ball in the basket. We looked forward to that Gym class and testing each other's ability. When the bell would ring to signify the end of the class, we were both disappointed that we could not continue playing. In addition, we sat together during our lunch time, mostly talking sports.

Robert was good-looking, smart, and was physically strong. Thinking back, I was quite pleased that I was with him, as he could/would protect me against the usual High School bullies, and those tormentors were always looking for easy prey. They never challenged him, but I was not as tall or broad as him. I was always safe in his company.

Robert was always courteous and respectful to others. Our homes in Borough Park were near each other.

After 1964 I lost contact with Robert because, as revealed by my recent investigations, the Strauss family moved to Portsmouth, Virginia, when the Brooklyn Navy Yard – where Robert's father worked – closed and relocated there. Robert completed his senior year of education at Portsmouth's Woodrow Wilson High School.

My research has revealed that Robert was drafted into the Army and served during the Vietnam War, beginning his tour of duty on July 22, 1968. He had the rank of Sergeant, and his military specialty was Light Weapons Infantry. Late summer 1968 I received from a family member or friend of his the devastating news that Robert lost his life on August 20 that year. He posthumously received a Purple Heart award, given in the name of the President of the United States to those wounded or killed while serving with the Military.

Robert, thank you for being my friend. I've never forgotten you!

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SECURITY TO THE RESCUE!

Text and photos by Karl Milde

When one's robot skitters across the tarmac into a storm drain here in Heritage Hills, who're you gonna call? Our Heritage Hills Security!

This happened to me on a cold and wintery Friday evening. I was running Robbie, my robot, in front of the garage when he slipped out of my control. I quickly cut the power and it stopped, but not before Robbie skipped and skidded over the ground and slipped into a storm drain opening. Uh-oh! What were the chances of this??

I ran up and looked down inside. There he was, about five feet under the grate, forlornly looking back at me with his two bright lights.

Under the circumstances I did what any normal guy would do: I called to my wife. Cheryl took one look at those plaintive robot eyes staring back from inside the drain and said, "Call Security." So that's what I did.

Within five minutes, a security officer named Brianda Petrillo drove up, quickly assessed the situation, and made a phone call to Maxner Landscaping.

Maxner's men arrived in a pickup truck a short time later and resolved the... er, "problem" that I'd gotten myself into. They quickly removed the grate covering the drain, took out the errant Robbie, and closed the grate again.



What I had been doing, or rather trying to do, was run Robbie while keeping him within sight. This is a good exercise when learning to control him because it develops your "muscle memory," making one's moves instinctive and automatic. With practice, I would need only to decide where Robbie was to go, and he would do so without my having to think about it.

Needless to say, I had not yet gotten to that level of expertise before Robbie found the only drain opening in the area and slipped right in. As nerdy Steve Urkel on the TV show Family Matters used to say: "Oops! Did I do that?"

REMEMBERING MAMA

By Adelaide B. Shaw

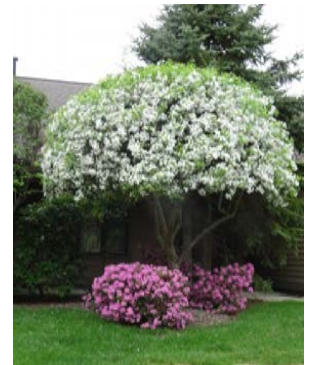
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 We paid her homage on these special days,
 because she was special.
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 her ingenious way of making a party
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 her well of good sense
 and instinct for right choices.
 Through lean years, through war years,
 through bountiful sunny years,
 through years of being wife, mother, friend,
 she was, and is, my model, my inspiration.

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HAIKU FOR MAY

By Sue Shea

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Text and photo by Crystal Keets

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There's a tree there that looks
Like an old Wizard's knee
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With a smile on your face!



AUTUMN PERFORMANCE

By Helen Reisler

MY FRIEND WENT TO NEW YORK CITY
TO SEE A BROADWAY PLAY.
SHE INVITED ME TO GO
BUT I PREFERRED TO STAY.

THERE WAS ANOTHER SHOW
THAT I CHOSE TO SEE
AND I DIDN'T HAVE TO TRAVEL
FOR THE ONE SURROUNDING ME.

THE CURTAIN WENT UP DAYS AGO
WHEN THE TREES BEGAN TO BLOOM
THE PERFORMERS DONNED THEIR COSTUMES
GOLD, GREEN, RUST, AND MAROON.

THE STAGE GOES ON FOREVER
BORDERING EVERY ROAD.
THE SCENES CONSTRUCTED BY NATURE
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THE PERFORMERS GRACEFULLY DANCING
AND SWAYING IN THE BREEZE.
I DON'T HAVE TO GO TO BROADWAY
TO HAVE MY SENSES PLEASED.



By Cheryl Milde

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2023 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD



Source: OKMLS, 1/1/2023 – 3/31/2023, Condominiums, total volume sold by office, city/town Somers

THE BOOK SHELF

By Cindy Kennedy

Vietnamese writer Nguyen Phan Que Mai's powerful new book *Dust Child* centers on the tragic legacy of the Vietnam War. The novel's plot, spanning decades, features three separate storylines which converge in tender and unexpected ways.

Dust Child begins in 2016 at the American Consulate in Ho Chi Minh City, formerly known as Sai Gon. Phong, a man of mixed race who had been abandoned as a baby in an orphanage in 1972, is applying for a visa as part of the Amerasian Homecoming Act. With his dark skin and wavy hair, Phong is certain that he is the son of a Black American soldier. All his life he "had been called the dust of life, bastard, Black American imperialist, child of the enemy." Proving his American parentage, however, would be challenging.

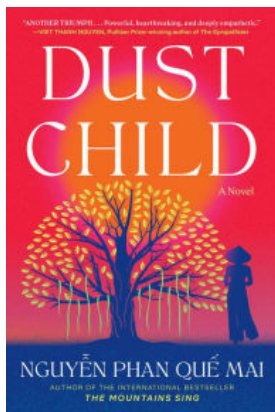
At the same time, Dan Ashland, a Vietnam War veteran now in his 60s, is also in Ho Chi Minh City, ostensibly for a vacation with his wife Linda. When he had enlisted in the Army in 1969, Dan, "like many nineteen-year-olds, thought he was invincible. It had taken about a month in Vietnam to lose that illusion. The knowledge of death had robbed him of his youth." Now suffering from PTSD, Dan hopes the return trip will heal pain of the War and assuage his guilt for leaving Kim, his pregnant Vietnamese girlfriend.

The novel's narrative then reverts to 1969. Two teenage sisters, Trang and Quynh, are toiling in their family's rice fields in a remote Vietnamese village. Their disabled father had fought for the Army of the Republic of Vietnam (ARVN) alongside American troops. The sisters, wanting to help their struggling parents, hear from their friend Han about how to make money in bustling Sai Gon. Han tells them the job is simply drinking Sai Gon Tea at a bar and chatting with American soldiers.

Soon after Trinh and Quynh arrive at the Hollywood Bar in Sai Gon, they realize that the work would entail more than drinking tea with GIs. Desperate to send money home to their parents, the sisters are forced into a life they never had imagined. Sitting at the bar one afternoon, Trang "understood that while these men had come to Vietnam without their families, they were somehow carrying their parents, friends, and siblings on their backs—just like she was carrying hers."

As *Dust Child* reaches its poignant conclusion, the author deftly ties up the storylines of Phong, Dan, and the two sisters. Memorable and moving, *Dust Child* is highly recommended.

(Note: *Dust Child* is part of Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 12.)



HOW DOES YOUR GARDEN GROW?

KOHLRABI – THE “GERMAN TURNIP”

Text by Karl Milde

What looks like a turnip but tastes like a cabbage? What resembles a root vegetable, but grows above ground? What has leaves like a cross between collards and kale? The answer to all of these questions is the same: kohlrabi.



Kohlrabi was a staple at our home when I was a kid. In those days, most kids ate what their mothers placed in front of them, and I was no different. You just didn't say, "I don't like that," and refuse to eat it, unless you didn't mind going hungry.

Kohlrabi isn't often grown in our gardens these days, perhaps because it's somewhat of an acquired taste. I grew to like it, though, both raw and cooked. My mother would plant at least one row of kohlrabi in her garden each year, and it was a summertime treat. She cut the bulb in slices and added it to a salad. She would also boil it and serve it with butter – butter that we churned ourselves right there on the farm. I also remember her making a cream sauce for the kohlrabi too. Oh, those wonderful summer memories of so long ago!

Kohlrabi is easy to plant and easy to care for in the garden. It's practically a weed! For best results, plant kohlrabi seeds in a container in March or early April, then transplant them in a row of your garden in Mid-April when the average temperature at night is over 45°F. They should mature by mid-May. You can avoid the first step, of course, by buying young plants at a nursery.

Kohlrabi may look like a root vegetable (carrots, beets, and potatoes), but it's part of the cabbage family. Like a root vegetable, though, you should space the plants about four inches apart.

Kohlrabi likes cool weather, so it's best to harvest the plants in June, before the temperature rises into the nineties. When the round bulb approaches the size of a baseball, pull the plant out of the ground and cut off the roots. You don't want to let the kohlrabi bulbs get much larger or they will become woody and lose their sweet, cabbage-like taste.

After harvesting, cut off the leaf stems (the leaves are good to eat too, like beet greens) and peel the bulb. Slice it or dice it then boil it until it's soft, like my mother used to do, or use it to spice up a salad.

One nice thing about kohlrabi is that you can get two crops. After harvesting the first crop, plant a second in its place in mid-August. Come late September or early October, when the temperature is cool again, you can harvest the second crop. Try doing that with any other cruciferous vegetable!

FIT-BITS

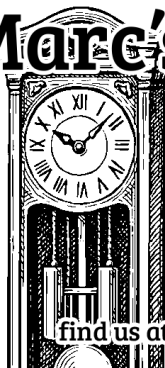
By Mary Tedesco

SPRING BACK INTO FITNESS

For those of you who took the cold winter months off from keeping in shape here are some tips for getting back into it with a fresh start!

- 1) **Find a workout partner** who will hold you accountable
- 2) **Eat properly**...fresh veggies and fruit, plant based foods and clean proteins such as fish and chicken and lots of water are your best bet
- 3) **Set a few realistic goals**, not too many and stay focused on them
- 4) **Think about your favorite workouts** and what works best for you and start off with those to motivate you...fitness classes? Outdoors? The gym? At home? Group sports? So many great choices!
- 5) **Create a workout schedule**...write it down as an appointment in your phone
- 6) **Always warm – up**...march in place or do some jumping jacks to warm up your muscles especially if you have not been working out
- 7) **Cool down and stretch**...after you workout make sure to cool down and do some good stretching so your muscles are not so sore going into the next workout

WHATEVER YOU DO, GET BACK TO IT!



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Submitted by Barbara Tepper

A nice, spring soup for all to enjoy. Although it serves six, this can easily be cut in half to make 3 servings.

Asparagus Cream Soup

INGREDIENTS

- 1-1/2 pounds green asparagus, trimmed
- 1/4 tsp salt
- 6 cups chicken stock
- 6 Tbsp butter
- 4 Tbsp flour
- Salt and freshly ground white pepper
- 1/4 tsp ground nutmeg
- 1-1/2 cups heavy cream or half and half
- 2 egg yolks
- Parsley finely chopped for garnish

PREPARATION

1. Boil the asparagus in 2 cups water with the salt added until tender. Lift the asparagus out of the pot and drain. Reserve the cooking water. Cut the tips off the asparagus and reserve for garnishing. Cut the stems into 1-2 pieces.
2. Puree the pieces in a blender or food processor and press through a sieve.
3. In a large saucepan, mix the pureed asparagus with the salted cooking water. Add the chicken stock. Bring to a boil and allow to reduce for about 15 minutes.
4. Prepare a white roux by melting the butter in a saucepan and whisking in the flour.
5. Ladle a 1/4 cup or so of the hot stock into the roux and blend thoroughly. Pour this mixture back into the soup, whisking thoroughly. Bring to a boil and reduce to smooth consistency.
6. Remove the soup from the heat. Season with salt, pepper and nutmeg to taste. Whisk in the cream and egg yolks
7. Return to the heat and bring quickly to a boil.
8. Serve in warm soup bowls, garnished with the chopped parsley and the asparagus tips.

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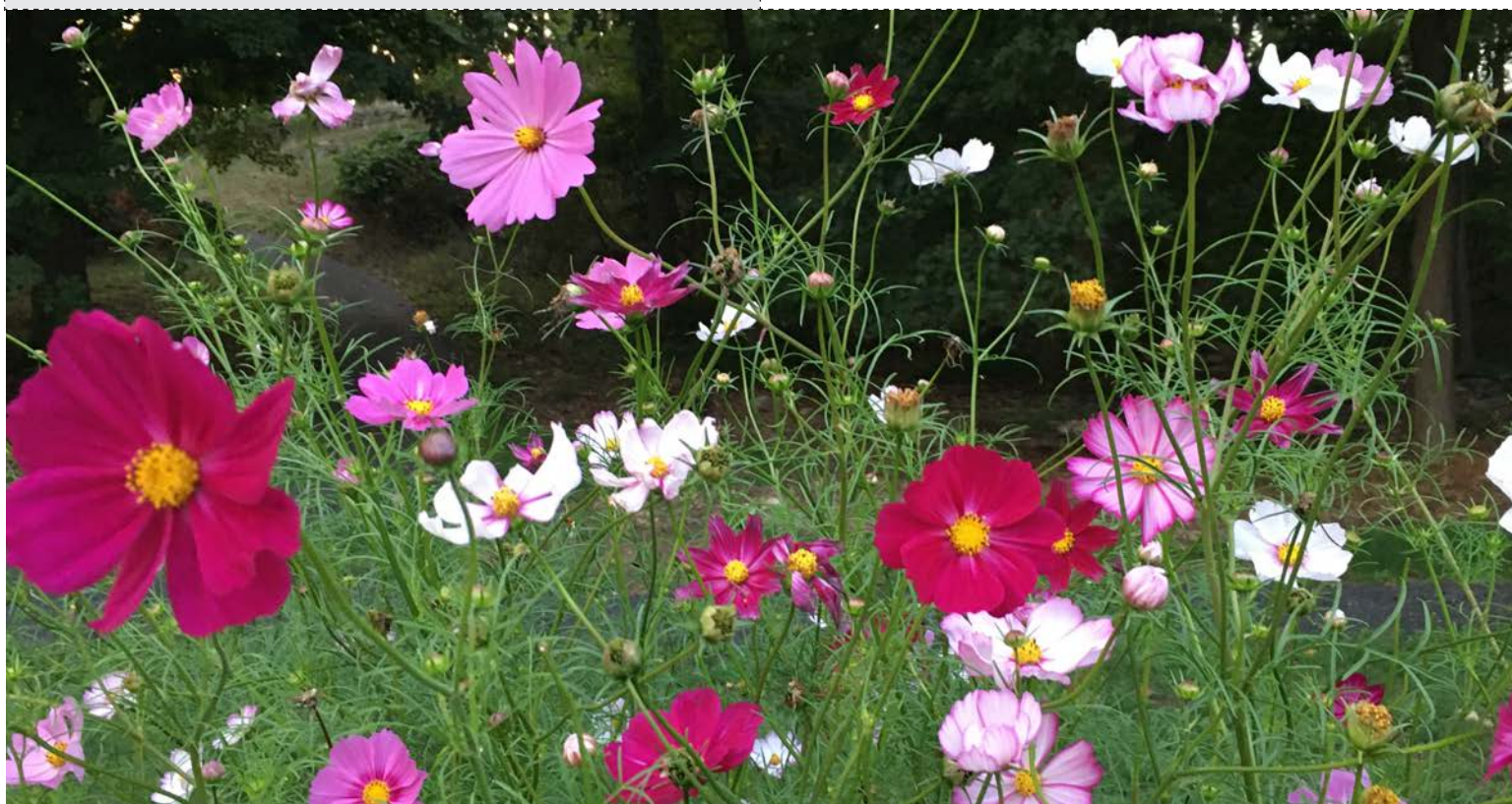
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Total units sold by OneKey/HGAR MLS agents from 1/1/2023 to 4/10/2023

| | 2023 | 2022 | 2021 | 2020 |
|-------------------|---------------------------------|----------------------------------|------------------------------------|------------------------------------|
| TOTAL SOLD | 22 (\$340-\$810,000) | 46 (276,000-\$785,000) | 29 (\$342,000-\$690,000) | 26 (\$249,500-\$670,000) |

Various units sold by MLS agents from January 1 to April 10, 2023

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HANOVER \$577,500 STRATFORD \$450,000; \$455,000;
HARVARD \$720,000, \$730,000 \$750,000

3 BEDROOM

COLUMBIA \$810,000 CROTON II \$680,000; \$680,000 SHERMAN I \$715,000; \$700,000

Increase the Value of Your Home

There have been many articles written about how to increase the value of your home and one that I found in the Westchester Home, 2015 edition, is still relevant today. I realize how difficult it might be to implement the suggestions but in working with **buyers** know how important the **first impression** is. For **sellers**, and sometimes their heirs, knowing that their home **has to be empty** can be overwhelming.

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